



SPA THERAPY NEWS



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'TEXT NECK IS NOTHING TO LOL ABOUT!

by Jennifer Nagy-Cordray,
CMT, Medical Massage Therapist



Like lots of teens, Carol B., 17 years old of Marysville texts about as much as she talks. But her 50 to 200 daily texts became a pain in the neck- Physically.

Hours spent texting, working on laptops and playing video games with the neck flexed forward create the problem, according to new AMA reports. The repetitive motion can alter a normal cervical spine, which has a reversed C curve. When that curve is lost or reversed, it puts undo pressure on the spine, irritating the muscles, nerves and joints.

Text neck can result in everything from neck and head aches to pain radiating into the shoulders and arms. "For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds." – Kapandji, Physiology of Joints, Vol 3.

Forward head postures can cause instability in the cervical spine and lead to flattening of the neck curve (especially among women). As muscles, ligaments, and tendons stretch, shorten, and weaken to adapt to forward head posture, compression on the discs increase, raising the risk of disc injury or herniation. Cervical muscles may spasm and become inflamed as they work overtime to hold the head in unbalanced posture. Once the cervical curve becomes flattened, the help of a licensed health-care practitioner will likely be needed to help restore the natural curve. Cervical instability can also be worsened by performing certain exercises that strengthen the anterior neck and chest muscles. Motor vehicle accidents and whiplash can be debilitating in any

job. The added instability these injuries produce cause an even higher risk for developing future neck and shoulder problems. Therefore, it is imperative that car accident victims place an especially high priority on all neck and shoulder prevention strategies.

Left untreated, years of forward head posture can lead to cervical spondylosis, a degenerative condition involving osteoarthritis of the cervical spine. The condition has numerous potentially disabling effects, the most notably being compression of the spinal cord, leading to pain, numbness, and tingling in the arms and hands.

Keys to Success: Preventing Cervical Instability.

Chin nods improve endurance of the deep cervical flexors and help maintain neutral cervical postures during prolonged sitting. Individuals who have sustained injuries in a car accident or have suffered neck injuries should see a health-care professional before performing any head or neck exercise.



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Develop good endurance of specific neck and shoulder girdle muscles — In general, women's muscles are narrower and can exert only two-thirds the force of a man's, which gives them less ability to counteract unbalanced postures. Specific endurance training of the neck and shoulder stabilizing muscles is directly related to better neck posture and less neck pain. On the other hand, strengthening the wrong neck and shoulder muscles can significantly worsen your pain!

Preserve the curve — It is essential that you preserve your natural cervical curve at night. Consider use of a neck pillow to maintain your cervical curve while sleeping. Use of a sleeping neck support pillow combined with physical therapy neck exercises have been shown to be an effective combination for chronic neck pain.

"Considering how much we use the small mobile phone keypads, it is important that we learn how they affect our bodies," said study author Ewa Gustafsson, an ergonomist at the Sahlgrenska Academy in Sweden. "We need to identify factors related to mobile-phone usage that may affect our health and ability to work."

Modern communications devices are associated with several painful repetitive stress and nerve compression injuries. Cell phone elbow, otherwise known as cubital tunnel syndrome, is a tingling or numbness in the hands caused by a compression of the ulnar nerve when the elbow is flexed during lengthy gab sessions, and Guitar Hero wrist is a tendinitis of the wrist brought on by overly vigorous strumming.

Then there's so-called BlackBerry thumb, which strikes those who spend a lot of time sending rapid-fire missives from their mobile devices. Blackberry thumb may cause pain to the hand, arm and neck, new research shows. Young adults who texted while hunched over and typed using only one thumb had more problems with their arms, neck and hands than those who sat straighter and used more than one digit.

"The difference between the computer age and the typewriter age is that people don't stop," said Dr. David Edelstein, orthopedic and hand surgeon at Maimonides Medical Center in Brooklyn, N.Y. "They are typing all day. During their lunch break they are using a mouse or texting, and they may go home and do more." In the most serious cases, excessive wear and tear and inflammation of the basal joint at the base of the thumb can lead to arthritis, Edelstein said. Thumb arthritis can cause hand pain, swelling, decreased strength and range of motion. "For every pound of pressure that you push at the tip of your thumb, it's magnified at the base of your thumb," Edelstein said. "Over time, this can lead to problems."

And it's not just the thumb that can get sore. According to the Swedish researchers, excessive texting can also lead to neck and back pain. The researchers analyzed texting technique, muscular electrical activity and thumb movement using an electrogoniometer, an electrical device that measures flexibility, in 56 young adults. Half complained of neck, arm or hand symptoms; half had no symptoms. Those with pain tended to text while hunched over, a position that puts strain on the neck and upper back muscles, according to the yet-to-be-published study.

