



## Viewpoint: Anti-inflammation and Visible Skin Aging

by Jennifer Nagy-Cordray  
Skin Care Therapist  
Licensed Massage Therapist



Skin care regimens recommended by professionals for reversing and preventing visible skin aging should include products with active ingredients focused on reversing and preventing chronic inflammation. This change in strategy should occur with all topical products, oral supplements and dietary recommendations. The driving force behind this strategic change is that cutaneous inflammation has now been linked to many diseases, including cancer, as well as visible skin aging. This article will review the compelling scientific story that resulted in the conclusion that chronic inflammation is a major culprit in visible skin aging. The two major pro-inflammatory stimulators are disruption of the skin barrier and ultraviolet (UV) light. Because of this, it becomes crucial that optimizing skin barrier structure and function to prevent or minimize the effect of UV radiation and other damaging molecules are absolute requirements for treatment and prevention regimens of skin aging and other skin conditions.

### Public awareness

Denham Harmon first documented cellular destruction by reactive oxygen species (ROS) more than 50 years ago, and Kligman and Lavker documented that inflammation played a microscopic role in visible skin aging almost 20 years ago. Perricone brought the information that inflammation induces skin damage into the public eye with his book, *The Wrinkle Cure*. In this book, he states that visible skin aging can be reduced and prevented by the daily use of antioxidant and/or anti-inflammatory cosmeceuticals,

coupled with a diet rich in anti-inflammatory and antioxidant foods. Articles published in several major news and industry magazines in recent years have further exposed the public to the concept that inflammation of the skin and other organs is the critical event in the development of diseases, cancers and aging. Wellness guru Andrew Weil, MD, has published his anti-inflammatory diet because he believes that, "Without question, diet influences inflammation." Weil and other researchers state that the link between inflammation and heart attacks; colon, esophageal, prostate and skin cancer; Alzheimer's disease; stroke; multiple sclerosis; rheumatic fever; rheumatoid arthritis; type I diabetes mellitus; systemic lupus erythematosus and scleroderma; as well as aging, strongly suggests a single inflammation-reducing remedy would effectively treat and prevent major debilitating and fatal conditions. This radically changes the medical community's concept of disease therapy. The idea of avoiding and reversing chronic inflammation for the prevention and treatment of aging cells also applies to the skin's surface. It follows that skin cells would be expected to benefit from direct exposure to anti-inflammatory and antioxidant-containing topical skin care products, oral supplements and foods.

The conclusion that chronic inflammation as

## INSIDE THIS ISSUE

- 1-4 Anti-inflammation & Aging by Jennifer
- 4-5 Skin Exfoliation by Jenny
- 5-6 Your Hands- Save Them! by Patti
- 6-7 Nail Update by Erica
- 7-8 Eliminate Psoriasis by Jennifer
- 9 Holiday Make-Up Tips by Jennifer
- 10 Trigger Point Therapy by Duane
- 11 New Esthetician! Olivia
- 11 Fall Specials & Events
- 12 New Products



the engine driving the most feared illnesses, as well as aging, has been reached by evaluating multiple historical, social and medical treatments. Importantly, the cellular/molecular mechanism links between inflammation, disease, cancer and aging have recently been established.

### **Historical and social implications**

It is well-known that in modern American society the incidence of chronic inflammatory skin diseases is significantly increasing in all age groups, such as dermatitis in American children, which is now 15–30%. Occupational hand dermatitis has become the leading cause of lost days of work, not only in this country, but throughout the world. In 2005, it was reported that nearly 40% of American adults have suffered from a skin condition lasting longer than one month during their lifetime.

In the last decade, the scientific community has gradually become more accepting that inflammation and malignant deterioration influence and predispose to each other. In American society, the incidence of skin cancer has reached epidemic proportions. During each of the past three years, more than a million Americans suffered from a skin cancer requiring surgery. About 50% of people over 65 are afflicted with premalignant solar keratosis. The most common procedures still performed today by dermatologists relate to skin cancer therapy. These surgical and destructive procedures treating skin cancer rose by 12% to include more than 1.7 million, despite massive public education on the relationship of sunlight to skin cancer. This trend is increasing, despite the introduction in the 1980s of sunscreens with a sun protection factor of 15 or higher, and a broadening of the protected UV light spectrum to include UVA exposure.

During this same period, however, exfoliating strategies using alpha hydroxy acids (AHAs), retinoids and microdermabrasion have exploded in popularity. The number of exfoliating procedures performed by estheticians and spas has grown rapidly, yet skin cancer afflicts an increasingly larger number of Americans.

