



Hydromassage for Wellness Therapy

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Water therapy is a natural therapy, safely used by hospitals, physiotherapists and health spas around the world. Consult with your physician to see if it can benefit you. There are several forms of hydrotherapy. The focus of this page is the therapeutic benefits that can be realized by hydromassage and hydrothermal therapy through use of spas.

Three basic factors comprise this aquatic therapy: heat, buoyancy, and massage:

Immersion in hot water raises the body temperature and causes the blood vessels to dilate, resulting in increased circulation.

The buoyancy of the water reduces body weight by approximately 85-90%, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space.

The massaging action of a spa is created by sending a mixture of water and air through professional spa jet. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers.

What Typically Happens During Hydrotherapy?

After 5 minutes - your blood pressure and pulse rates may begin to drop.

After 8 minutes - your circulation improves in your hands and feet making them feel warmer.

After 12 minutes - your muscles relax, becoming more receptive to passive exercise. Tissues become more pliable and responsive to stretching, encouraging the release of lactic acid and other toxins from your system.

At 15 minutes - your minor aches and pains will often experience a temporary decrease in severity.

For Tension and Everyday Aches & Pains

To reduce tension, a water temperature between 94° to

96° F, which is close to the skin temperature, will often produce good results. Many people have reported that a higher water temperature between 102° to 104° F is great for loosening tight, tense muscles and reducing the pain of stress-related conditions such as backache. Using temperature settings above 104°F is not recommended as it can raise your core temperature very fast, inducing an artificial fever.

If you dare, take a cold shower after you step out of the spa, like the ancient Romans did as part of their bath ritual. This brings an immediate rush of blood through your system, as well as an exhilarating rush of natural energy. Just as hot water opens and cleanses the pores, cool water closes them back up again afterward.

Evening is one of the best times to soak in hot water. You will probably find that a good soaking before going to bed will make falling asleep easier, and you'll likely experience deeper sleep throughout the night. If you have a medical condition or are pregnant, consult with your physician before starting any hydrotherapy regimen.

Soak Into a Good Night's Sleep

The National Sleep Foundation recently conducted a poll

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which showed that 38% of men, and 48% of women suffer from some form of sleep disorder, such as insomnia more than one night per week. In fact, after pain, insomnia is the second leading reason that people visit their doctors.

Researchers in this field believe that our often hectic and stress filled lifestyles are a major reason for the rise in insomnia cases. Lack of sleep can cause memory problems, shattered nerves, even mood swings and depression.

Many people have sought medication to treat sleeping problems. But did you know that you can often help your own body prepare for a deep and restful sleep? According to a report in the scientific publication 'Sleep', your body can be eased into a state of deep and relaxing sleep by a drop in body temperature after going to bed. Soaking in hot water about 90 minutes before bedtime triggers your internal thermostat to lower your temperature, thus inducing sleep to set in more easily.

A 15 minute soak in your spa before bedtime can be a natural way to achieve restful sleep without the use of drugs. Most awaken in the morning with a clear head, and none of the grogginess often associated with the use of sleeping medications or alcohol.

Can Hydrotherapy help relieve Arthritis?

Arthritis, which most of us understand to be an inflammation of a joint or joints, resulting in pain and swelling, is actually the name for a family of over a hundred separate diseases. These include: rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, gout and lupus. By some estimates, one out of every three families has someone who suffers from this condition.

As stated in their article: Arthritis - Spas & Warm Water Exercise published by the Arthritis Foundation, "people whose arthritis symptoms respond well to heat have discovered the many benefits of heat therapy."

If you suffer from arthritis, you will need to consult with your doctor on the treatment regimen that is best for you. This is because there are several safe and effective ways to minimize loss of motion and the associated pain. Your doctor may recommend exercise, use of warm water and heat, use of cold, or other treatments. Some may be right for you, and others may not. That is why it is so important for your doctor to be involved closely in your treatment.

In a spa, the buoyancy of its warm water hydrotherapy makes it a safe, ideal environment for relieving arthritis symptoms including stiffness and the associated pain while improving the range of motion.

Warm water exercise is one method of hydrotherapy which is gentle to joints and muscles. This is because the water supports the weight and lessens stress on them to encourage free movement. It also provides a level of resistance to assist in re-building muscle strength. Using a spa adds a third component to the therapy which is massage. A spa's jets release a mixture of air and warm water, relaxing and massaging your body. The Arthritis Foundation has published articles on the subject of spas, hydrotherapy and exercise. Speak with your physician and find out if hot water exercise or hydrotherapy is right for you.