"I think it definitely does matter what position you stay in," Edelstein said. "Hunching over is not a physiologically proper position." Study participants with pain were more likely to use one thumb to text instead of both thumbs.

Heather Turkopp, a certified hand specialist and occupational therapist at William Beaumont Hospital in Royal Oak, Mich., said she rarely sees patients whose sole complaint is texting-related, though that may change in the years to come. Repetitive stress injuries can take years to develop. "If you do something repetitive, it will irritate the tissues, inflame them and create pain," Turkopp said. "Employers are asking for more and more in less and less time. I would not be surprised if we started seeing more of it."

To prevent pain from texting, experts recommend:

- Avoid sitting in the same position for extended periods. Get up and take breaks.
- Pay attention to posture. When seated at a desk, your monitor should be at eye level, your arms should be bent at a 90-degree angle, your knees should be bent at 90 degrees and your feet should rest on the floor. Knees should be higher than your hips to rest your lower back.



- Many people hunch over when texting because they're trying to see the tiny keyboard. To keep from putting added pressure on your neck and upper back, rest the mobile device on your desk and lean against the chair's backrest.
- Use both thumbs and give your thumbs a break when typing long messages.

- Stay active. "People who are more active outside of work and have good circulation will heal better than those who are less active and have poorer circulation," Turkopp said.
- If you experience soreness, stop texting. Try topical anti-inflammatories first and stretching exercises prescribed by an expert medical massage therapist or physical therapist.

To avoid the problem, sit up straight and bringing your hand-held tech devices up to eye level. I suggest yoga-like stretches. Do exercises to strengthen the neck.

The effects of long term forward neck posture leads to "long term muscle strain, disc herniations and pinched nerves." Mayo Clinic Health Letter Vol. 18, #3 March 2000

A few exercise examples:

Neck extensions. Lie face down with arms at your side. Slowly look up at the ceiling, lifting your head and shoulders off the floor. Hold for 3 seconds and repeat 20 repetitions. Power this exercise by remaining off the floor and nod the chin, dipping it slightly downward. Hold for one slow breath cycle. Repeat five times.

Shoulder retraction. Move shoulder blades back and forward, holding for a few seconds and repeat. Power this exercises in boy push-up position, moving shoulder blades only.

Abdominal hollowing. Lie on your back with your knees bent and feet flat on the floor. Your arms should be flat on the floor with your palms up. Suck in your stomach as if you're pulling your belly button down to your spine Hold for 3 seconds and repeat 20 repetitions.

A new therapist brings a new approach

by Corina Fürst, Massage Therapist



Hi, everyone!

My name is Corina Fürst, and I'm very glad to have joined this wonderful team at Spa Therapy Wellness Center and have the opportunity to serve you.

My approach to massage is integrative and incorporates Swedish, Deep Tissue, Acupressure, Reflexology, Shiatsu and Ortho-Bionomy. However diverse the tools I use are, it's the individual on the table and *their* needs that comes first, not the techniques.

It is my deep belief that the body has an inherent capacity to heal itself if given the chance, and that the role of the massage therapist is to facilitate that process, give the body that space, guide it through the process. This I know from personal experience, having received invaluable help through therapeutic touch that has transformed my life. Indeed, I became a massage therapist out of a need to give back this gift, to share it with others, to help them come out of pain and accompany them in their own path to health and wellness. I feel privileged to be able to share in their process.

I'm a graduate from the Phillips School of Massage in Nevada City, and have gone on taking classes to deepen and expand my ability to help others. Important among these have been CranioSacral courses with the Upledger Institute.

CranioSacral Therapy is a gentle whole-body approach that can significantly reduce tension held deeply in the body and so relieve discomfort and pain. It addresses problems

originating both from trauma, accidents or injury and from the accumulated stresses of everyday life.

The term CranioSacral refers to the head or *cranium*, which houses the brain, and the tailbone or *sacrum*, where the spinal cord ends. These (brain and spinal cord) constitute the central nervous system, which has an enormous influence on the functioning of all the other systems of the body (respiratory, digestive, circulatory, etc.) and so on overall health and well-being.

When the body experiences more stress than it can deal with, the tissues tighten up and the natural flow of energy going back and forth between the brain and the rest of the body through the spinal cord and nerves can be disrupted. This results in pain and dysfunction. By locating the areas where this flow is slow or weak and gently releasing the restrictions, CranioSacral Therapy promotes normal function and the entire body can relax and self-correct.