It has been documented that mild barrier disruption doses of UV light induce microscopic chronic inflammation and tissue destruction. Repeated chronic disruption of the skin barrier due

to any cause has been documented to activate chronic inflammation. Acute inflammation followed by rapid complete repair of the skin barrier does not appear to induce skin damage, resulting in the aggravation of visible skin aging.

Chronic inflammation induced by both AHAs and retinoids appears to be primarily the result of barrier disruption. The United States Food and Drug Administration (FDA) in 2000 developed a warning for AHA products with a concentration more than 10% and pH under 3.0, due to increased photosensitivity and premalignant deterioration of skin cells. Since AHAs are not photosensitizers, unlike retinoids, the photo reactivity must be due to exfoliation of the barrier. Moreover, Halliday reported increased skin cancers with prolonged topical retinoid use, while short-term studies indicate the retinoids appear to reduce visible premalignant and cancerous growths in animal studies.

This information strongly suggests to skin care professionals to adjust treatment and prevention strategies for reversing and preventing visible skin aging to one of reversing all causes of chronic inflammation, including skin barrier disruption. Here at Spa Therapy, we treat skin with predominately anti-inflammatory products, keeping in pace with the research of the cause of skin aging.

### **The medical response *Prescriptions.***

Methotrexate and corticosteroids have been major therapies for treating psoriasis, dermatitis, certain skin cancers, and a variety of internal inflammatory diseases and malignancies, which strongly suggests a link between inflammation and cancer. A non-steroidal anti-inflammatory drug, diclofenac, received FDA approval to treat premalignant solar keratosis with topical application. A similar agent, topically applied indomethacin, appears to improve visible skin aging in animal models.

Examining the success of using medicine for treating a wide range of diseases supports the observations linking inflammation to diseases and cancer. Systemic lupus erythematosus, dermatomyositis and scleroderma are systemic diseases with characteristic skin damage. Epidermal atrophy and irregular pigmentation of the skin is present in these diseases, as well as visible skin aging.

**Alternative/complementary medicine.** The public's use of alternative and complementary medicine surpassed the volume of traditional outpatient medicine in 1995. Half of the top 10-selling herbs have documented anti-inflammatory or antioxidant mechanisms of action in humans or animals. More than 100 herbs are being marketed in topical non-prescription skin care products, including cosmeceuticals. Many of these have documented anti-inflammatory or antioxidant activity, suggesting they may be beneficial in treating and preventing inflammatory diseases and skin aging. Of more than 8,000 documented antioxidant ingredients, only 14 have been incorporated into topical formulations that were documented in human clinical trials to improve parameters of visible skin aging. It is important to note, you cannot get the dose or quality of anti-inflammatory ingredients over-the-counter. The level of skin care necessary to combat inflammatory changes in the skin- which leads to the largest cause of aging,-can only be acquired through the professional skin care center. According to Perricone, all antioxidants act as anti-inflammatory agents, but not all anti-inflammatories—such as indomethacin and diclofenac—have antioxidant mechanisms of action.

Herbal ingredients with known antioxidant or anti-inflammatory activity are used as topical medicines for certain inflammatory skin diseases and skin care products for visible skin aging, including botanical extracts rich in AHAs, such as apple; retinoids including retinol, as in carrot; certain ascorbic acids, such as citrus; soy milk and total soy; arbutin; date palm fruit as a solitary agent; green tea when applied topically and taken orally; colloidal oatmeal and oat, and proprietary formulations of date kernel, meadowfoam and flax; pycnogenol and parthenolide-free extract (PFE). Our Eminence Organic skin care line, here at Spa Therapy, uses these important ingredients in all anti-inflammatory products, which includes the Biodynamic collection.

Oral supplements containing herbs have become very popular, with the top 10 selling more than \$1 billion in 2004. Many of these herbs contain

multiple antioxidant or anti-inflammatory ingredients, and three of them- date, meadowfoam and pomegranate—have clinical studies documenting improvement of visible skin aging. Our Pure Inventions oral herbal products, here at Spa Therapy, use these important ingredients.