Clinical Study

The New England Journal of Medicine reported on a study (08-16-1999) regarding the benefits of physical exercise and therapy from the use of spas. As reported, patients with Type 2 Diabetes Mellitus were studied using a spa 30 minutes a day, 6 days per week. After only 10 days, patients required reduced doses of insulin, lost weight, showed distinct decreases in plasma glucose and glycosylated hemoglobin, and benefited from improved sleep and an increased general sense of well-being.

The study also reported of benefits for patients who are unable to exercise. These patients would specifically benefit from increased blood flow to skeletal muscles. Once again, if you have this condition or other medical issues, you must consult with your physician prior to starting any hydrotherapy program.

Weight Loss and Cellulite Reduction

At first it may sound hard to believe, but the same study has shown that regular use of spas can aid in weight loss, as well as diminish the appearance of cellulite. This stems from the fact that soaking in a spa simulates exercise by dilating blood vessels and promoting better circulation, as it relaxes the skin and muscles. It can also increase the heart rate, while lowering blood pressure. This seems to indicate that soaking in a spa may be good for your body in many ways.

As previously mentioned, the study was for diabetes research, but the results showed that the weight of the subjects was reduced by an average of nearly four pounds each. That's over a pound per week, just by soaking in a spa.

Regular use of spas may also help to diminish the appearance of cellulite. These fatty deposits that typically gather on the hips, thighs, and buttocks of most women past their 30s can never be fully eliminated. The design of a woman's body naturally causes the skin to dimple out, whether she is overweight or thin.

By improving circulation to the areas affected by cellulite, the appearance of the unsightly deposits can be reduced. Spa hydrotherapy stimulates blood vessels and increases circulation. It also tones the body tissue, reduces fluid retention, and relieves swelling. All of these benefits combined can result in the reduction of the appearance of cellulite.

Back Pain

Ask anyone who owns one: they will tell you that they feel better after using their spa. For hundreds of years Europeans have used hot water spa therapy as a treatment for various chronic diseases. In fact, the Romans developed a fabulous hot springs resort in Bath, England sometime after their invasion in 43 A.D.

The effectiveness of such therapy for chronic low back pain has not been well documented until recently. In 1995, a study published in the British Journal of Rheumatology reported that spa therapy has both short and long-term benefits in treating lower back pain.

A later French study, published in the Journal of Rheumatology by another group of researchers, sought to quantify the overall benefits of hot water spa therapy. It appears to confirm these results. After three weeks of consistent hydrotherapy, examinations showed more improvement in the health status (as measured in pain duration and intensity and back flexibility) of the spa treatment group than in the medication-only group. After six months, significant improvement continued in the spa therapy group. In addition, their use of analgesics and anti-inflammatory drugs had decreased.

Cardiovascular Health

The Mayo Clinic found in a recent study that since bathing in a professional spa simulates exercise, soaking in one gives you some of the same health benefits of exercise but with less heart stress. A spa increases the heart rate while lowering blood pressure, instead of raising it as other forms of exercise do.

In the article Mayo Clinic OK's Spas for Heart Patients it states that spas may not pose as much risk to heart

patients as previously had been thought. The report stated that relaxing in a spa might actually be less stressful to your heart than working out on an exercise bicycle.

The research examined the body temperature and cardiovascular stress experienced by 15 patients at risk for heart disease both in hot water and on bicycles. The studies showed that exercise caused blood pressure to rise from an average of 121/73 to 170/84. In contrast, sitting in a spa made the blood pressure drop from an average of 117/77 to 106/61.

The article goes on to state that in a spa, the heart naturally beats faster and heart disease patients want to know if the stress placed on the heart is too great. If you suffer from heart disease, consult with your physician first to see if hydrotherapy is appropriate for your condition.

Benefits for Athletes

Professional sports teams have long known the value of hydrotherapy, but weekend athletes can use the same therapy to aid in relieving minor aches and pains and sore muscles. Neck and back pain, sports injuries, muscle pulls, spasms and soreness are often eased simply by a soak in the spa.

It is also good preventative medicine. Since skin and muscles loosen and relax from the increased blood circulation, improvement in athletic performance can be seen by using hydrotherapy both before and after you exercise.