CranioSacral Therapy helps relieve headaches, chronic neck and back pain, stress-related disorders, among other conditions, and improves whole-body health and performance.

I am glad to offer this light-touch form of bodywork in addition to the other modalities discussed above and am looking forward to meeting you and helping you in your journey to health and well-being.

"If you would like to know more about CranioSacral Therapy and its benefits, please call Spa Therapy Wellness Center today and book your appointment with Corina."

Endocrine-Nervous Track Exercise Reprogramming – E.N.T.E.R.

*by Horacio Roa,
Health & Life Coach*



These traits often times are patterned after the culture to which we belong and can be seen to have either a positive or negative impact on the development of the individual - many times a negative influence can manifest itself in the form of illness. Chi-kun, Tai-Chi

Chuan, yoga and even dance are examples of the different arts that were designed for one to learn to balance the hormones, glands, and endocrine systems: they use the bio-electrical energy in the body. In different physical activities, such as playing the piano or any keyboard system, singing, dancing, the body is used in both artistic and professional levels. These activities demand a knowledge of how to do such activities in relaxed mode. Otherwise, if one plays tense, and one doesn't know it, eventually one is going to hurt oneself: any injury or even accident comes from the source of our own weakness. Collapsing means a loss of balance.

Practically speaking, one of the routines we use to train ourselves is the understanding of our energy that is being used in exercises that balance the right and the left side of the brain, programming a new habit based on relaxation and self attention.

Habitual movements without attention can develop wrong ways to perform certain things, create tensions, pains, and complications like frozen shoulder, carpal tunnel syndrome, scoliosis, sciatic, lumbar, and knee problems. Experiences such as a lack of emotions, worry, negativity, anger, lack of self confidence, intestinal problems, wrong work in the digestive system, acidic stomach, headache, skin problems, addictions and depression can all result from habits of tensions. Habits are a lot of information in our brain. This is our behavior in relation to our information or database: sadness is a just a programmed habit, and good health and happiness can be programmed through processes of learning and work.

The classes are designed to give you the space to create a unity of associations with special exercises for educate movements through the development of one's will. At the same time, when you use cells in your brain that are blank virgin cells, we expand our capacity to find a new space full of relaxation: energy and attention is under our will. Pain, tightness, blocks, toxins, and illnesses are removed organically. Instead of working with habits that worsen the problem, you transform yourself to create a new person with new habits.

For more information contact us at 1-530-692-9082 or e-mail us at info@holistic-eye.com.

Why Do I Need a 1st Timer's Facial?

By Audrey McCreedy
Skin Care Therapist
Massage Therapist



If you've ever scheduled a facial at Spa Therapy, you've most likely done a 1st Timer's Facial initially. This is a 75 minute treatment focusing on overall skin health and analysis. In order to develop and provide performance-driven results based on skin analysis and health history, we wish to take particular care to the details.

The 1st Timer's Facial **must** be performed prior to any aggressive treatment, such as microdermabrasion or glycolic peel. In this case, a patch test and thorough evaluation must be performed. We want to make sure you're not going to have an adverse reaction to any of the treatments we may perform on you, so this gives us a chance to get to know your skin first. We've all heard the horror stories about skin being badly burned due to an allergic reaction to a skin care ingredient. To be sure this doesn't happen to you, book a 1st Timer's Facial before you do any other skin treatments!

Steps to a 1st Timer's Facial:

- **10-15 minute**

- **consultation and skin**

- **analysis.** We will ask you questions about your skin and health, and what you are currently using on your skin, including all topical



- and oral prescription medications. We will then use our Skin Scope, using ultra-violet light to show us skin imperfections and conditions, such as dryness, acne, and blackheads.

- **Triple Cleanse-** Advanced skin cleansing using a cleanser specific to your skin type.
- **Exfoliation** with or without Steam- A process of removing dead and dry skin from the skin's surface. This helps to reveal healthy skin underneath and encourages skin care products to perform at their best.
- **Skin Analysis and Extractions-** In this stage we examine the skin more closely and remove anything in clogged pores, blackheads, or acne. We can also do any waxing in this stage of the facial.