### **Mechanisms**

If you want to understand more, here it is. Environmental insults producing destructive ROS include smoking, pollution, harsh skin care regimens, medical and cosmetic procedures, preservatives, topical drug delivery recipients, irritants—including certain prescription topical therapies, allergens, blistering, wounds, and UV and X radiation. Skin barrier disruption activates the release of tumor necrosis factor alpha (TNF) and interleukins 1 (IL-1) and 8 (IL-8), as well as other pro-inflammatory molecules to induce protective acute inflammation and trigger repair of the damaged skin barrier. Matrix metalloproteinases (MMPs) are enzymes that activate inflammation and degrade damaged dermal ground substance, collagen and elastin to remodel the skin after injury. These destructive enzymes are synthesized in several skin cells, including fibroblasts, keratinocytes and mast cells. Collagenase (MMP-1), stromelysin (MMP-3) and gelatinase (MMP-9) are the most important. Visible skin aging parameters, such as fine lines, wrinkles, fragility and laxity are due to solar elastosis, collagen destruction and tissue atrophy induced by damaging MMP activity. These enzymes play important roles in the premalignant and malignant deterioration of skin cells.

It follows then that preventing and reversing chronic inflammation should be a primary skin care strategy to treat and prevent skin conditions, such as visible aging, skin diseases and cancer, and to improve skin health. The ideal regimen would consist of topically applied skin care products that also optimize the stratum corneum barrier, combined with a diet rich in anti-inflammatory/antioxidant foods. Additional oral supplementation with these activities may also improve results. This regimen is especially important if the client lives, works or plays in a high-stress or harsh environment where healthy skin function is needed.

The linking of chronic inflammation to multiple cutaneous and systemic diseases, including skin aging and cancer, was suggested more than a century ago, but now has been scientifically accepted. Establishing chronic inflammation as the key cause is why anti-inflammatory medications are effective treatments for a variety of skin diseases, cancer and visible skin aging. It is now clear that destructive chronic inflammation can be prevented and reversed by the consumption of proper food and oral supplements, as well as the application of topical skin care products. This realization should stimulate skin care providers to be more focused on reversing and preventing inflammation with topical and oral products, including food. Optimizing the stratum corneum barrier function is necessary to prevent activation and reverse the skin damage caused by chronic inflammation. Returning the skin to its normal function and structure should reverse, prevent and minimize visible skin aging.

Here at Spa Therapy, we can recommend the proper skin care products and treatments necessary to improve your skin by reducing the cause of aging- inflammation. Trust your skin care to a professional- we are here to offer you choices to improve your health.

## The Importance of Skin Exfoliation

by Jenny Jenson, Esthetician



### ***What is Skin Exfoliation?***

The objective of exfoliating is to remove dead skin cells from the skin's surface.

### ***Why is Exfoliation Important?***

Exfoliation is considered one of the most important techniques that you can perform on your skin to resolve certain skin care problems as well as to achieve healthy and glowing skin.

## ***What Skin Care Problems Does Exfoliation Resolve?***

### **BLEMISHED OR ACNE SKIN**

Exfoliation should be the main focus of blemished or acne skin. So often, we are told to dry out the skin with harsh acne products. Although this will destroy acne-causing bacteria, it tends to dry out the skin, and then results in not only irritated skin but also in future breakouts. Why? Because as you over-dry the skin, you create surface dry skin cell buildup. This buildup then acts as a barrier to trap oil in the skin, then starts a cycle of new breakouts.

### **POST-BREAKOUT RED/DARK MARKS**

Often, the real concern is not so much the actual blemishes, but rather the red, dark marks that remain on the skin long after the breakout has healed. The key to fading those post-breakout marks is to increase your exfoliation. The more you remove the surface damaged skin tissue, the more you are ridding the skin of the dark marks and encouraging the formation of new healthy (non-scarred) skin tissue. The result is more even-toned skin with less scarring.

### **CLOGGED PORES**

Clogged pores aren't infected blemishes, but rather blackheads, small whiteheads, and little clogged bumps on the skin. The same rules apply as with blemished skins. The more you remove surface dead skin cells (usually caused by using harsh, drying products), the less oil will stay trapped and congested in the pores.

### **HYPERPIGMENTATION**

These are the brown spots that come from age, pregnancy, hormonal changes, and genetics. These spots tend to become more apparent and darker as the skin ages. Exfoliation is beneficial for breaking up the pigmented cells to allow them to fade. Combined with a skin lightening agent, such as Vitamin C, exfoliation will help accelerate the fading process.

### **DRY SKIN**

Especially in the winter, exfoliation is very important. So often when the skin is dry, we tend to load up on heavier creams to compensate for the dryness. But dry skin means you have dry skin cell buildup. And the more you layer on the heavier creams, the more you are trying to re-hydrate dry dead skin cells! This makes no sense! Instead, increase your exfoliation to remove the dry skin cells, and then moisturize the new skin

cells, resulting in a moister skin.