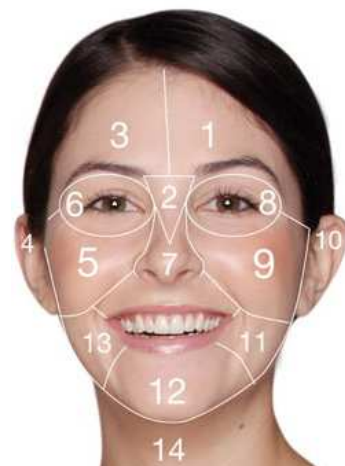
- **Mask/Treatment-** Now is the stage for intense treatment of the skin. It is totally customizable for your needs at the time. For example, if your skin is very dehydrated and tends to be sensitive, we'll mix a cocktail mask of a rich hydrating base, a serum for hydration, a lipid base hydrating oil, and a calming and soothing serum.
- **Moisture and Sun Protection-** Now at the end of the facial, we choose a moisturizer for your skin type and perhaps add a "boost" (serum or treatment product specific to your needs) to it. We also always put sunscreen on at the end of the facial to protect against sun damage.

Why do I need a facial?

For those who know how to take care of their bodies, they know the importance of things like a regular balanced diet and exercise. They even have personal trainers that they visit every so often. When they visit they are advised on what to do in several areas of their lives and which they follow and the results are almost always positive and amazing. The result is a perfect body that is free from many little avoidable sicknesses.

Isn't it possible to employ the same regimen with your precious skin? During your regular facials you get a personal skin care therapist who looks after your skin personally. You also get to learn quite a lot about your skin and an early assessment of any conditions that are likely to affect it, and you get professional advice on how to deal with such conditions. You also get advice on how to take care of your skin at home.

I hope to see you soon for a 1st Timer's Facial at Spa Therapy Wellness Center!



KEEPING CUTICLES HEALTHY

By Erica Charley, Nail Technician



I see clients with dry and ragged peeling cuticles. Question from clients How to maintain and care for my cuticles? I try to educate my clients by giving them an answer. The number one reason for getting hangnails is dryness. In addition, hangnails occur when your cuticles are ragged, dried, or peeling. It's a sign that you need to moisturize them. The first step I recommend is to apply one of these products into my cuticles before bed; Audrey's Whipped Shea Body Butter, Skin Rx Avocado & CoQ10 body lotion, or our locally grown Prune Kernel oil- a nutrient rich oil. I keep a hand moisturizer in my bag and use it several times a day.

Cuticles are an oft-forgotten part of the human anatomy. This strip of skin appears at the base of each fingernail and toenail, sealing the spot where your nails connect to your body. As personal hygiene habits have changed throughout various cultures, many people developed the habit of cutting their cuticles. Most often, this practice is performed in an effort to improve personal beauty as part of a routine manicure. But many people bite or pick at their cuticles as an absentminded or nervous habit. Both behaviors can be problematic.

Cutting your cuticles is a cardinal sin of cuticle care is cutting your cuticles. beautification may have a negative impact on your cuticles while they are exposed to bacteria won't be able to do their job. Many doctors are concerned about general mistreatment of the skin and infection. The signs of malnutrition, clients assume that they are not getting enough. The cardinal sin of cuticle care is cutting your cuticles.

The cuticle is a barrier that keeps bacteria from entering your body, it is best to leave this delicate skin intact. I have always remembered back in beauty school, my instructor always said, 'if its waving at you, only then can you use the nipper to remove dead or flaky skin'. I use a good cuticle remover and cuticle stick. It is very important to use a proper cuticle remover, this is the only thing that can sufficiently soften the cuticle. After I apply the remover, I gently push back your cuticles with the cuticle stick. I then move the stick in tiny circles around the base of the nail to help remove any dead or flaky skin. The white residue, is

called pterygium and should be cleaned from the nail. After I have pushed back the cuticles, I trim the remaining hangnails using cuticle nippers. When the nail is clean, I wipe it with a cotton round, then use our rich Shea Body Butter, and I highly recommend moisturizer liberally.

Tips for Cuticle Care

Cracked cuticles are not only a sight for sore eyes, but it could also mean a sign of poor health. Because they are so prominent, it's always good to keep your cuticles healthy looking, and here are some tips on how.

Diet

We are what we eat, and if we don't have a proper diet, it's bound to be reflected on our body, one way or another. To avoid your cuticles looking unhealthy, it's imperative that you have a decent diet. Copious amounts of alcohol, saturated fats and sugar should be cut down. Instead, take in food high in Vitamin A, B, C, D and E. Calcium and Zinc are also good for your cuticles. You might also wish to add in lean protein to your diet as well. These nutrients can aid in improving the health of your nails, cuticles, and not to mention your overall body.

Moisturize. Seriously.