#### THOSE WHO DESIRE SMOOTHER SKIN

One way to instantly smooth the skin is to exfoliate! When you rid the skin of the surface dry dead skin cells, you create a smoother appearance.

#### THOSE CONCERNED ABOUT ANTI-AGING

The skin's natural exfoliation process slows as the skin ages, resulting in an accumulation of dry dead skin cells. As you increase your exfoliation, you are tricking the skin into acting young again!

How Does One Exfoliate?

THERE ARE 2 TYPES OF EXFOLIATION. PHYSICAL OR CHEMICAL:

Physical Exfoliators mean you have to do the work. They can be done using facial brushes, sponges and mildly abrasive scrubs. Clarisonic is the best facial brush on the market, which gives you the healthiest skin without any irritation. Try the Eminence Strawberry dermafoliant for a gentle scrub that can be used daily. Or for a more aggressive scrub, try the Eminence Pear and Poppy Seed Microderm Polisher, which can be used once to twice weekly.

Chemical Exfoliators do the work for you. You apply it, leave it on your skin, and it works to dissolve the dry dead skin cells. These exfoliators include ingredients such as Glycolic Acids, AHAs and BHA, and enzymes such as Pumpkin, Papaya, and Pineapple, and Retinol. Our BION skin care line offers a variety of different Glycolic products. When choosing a product with AHA or BHA, AHAs tend to be applied to skin dealing with skin sun damage, dryness and thickness and should have a concentration of at least 5-8% and a pH level of 3 or 4, if the packaging doesn't say, look for an ingredient listing placing it 2<sup>nd</sup> or 3<sup>rd</sup>. BHA is actively used to deal with blemished and acne, and need to have a concentration of at least 1-2% and a pH level of 3, look for an ingredient listing placing it at the middle. Please ask me for my recommendations for your skin type. If you feel like your skin is a little sensitive then try the Eminence Yam & Pumpkin Enzyme Peel 5% which can be used once to twice weekly by leaving on skin for 10 minutes. For severely sun damaged skin, a Retinol product will work at a much greater depth of the skin. It operates at a cellular level and actually, has the capacity to modify irregular skin

call behavior. Try BIONs A-C-E cream to use daily after cleansing and under moisturizer/SPF application.

#### ***Which Professional Spa Exfoliating Treatments Are Beneficial?***

At Spa Therapy we offer a variety of different Exfoliating Treatments for any type of skin.

Looking for a deep Physical Exfoliation, Try our Microdermabrasion treatment, which offers a deep exfoliation crystal-free.

If you have sensitive skin, but still looking for an effective treatment, upgrade your Eminence Facial with our professional strength Yam and Pumpkin Peel 20%.

Our Glycolic peels will give you the greatest result. This is best done in a series of 6, performed once a week. Our Glycolic Peel is 30% with a pH of 3.0. It is best for sun damaged, dryness, thickness or blemished skin.

The Bottom Line on Exfoliation

The goal is to exfoliate your skin as much as possible with minimal irritation.

***\*It is always best to schedule a consultation before you choose to try any of the Chemical Exfoliators. Mention this article to receive 20% OFF any professional exfoliation treatment in spa with JENNY JENSON.\****

## **Your Hands- Save Them!**

*by Patti Smith, Massage Therapist*

### **10 Tips for Repetitive Injury Prevention**



1. Know Your Risk Factors- Are you in a hand-intensive occupation or recreational activity? High risk occupations and activities include hairstylists, carpenters, musicians, dentists, massage therapists, artists, tennis players and administrative assistants among others.
2. Educate Yourself- What are the most

common types of injuries in your field? Do you know them? Spend a few minutes researching these questions. Hand injuries fall into several categories: Repetitive Stress Injuries (RSI), Carpal Tunnel Syndrome (CTS), Thoracic Outlet Syndrome (TOS), tendinitis/tenosynovitis and overuse syndrome.

3. Develop Body Awareness- Are you comfortable when working? Do you hold your breath or tighten your muscles in response to stress? Do you notice when you need to change positions or move around a bit? Body awareness can go a long way in preventing injury.
4. Practice Good Body Mechanics- Do you know and practice proper mechanics and ergonomics? Work stations can be designed to minimize physical stress on your body. It is also important to be aware of your lifting techniques and the position of your joints in relation to the work which is being done. A “neutral” joint is more stable than a joint which is hyper flexed or hyper extended. Injury prevention begins with attention to these basic elements.
5. Know the Early Signs of Injury- Swelling, heat, redness; pain, numbness; tingling, tightness and loss of function in the hand(s) are signs that injury is present. Ignoring these signs could lead to a decrease in function as well as an increase in healing time.
6. Enlist Help Early- Be your own advocate for appropriate assessment of your injury. Ask for second opinions and referrals to specialists if necessary. You know your body better than your health care practitioner. If you feel you are not receiving adequate information or care, insist on alternative methods.
7. Rest- Sometimes it is better to take a break from work and rest your injury. You must weigh the short term gain against the long term consequences. It may be better to take a break and let your hands heal rather than continue to work and risk permanent injury and loss of income.

8. Invest In Your Health- Your hands and body are your livelihood. Proper exercise, proper nutrition, adequate sleep, stress management and positive social interaction contribute to a healthy mind and body thus reducing the risk of injury.
9. Consider Complementary Therapies- A growing number of people look to complementary healthcare for injury treatment. The complementary therapies most commonly used for injury treatment are chiropractic, massage/body work, Chinese medicine, homeopathy and naturopathy. Many people find these therapies effective and indispensable in their ability to prevent and treat injuries.
10. Know Your Boundaries- Know how to effectively communicate your limitations-especially in your workplace. Do not compromise your well-being to meet the needs of your clients or employers. If you are working in pain, stop. Take responsibility for your health and well-being. It is your life-LIVE IT WELL.

## Update from our Nail Expert!

by Erica Charley



One of the latest trends for nails is acrylic nails or acrylic nail polish. These nails come in a number of designs and colors catered to the customer's tastes. The polish is used to harden the color so it lasts longer. The nails are commonly applied for a special occasion, but many women choose to use acrylic nails as part of their regular beauty routine. Using these nails is a fantastic way to lengthen and strengthen short, brittle nails. The active ingredient in the polish or nails is Methyl Methacrylate, and is commonly used because it is more cost-effective. However, MMA is linked to a number of harmful side effects, including skin irritations and irregular nail growth.

**What is Methyl Methacrylate?** Methyl Methacrylate (MMA) is a liquid monomer banned for use in the nail industry by the Food and Drug Administration. MMA was used largely in the early 70's as an inexpensive substitute for conventional acrylic liquid. It was banned due to the severe poisonous reactions it caused in customers and nail tech. The use of methyl methacrylate, in the nail industry has caused numerous problems for acrylic nail wearers. Many "discount" nail salons are using MMA instead of acrylic liquid which cuts down on costs, (MMA is about \$180 cheaper per gallon than acrylic liquid.) This is why so many "discount" nail salons can charge low prices. The FDA has issued a warning that the use of MMA in discount nail salons is on the upswing, and is severely dangerous to unsuspecting clients. The best way to combat the problem with MMA is to recognize the warning signs.

- ✓ Tingling or numbness of the fingers
- ✓ Whitening of the fingers
- ✓ Damaged nail beds
- ✓ Irritated skin around the nail bed
- ✓ MMA will have a different smell than regular acrylic
- ✓ Difficulty in removing your clients acrylic nails

The MMA acrylic combination has a much harder surface than pure acrylic combination. Employees must wear masks to avoid the poisonous chemicals MMA gives out. It is important to educate my clients on the dangers of MMA. A well-trained nail tech using FDA approved products and using proper sanitation methods will not be afraid to answer any questions by their clients.

## Eliminate Psoriasis: BiON Works!

*By Jennifer Nagy-Cordray,  
Skin Care Therapist*



While the exact causes of psoriasis have yet to be discovered, we know that the immune system and genetics play major roles in its development. Most researchers agree that the immune system is somehow mistakenly triggered, which speeds up the growth cycle of skin cells among other immune reactions. No special blood tests or diagnostic tools exist to diagnose psoriasis. A dermatologist (doctor who specializes in skin diseases) or other health care provider usually examines the affected skin and determines if it is psoriasis. Sometimes a piece of skin is examined under the microscope. No single psoriasis treatment works for everyone; however, the protocol I have been using for 6 years has proven to work for most people. My treatment protocol is BiON Glycolic Cleanser, BiON Acne Inhibiting Gel, and BiON Glycolic Cream as a daily homecare routine.