No matter how well you think you moisturize your hands, your cuticles are especially thirsty for hydration. They're soaked and dried every time you wash your hands, they're exposed to chemicals when you clean or work without gloves. If you're not already rubbing a good quality moisturizer into your nails and fingertips every day, start doing it. If you do moisturize, and you still get hangnails or dryness, start to do it twice. Nail-Aid's Cuticle Cure is specially formulated for this purpose. Pick a time of day when you're doing something passive, like watching television or reading, and moisturize then.

Never cut your cuticles

Your cuticles perform a valuable job: protecting the roots of your nails from invasion by harmful bacteria. If you cut them away, they won't be able to do their job. Ditto if you cut them poorly. Instead, push the cuticles back with a non-metal tool, such as a rosewood stick. However, bear in mind...

Don't Push Back Dry Cuticles

Cuticles are not only easier to nudge back when they're moist, it's also safer. Pushing on a wet, flexible cuticle is much less likely to lead to tears or other damage. Try pushing back your cuticles right after you get out of the shower, or soak your fingertips for a short time in a bowl of warm water.

Push Back Cuticles Like a Pro

There are three steps to the push-back: One, apply a cuticle remover (not a cuticle oil or cream). Two, use an orange stick to gently push back your nice moist cuticles. Finally, move the orange stick in tiny circles at the base of the nail to remove any clinging dead skin that's there. Repeat the last step as necessary.

Trim Hangnails Carefully

While it's not a good idea to cut your cuticles, it's fine to cut your hangnails. Just go about it with caution: again, you're trying to avoid causing infection. Use a sharp cuticle nipper that you've cleaned with alcohol or peroxide beforehand, and apply antibacterial ointment to the cut areas immediately afterwards—especially if you slip up and draw blood (ouch!).

Choose Nail Care Products Wisely

Acetone-based nail polish removers and polishes and treatments with formaldehyde, including formaldehyde resins, are just as bad for your cuticles as they are for your nails. Dump any nail polishes or nail treatment products made before the end of 2007, which are likely to contain formaldehyde, and look for removers that are labeled acetone-free. Both of these chemicals, in addition to being toxic, cause dryness and irritation of cuticle skin.

Night gloves

If your hands are naturally dry, then you might consider wearing gloves when you go to bed. Before you sleep every night, wash, dry and moisturize your nails and cuticles first. Then put on 100 % cotton gloves and go to bed with it. The gloves will prevent your hands from drying out over the night, especially when you are sleeping in an air-conditioned environment.

Avoid using metal file

When tending to your nails and cuticles, do not use any metal instruments as they are harmful to the delicate skin surrounding the cuticles.

Avoid over-grooming

Do not over groom your cuticles as it may damage your cuticles and leading to overgrowth.

It's simple, really: healthy cuticles look better than unhealthy ones. And healthy cuticles help keep nails healthy, too. By following these cuticle-care guidelines, you can prevent cuticle disasters. I am always here to help, here is my special offer to you. ***Make an appointment spa pedicure and refer to this article for a free manicure!***

KNOW YOUR MUSCLES: THE ILIOPSOAS

by Rene Greedes
National Registered Massage Therapist



The Iliospoas (pronounced illio-sew-as) is composed of three muscles: Psoas Major, Psoas Minor, and Iliacus. Psoas major and psoas minor lie in the back wall of the abdomen; whereas, the iliacus attaches to the inside of the hip bone.

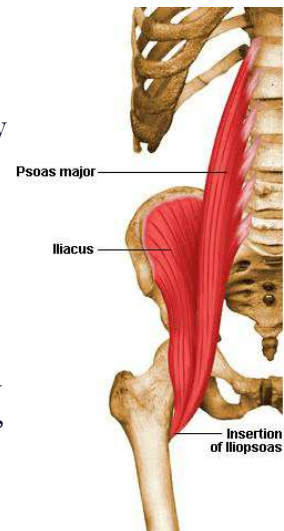
These muscles join together to insert in the leg bone called the femur. This particular muscle is necessary for standing, walking, and running. This very strong muscle brings your knee up towards your chest, similar to a sitting position. It also bends the trunk forward and it can raise the trunk like you are doing a sit-up. Moreover, iliopsoas helps stabilize posture while standing.

Prolonged sitting and heavy lifting overwork the muscle. As a result it shortens the length of the muscle. This then can lead to a curve in the lower back, causing the spine to bear more weight and stress. You will begin to notice limitations to hip extension and a deep achy pain to the hip, leg and low back.

CAN THIS PAIN BE ADDRESSED?