My research indicated scientists believe that at least 10% of the general population inherits one or more of the genes that create a predisposition to psoriasis. However, only 2 to 3% of the population develops the disease. Researchers believe that for a person to develop psoriasis, the individual must have a combination of the genes that cause psoriasis and be exposed to specific external factors known as "triggers."

Psoriasis triggers are not universal. What may cause one person's psoriasis to become active, may not affect another. Stress can cause psoriasis to flare for the first time or aggravate existing psoriasis. Psoriasis can appear in areas of the skin that have been injured or traumatized. Certain medications are associated with triggering psoriasis. Lithium aggravates psoriasis in about half of those with psoriasis who take it. Inderal is high blood pressure medication which worsens psoriasis in about 25 to 30% of patients with psoriasis who take it. It is not known if all high blood pressure (beta blocker) medications worsen psoriasis, but they may have that potential. Quinidine is a heart medication has been reported to worsen some cases

of psoriasis. Indomethacin is a non-steroidal anti-inflammatory drug used to treat arthritis. It has worsened some cases of psoriasis. Although scientifically unproven, some people with psoriasis suspect that allergies, diet and weather trigger their psoriasis. It is as important to understand what triggers psoriasis in order to treat it effectively.

Treating your psoriasis is critical to good disease management and overall health. Work with your doctor to find a treatment—or treatments—that reduce or eliminate your symptoms. I have found that BiON Glycolic Cream has been successful in eliminating psoriasis in severe cases. Individuals with psoriasis on more than 10% of their body are considered severe. The clients in my case studies have psoriasis over 50% of their body. They have been on my treatment plan for over 6 years and have had their psoriasis completely resolve.

Case study #1 pre-treatment



Post treatment



Case study #2 pre-treatment



Post treatment



Treating moderate to severe psoriasis usually involves a combination of treatment strategies. Besides topical treatments, your doctor may prescribe phototherapy (also known as light therapy) and/or systemic medications, including biologic drugs. The clients shown in my case studies have tried everything—all of the above. Their medical care, in their words, has been ‘exhausting with limited success’. My treatment plan included using BiON Glycolic Cleanser for an overall body wash, BiON Glycolic Cream, BiON Acne Inhibiting Gel (which contains Zinc Gluconate and Wheat Bran Extract) and a Zinc supplement of 50 mg /day. BiON Glycolic Cleanser is a 3% glycolic acid with a pH3.7. Glycolic acid removes the damaged layer of surface skin cells and stimulates rebuilding and restructuring of deeper skin cells. Wheat Bran Extract is known to restore skin tissue and support skin healing while protecting against UV damage and providing anti-inflammatory benefits. Zinc will help maintain the integrity of skin and mucosal membranes. We know that a daily intake of zinc is required to maintain a steady state because the body has no specialized zinc storage system, however, most daily multi-vitamins do not have enough to combat an impaired immune system disease. Patients with chronic leg ulcers have abnormal zinc metabolism and low serum zinc levels, and clinicians frequently treat skin ulcers with zinc supplements. This treatment is aggressive and your skin will be sensitive for the 1<sup>st</sup> week if you have open lesions- **but it works!**

**BiON Announces Contest Winner by Jennifer Nagy-Cordray**  
**Estheticians entered the BiON product regimens that they have developed to achieve amazing results. Jennifer Nagy-Cordray of Spa Therapy in Yuba City, CA was our first place winner!**

## Make-up Tips for the Holidays!



*These eyeshadow tips will take you from good looking to gorgeous. The eyes are the first thing most people notice about your face, so knowing how to apply your eyeshadow correctly is the key to showing them off. You can use your eyeshadow to accentuate the positive and camouflage the negative.*

### **How to Apply Eye shadow**

Start with a natural concealer that matches your skin tone, or use a primer. This will give you the smoothest, longest-lasting coverage. For basic eyes, use the lightest shade of shadow from the lash line to the brow line. Use a medium shade on the lid and a third color along the lash line and outer corner of your eyes. You can also use that third color in the crease of your eye to add depth, as long as it is the darkest of the three shades.

Try using an eye shadow brush, rather than a sponge-tipped applicator. A brush is wonderful for blending and offers a nice sheer coverage. Load the brush with shadow, and then tap off the excess before applying. Wash your brushes every couple of weeks with a light shampoo and dry them flat, rather than standing on end. Also, if you love to use different eye shadow colors, purchase more than one brush and keep the color families separate so they don't bleed over into each other, leaving you with a muddy-looking mess.

### **Using Eye shadows to Fix Those Flaws**

Eye shadow can work wonders to camouflage flaws in the eye and nose area. For close-set eyes, keep the inside corners of the eyes lighter than the outer corners. Use concealer that is one shade lighter than your skin at the inner corner of your eyes and on the sides of your nose. Use a matte shadow in a medium to dark shade, and sweep it outward and upward, starting at the middle of the lid and going toward the outer half.

If your eyes are wide-set, do the opposite. Emphasize those inner corners by using a neutral base and then dusting on a medium to dark color

on the inner half of the eyelid, blending outward. You want the most color on the inner half and then let it lighten up as you blend outward. Use eyeliner to line the lid from the inner corner to the middle of the eye. Again, blend outward, lightening up as you go. Don't match your eye shadow to the exact color of your eyes. Instead choose a color that compliments and gently contrasts your eye color. If you were looking at a color wheel, you would choose the color opposite to your eye color.

### **Some GENERAL guidelines:**

**Blue Eyes** - shades of brown, peaches, pinks, plums, grays and silvers, blue darker than your eye color. (Shiny Wine, Tiramisu, Pink-A-Boo, English Rose)

**Green Eyes** - purples, plums, browns with yellow undertones, dark forest green. (Chianti, Shiny Wine, Current, Ivy, Golden Girls, Gold Leaf)

**Brown Eyes** - shades of blue, purples, coppers, bronze, forest greens. (Indigo, Current, Shiny Wine, Brown Sugar, Ivy, Aqua Blast, Pralines, Penny Lane, Gold Leaf, My Blue Heaven)

**Blonde Hair** - golden browns, lavenders, apricots and corals. (Golden Girls, Tiramisu, Grape Crush, English Rose)

**Red Hair** - blues, greens, corals and peaches. (Indigo, Dill, Khaki, English Rose)

**Brunette Hair** - browns, black, rusty reds, deep purples. (Pralines, Brown Sugar, Shiny Wine, Brown Derby)

- Shades of black will look good on all eye and hair colors if smudged for a smoky eye look.

### **Day to Night: Which Colors Make the Transition Best?**

When you are applying makeup for daytime, you can use just a base color and mascara. At night, you want a more dramatic look. This is best achieved by using darker colors with lots of sparkle and shine. Because using a wet brush will intensify powder shadow colors, you can use the same shadow from day to night, but use the wet brush for your evening application. Shimmery cosmetics are great for adding interest, but be careful not to overdo it, or you will call attention to those lines and wrinkles that you would rather hide.

Our Skin Care Therapist or I will be happy to offer you a free consultation for any of your make-up needs. Call or come by for an appointment.

END

## Is Trigger Point Therapy Right For YOU?



by Duane Crowder,  
Certified Massage Therapist

Do You Have...

- unexplained pain that comes and goes?
- reduced range of motion in a joint or muscle group?
- a change in your body posture that you have trouble correcting?
- Spend large amounts of time doing the same thing, i.e. typing, sports?

If you are still not sure, check out these scenarios...

An avid runner, who loves the high and the fresh air, reluctantly has to stop running and even walking any distance because of relentless pain in their knees and heels.

A mother and professional worries about her future because the pain and numbness in her arms and hands won't go away, however, she has to keep working to support the family.

Shoulder pain that keeps you awake at night. You can't raise your arm to wash your hair and wouldn't dare scratch your back. Any movements send jolts of pain like an electric shock that brings you to your knees.

So you know by now if this is for you... but what can be done about it?

Myofascial Trigger Points, often called knots, are a common problem that is linked to over 90% of chronic pain conditions. The good news is that there is hope. Treatment for Trigger Points is fairly simple once the location is determined. Not all Trigger Points hide directly beneath the pain

you feel; they often refer pain (predictably) to other parts of the body. By mapping your body posture and identifying some day-to-day habits we can begin to locate your trouble areas. Our brains tell us lots of things based on what we feel which can often lead us astray, but our body doesn't lie. Once we have located the actual Trigger Points, they feel like knots, we can begin to release the contracted muscle. It is typically not a painful process to release the Trigger but occasionally you will feel the same feeling as when your pain is active. This helps to identify the true source.

### ***What to know if you want to book a Trigger Point session...***

A few things:

1. Your pain didn't get there over night, but often the bulk of the pain will disappear within the first or second treatment. (The better the information we get in the beginning the better the results in the end).
2. You must be hydrated!!! Hydration is one of the causes and antagonists of trigger point pain. You must be urinating clear before your appointment and expect to drink much more water after to flush your system of the waste that comes from releasing the Trigger.
3. Your Triggers can not be active at the time of your appointment. This is difficult for some of you, I know, but when the trigger is active, the treatment will usually just make the pain worse. After the first treatment the triggers are less likely to activate for quite some time.