Massage is effective in low back stiffness. You may need to ask your therapist to work on the iliopsoas if treatment to lower back is short lived. Be prepared though fro the treatment to be tender as the iliopsoas is located deep in the abdomen. With slow deep breathing on your part and a firm pressure applied to the muscle from your CMT, the muscle will loosen and the results will ultimately relieve pain to the lower back. Here at Spa Therapy we recommend at home care to increase the results of your treatments. Here are a few examples that I endorse and recommend.

Sleep on your back; you will cause your iliopsoas to shortened by sleeping on you side. I like to



purchased a memory foam pillow with a built in neck support.

Heat Therapy, warm baths with our Thalassotherapy blend and M'Lis 'Soothe' anti-inflammatory cream are wonderful inexpensive methods for increasing circulation, reducing edema to soft tissue and decrease muscle tension. Just ask our staff here at Spa Therapy about the above mentioned products on your next visit.

Stretching, I know you here this all the time, however, it's the type of stretches and how well they are executed that really makes your stretching count. We would be more that willing to recommend isolated stretches for the iliopsoas. Just remember to breath and only hold a stretch for no more that 3 seconds. Muscle lengthening training should be performed just as muscle strengthening training is performed – with repetitions. This is how you can re-train your muscle memory and return normal length to your muscles.

Strengthening exercises; this is contracting muscles that have weakened. Try our yoga classes here at Spa Therapy to build muscle strength safety and properly. Strengthening your abdominal 'core' muscles is the key to reducing low back strain.

If you have any questions regarding persistent low back and hip pain, ask for me, Rene, about your iliopsoas.

- Visibly smoothes lines and wrinkles
- Leaves skin feeling soft, moist, hydrated and comfortable

DESCRIPTION

Ultra firming and soothing Multi-Peptide formula reduces the appearance of sagging contours, fine lines and wrinkles for a noticeably more lifted and rested look

This lightweight hydrating cream firms, tones and smoothes, while creating the perfect moisture balance to soothe and replenish the delicate eye area. Advanced peptide technologies help renew and uplift appearance of eyes.

Peptide complex Matrixyl 3000 renews skin's firming mechanism to visibly return eye contours to a more youthful-looking state. Anti-enzyme Microalgae and Plant Extracts protect skin firmness and defend against future signs of aging. Ultra hydrating blend of Algae and Sea Water smoothes away fine lines – long-term effect keeps skin plump and moist for days. Super-calming Sea Whip, the most potent soothing ingredient found in the ocean to date, has been found to inhibit 90% of the inflammatory enzyme, phospholipase A2 (PLA2). This enzyme is the basis of the skin's inflammation response – and of the aging process itself. Sea Whip protects the vulnerable skin around the eyes to keep this area calm and postpone signs of aging.

ACTION INGREDIENTS

Matrixyl™ 3000 | stimulates production of extracellular matrix and cell renewal that slows with age
Chlorella vulgaris extract | anti-enzyme microalgae supports the production of collagen, increases cellular energy

Grapeleaf, black currant, passionflower | protects from loss of firmness, maintains skin's elasticity
Pheohydane (hydrolyzed algin, chlorella vulgaris extract, sea water) | rapidly improves hydration; long-term effect lasts up to a week; helps revitalize barrier function

Sea Whip | strongest soothing action of all sea-derived calming agents; soothes in seconds

DECIRCLING SERUM for Eyes

Visibly relieve dark circles and puffiness
For All Skin Types

SKIN CONDITIONS

- Dark undereve circles

EYE CREAM DILEMA

By Audrey McCreedy
Skin Care Therapist
Massage Therapist



We all want our eye creams to do double or even triple-duty. We want them to moisturize and hydrate, firm skin, prevent lines and wrinkles, or remove under eye circles. But which ingredients do what? And which ones really work? Here is a guide to all eye creams we offer at Spa Therapy to help you choose what is right for you.

FIRMING PEPTIDE EYE CREME

Multi-peptides firm and smooth
For Mature, Aging Skin Around the Eyes

ACTIONS

- Improves sagging contours around eyes

ACTIONS

- Illuminates dark circles and helps inhibit their reappearance
- Eases puffiness and helps inhibit its reappearance
- Delivers energizing hydration for instant comfort
- Eyes instantly take on a youthful, renewed radiance

DESCRIPTION

Multi-peptide DeCircling Serum For Eyes illuminates dark circles and visibly relieves puffiness under the eyes. Instantly firming almond proteins are blended with energizing hydrators to deliver immediate age-fighting results that can be seen and felt in seconds.

Haloxyl™ peptide complex: In clinical studies using eye-brightening *Haloxyl*, 60% of participants noticed visible lessening in the appearance of dark undereye circles within two months of twice daily use at the percentage used in DeCircling Serum. *Haloxyl* works by calming signs of inflammation and facilitating the release of bilirubin and iron from skin tissues – the pigments responsible for the dark, bruised appearance commonly seen in undereye circles.

Eyeliss™ peptide complex: A blend of firming peptides and anti-puffiness plant flavonoids, *Eyeliss* helps visibly smooth eye contours and ease the appearance of undereye bags. Its targeted action helps strengthen tissue, enhance firmness and reduce excess fluids. In a two month study, 65% of volunteers experienced a visible reduction in undereye bags at the percentage used in DeCircling Serum within one month of use, while 70% saw a decrease after two months.

Matrixyl™ 3000 peptide complex: Adding to the targeted effects of these two peptide complexes is the proven firming and anti-wrinkle benefits of the peptidic cell messaging complex, *Matrixyl™ 3000*. Featuring the latest in skin firming peptide technology, *Matrixyl 3000* supports the tissue renewal process that slows with age, resulting in smoother, firmer skin around the eyes with a decrease in visible wrinkles after two months of twice daily use.

Polylift™ almond proteins: For an instant lift, patented *Polylift almond proteins* form a flexible 3-D network that visibly lifts in seconds, remodeling the skin's surface to smooth away

ACTION INGREDIENTS

Matrixyl™ 3000: firms and decreases visible wrinkles within two months of twice daily use

Sweet Almond Extract: patented almond proteins help remodel skin's surface to visibly lift and smooth wrinkles and fine lines.

Eyeliss™: strengthens capillary walls; stimulates lymphatic circulation to improve sagging contours, firmness and elasticity; visibly reduces undereye "bags".

Haloxyl™: visibly reduces the look of dark undereye circles; firms sagging contours around the eyes.

INSTANT FIRMING EYE GEL

Firm, DeCircle, DePuff, DeStress

For all skin types

SKIN CONDITIONS

- Deep lines & wrinkles
- Sagging contours
- Undereye circles
- Puffiness

ACTIONS

- Firms, tightens, eases puffiness and relieves signs of stress within seconds
- Minimizes lines and dark circles over time
- Helps eye makeup stay crease-free for hours

DESCRIPTION

Instantly ease under-eye puffiness, relieve signs of stress, visibly firm contours and smooth deepening lines around the eyes with this Peptide-rich formula | Fades the appearance of dark circles over time

This fast-absorbing silky gel instantly firms and hydrates while visibly tightening the eye area for a youthfully sculpted, stress-free look. Hydrolyzed Wheat Protein and Wheat Starch are blended with the polysaccharide, Pullulan, and the mega-hydrator, Sodium Hyaluronate, to provide fast-acting firming and hydrating within seconds.

Formulated exclusively for the delicate eye area – often the first place to show signs of age and stress – this light, cooling gel energizes as it comforts and destresses. Fortified with ultra-calming plant extracts, Sea Whip, White Tea (*camellia sinensis*) and Dipotassium Glycyrrhizate from licorice, Instant Firming Eye Gel calms and refreshes, keeping makeup in place throughout the day. Signs of irritation and other aggravating factors that lead to dark undereye circles are soothed. Skin looks stress-free.

minimize the look of puffiness and lines while emphasizing tighter-looking contours; illuminating Haloxyl™2 peptides visibly lessen the appearance of dark undereye circles for a more rested, youthful look. Assisting in skin's response is the super-energizing antioxidant, Ergothioneine, invigorating skin cells for faster results overall.

Ophthalmologist-tested.

ACTION INGREDIENTS

Eyeliss™1 | improves eye contours, firmness and elasticity; eases puffiness

Haloxyl™2 | visibly repairs the look of dark undereye circles; firms eye contours

Ergothioneine | energizing antioxidant amino acid, visibly destresses while energizing skin cells for faster results overall

White tea (camellia sinensis) | richest antioxidant source of all teas, calms signs of redness and tingling in seconds

Sea Whip | strongest soothing action of all sea-derived calming agents; soothes in seconds

Dipotassium glycyrrhizate (from licorice) | calms on contact; helps control appearance of undereye circles

Hydrolyzed wheat starch & protein | refreshing firming matrix; tightens in seconds

Sodium hyaluronate | super-hydrator, bonds 1000 times its weight in moisture to skin