If you have chronic pain, this might be an option for you. Check with your doctor and see if Trigger Point Therapy could help. You might be covered by your insurance if your doctor orders this treatment for you. Check with our front desk staff, we would be happy to help you find out. Call to schedule with me in September and you will receive an initial treatment at a 20% discount- *I want to help you recover from pain.*

**Spa Therapy Introduces  
Olivia Couey to our  
Team!**



**Olivia Couey: Why I Love  
being a Skin Therapist**

I have a huge passion for skin. I, myself, have struggled with skin issues. As a teenager I suffered from grade III acne. It was so bad, I was constantly teased by other kids. It was so hurtful to myself esteem. All the torture really devastated me. Now, I am acne free and my goal is to help other people with their skin problems. My goal is to fulfill my client's goals. When I see my client leave with a smile on their face, it's like winning a gold medal! I love to help people feel and look better, and that is why I picked this career. When I began training in Esthetics, I couldn't help notice my strong passion and quest for knowledge of the skin, waxing, makeup, and beauty all around. In just a short amount of time, I knew this was it. Skin care was my calling. In addition, I am a makeup artist. There is nothing better than to work my magic on a woman to bring out her most attractive features and make her feel gorgeous!

I strive for perfection when it comes to my profession. It's important to me that my client is always happy when they walk out the door. Every single minute of an appointment I am 110% dedicated to my client. I give facials the way that I would like to receive one. It is so important to me to really research my client's skin so I can use the right products on their face. I am driven to continue my education in the skin industry. I will always perform at my best and bring my clients advanced information and care.

**SEPTEMBER SPA PACKAGE!**

*Our Focus is*

**Anti-oxidant Body Therapy**

- ✦ Vino Radiance Facial
- ✦ Grape Seed Body Scrub
- ✦ Vino-Massage
- ✦ Vino Hydrotherapy Spa



**Only \$192! Value of \$240**

**3 hour spa experience with a healthy lunch included.**



**Alternative health begins at Spa Therapy Wellness Center!**



**October Spa Package**

- ✦ Pumpkin Enzyme Facial
- ✦ Plum Hydrating Body Therapy
- ✦ Hydrotherapy Spa & Steam
- ✦ Pumpkin & Plum Pedicure

**Including a healthy lunch!**

**'This is your Holiday Body Prep Survival Kit, Customized Warmly by your Spa Therapy Professional Staff'**

**only \$224 for 4 hours of total body spa experience!**



**November ART & Wine Social Open House  
AND 10th Anniversary Party!**

**When: November 11<sup>th</sup>**

**Where: SPA THERAPY WELLNESS CENTER**

**Featuring**

- ❑ Fine Art Photography by 'Joe Reusser'
- ❑ Appetizers by 'Ruthy's Restaurant'
- ❑ Wine Tasting by 'Grey Fox'



*If you like Art, Food, & Wine, you'll enjoy a visit to Spa Therapy Wellness Center! We will have one-night-only specials, treatments, and raffle offered by the professional staff.. you won't want to miss it!*

# New Product Line at Spa Therapy Wellness Center

## New Product Line at Spa Therapy Wellness Center



THIS MONTH AT SPA THERAPY WELLNESS CENTER!



**Schedule a Spa Therapy Facial & see the difference!!!**

Key Lime Vanilla Age-Defying Masque

**Description:** Firming and lifting masque

**Skin Type:** Normal to dry skin types, especially mature!

**Key Ingredients:**

- Lime Juice: antioxidant. Supplies high levels of vitamin C, combats free radicals and protects the skin
- Vanilla extract: Calming, soothing. Improves circulation.
- Zirhafirm: (Maral Root and Wild Jujube) powerful firming, restructuring and repositioning agent. Clinically proven to visibly lift skin by 22.5%.
- Gotu Kola: antibacterial, soothes and heals the skin, promotes regeneration
- Horsetail: Anti-inflammatory, softener. Reduces swelling and calms inflammation, supplies silica to the skin.
- Biocomplex: an antioxidant booster of vitamins A, Ester C, E, Coenzyme Q10, Alpha Lipoic Acid; delivers a balanced mix of essential antioxidants and effectively combats free radicals