Pullulan | water soluble polysaccharide; forms firming, hydrating barrier

AHA/VITAMIN C EYE CRÈME GEL

For sun-damage skin around the eyes

For Daily Use

SKIN CONDITIONS

- Fine Lines And Deeper Wrinkles
- Dry, Crepey Skin

ACTIONS

- Visibly smoothes fine lines and other signs of sun damage
- Helps re-firm aging skin above and below eyes
- Instantly hydrates to reduce crepiness due to dryness
- Helps prevent new lines from forming, slows loss of firmness
- Begins working immediately - effects improve daily

DESCRIPTION

Time-released AHAs and Vitamins C and E target sun-damaged areas around eyes to reveal firmer

appearance of deeper lines and loss of firmness over time

This unique, extra-hydrating cremegel formula delivers three groups of liposomes – one with AHAs and two with stabilized Vitamins C and E – to provide maximum targeted-delivery of these age-fighting ingredients with minimum risk of irritation to the eye area. This is due to the time-released action of the liposomes, which prevents the AHAs and vitamins from quickly entering the skin (rapid skin penetration is the primary cause of irritation from these ingredients). Soothing Japanese Green Tea and Dipotassium Glycyrrhizate, the calming agent from Licorice, help to further reduce the risk of irritation.

Adding to the skin-firming qualities of the creamgel is an extract of Microalgae that helps to re-firm aging and sun-damaged skin more noticeably than Vitamin C alone.

Emollient gels of Algae Extract and Hyaluronic Acid instantly hydrate, while creamy moisture barriers reduce signs of crepiness as they gently soften dry skin. Ophthalmologist-approved.

ACTION INGREDIENTS

Acidopholus/grape ferment | mild AHA complex from grapes smoothes rough, aging skin

Magnesium ascorbyl phosphate | time-released vitamin C helps repair visible sun-damage

Tocopheryl acetate | vitamin E ester, keeps skin lipids fresh, protects youthful radiance

Chlorella vulgaris | skin-strengthening extract from microalgae helps firm aging skin

Camellia oleifera | Japanese green tea, helps control signs of aging due to chronic irritation

Dipotassium glycyrrhizate (from licorice) | soothes sensitive eye area skin

Phospholipids | moisturizing lipids; form liposomal delivery systems for vitamin C, E and AHAs

Sodium hyaluronate | super-hydrator, bonds 1000 times its weight in moisture to skin.

Be our Guest for Health every Wednesday Night!

February Free Seminar: Regeneration of the Intestines

March Free Seminar: Regeneration of Nerves

April Free Seminar: Food Therapy, Multi-Ingredient Diet

May Free Seminar: Developing Emotional Courage with a Multi-Ingredients Diet

June Free Seminar: Regeneration of the Liver

- The regeneration of the system
- Self-healing method, theory, and practice
- The use of food in its chemical form for regeneration of specific organs
- Regeneration through emotional energy
- How to regenerate organs and produce healthy blood

Visit HolisticEye.com for more alternative health programs

**OREGON HOUSE WEEKEND RETREAT
MARCH 21ST
"GUIDED FASTING HEALTH DETOX"**

Program Includes:

- 👉 Self-healing Yoga Class
- 👉 Natural Juice Bar for cleansing
- 👉 Food Therapy Cooking Class
- 👉 YogaGym™: Health Coach Group Class
- 👉 Wild Herbs Recognition Walk
- 👉 Establishing your personal fitness routine and goals.
- 👉 Visit to Bullards Bar Emerald Cove or Rivers Nearby
- 👉 Full Body Natural Clay Bath
- 👉 Yoga at the lake



CALENDAR OF EVENTS

*Look for our Deal-of-the-Day
www.ThinkYubaSutter.com*

And visit us on

FACEBOOK for Weekly Impressive Specials!!



MARCH SPA SPECIAL

*Inspired by our Spring & Garden Show,
We are bringing the Garden to the Spa!*

- 👉 Rice Hull Exfoliation
- 👉 Plum Crazy Body Therapy
- 👉 Steam Therapy
- 👉 Aroma~Hydrotherapy Spa
- 👉 Rice & Plum Facial

Only \$260

*3 hour spa experience
healthy lunch included.*

Revive & Glow Skin Therapy!



APRIL SPA SPECIAL

for better health!



- 👉 Ionic Detoxing
- 👉 Reflexology
- 👉 Spa Pedicure
- 👉 Hydrotherapy & Massage

Only \$190

*3 hour spa experience
healthy lunch included.*

Alternative health begins at Spa Therapy!

MAY SPA SPECIAL

for Mother Nature

Mother's Day

- 👉 Rain Massage
- 👉 Scalp Therapy
- 👉 Custom Facial
- 👉 Spa Pedicure

Only \$175