Prior to athletic activity, soaking relaxes and loosens muscles, and can reduce the risk of injury while improving overall performance.

After physical exercise of any kind, hot soaking helps you relax your muscles and wind back down. It can also significantly reduce next-day muscle stiffness.

Note: If you have a sports injury, consult with your physician before using hydrotherapy. It is often necessary to treat swollen areas with cold first. Your doctor will likely advise you to avoid hot water until swelling of an injury has subsided. When the swelling is gone, the massaging action of warm water circulation will generally help speed the healing process.

Accessibility

For easy access and safety, consider utilizing a facility with professional staff to assist you, such as Spa Therapy Wellness Center.

Tax Deductions & Insurance Benefits

If your doctor or other health professionals advise you to follow a regular program of warm water exercises, and if the need for this medical treatment is deemed 'medically necessary' by your physician, all or a part of your hydrotherapy treatments may qualify for income tax deduction as a medical expense in certain circumstances.

In its opinion letter Index No.: 213.05-00, the IRS states "Section 213(a) allows as a [tax] deduction the expenses paid during the taxable year for medical care of the taxpayer, spouse, or dependent. Under § 213(d)(1)(A), an expense is for 'medical care' if its primary purpose is the diagnosis, cure, mitigation, treatment, or prevention of disease. Since a spa is of a personal nature, you must establish that it is primarily for the cure, mitigation, treatment, or prevention of disease before you can deduct the cost on your tax return. You may be able to claim it as a tax deduction even though you also derive pleasure from it and even though someone else such as your spouse makes use of it, as long as you are utilizing a professional hydrotherapy spa primarily to relieve pain due to disease or an injury. A prescription from your doctor for the hydrotherapy treatments will help in establishing this.

NOTE: Your accountant can inform you as to the specific tax rules and give you professional advice as to whether your purchase will qualify for a deduction or not, as well as what documentation you will need.

Some medical insurance plans may also cover all or part of the purchase expense of a spa prescribed by your physician as a medical treatment. Consult with your insurance provider to see if they offer this coverage and to see if you are eligible. Note that if your insurance company pays for the hydrotherapy services, you may not also deduct its expense on your income tax return.

Caution: If you are pregnant, have high blood pressure, heart disease, diabetes, or any other medical condition, you must consult with your physician before beginning any hot water therapy program. Your doctor can help determine if it's right for you. Infants and children are more sensitive to the effects of heat, and experts recommend shorter soaking times. Consult your pediatrician.
END.

SURVEY CONFIRMS : INSURANCE PAYING FOR ALTERNATIVE CARE

DESPITE THE ABSENCE of a governmental stamp of approval — and, consequently, less insurance coverage — people are shelling out big bucks for alternative care.

In 1997, Americans made 629 million visits to naturopaths, chiropractors, massage therapists and other unconventional practitioners. And they spent \$21.2 billion on those services, roughly \$12 billion of which was their own hard-earned cash. That yearly out-of-pocket amount climbs to \$27 billion if you throw in herbs, megavitamins and other over-the-counter products.

In recent years, that kind of public demand has led many insurance companies to include alternative care in their plans as a way of attracting and holding on to customers. A 1997 survey by Landmark Healthcare Inc. found that half of the 80 HMOs they surveyed either covered unconventional care or were planning to add it to their coverage within two years. That same survey found that 67 percent of people said availability of alternative care was an important factor in choosing a health plan, and 45 percent were willing to pay more for plans that cover alternative care. Among the major plans currently offering coverage are Oxford Health Plan, Blue Shield of California, Kaiser Permanente of California and Group Health Co-op of Puget Sound in Washington state. Under the Oxford plan, you don't even need to ask your primary care doctor for permission first.

Yes to Chiropractic, No to Yoga

The U.S. Supreme Court recently upheld a 1996 Washington state law requiring insurance companies to provide coverage of all licensed and certified alternative practitioners, the first law of its kind in the country, certified medical massage practitioners qualify.

Generally, certain types of care are more likely to be paid for than others. Chiropractic is the most common, covered by roughly 75 percent of insurance companies and Medicare, although plans may restrict it to certain conditions, like low-back pain. Acupuncture and Medical Massage Therapy are also more likely than other therapies to get insurance subsidies. Less frequently covered are things like naturopathy, homeopathy, hypnotherapy, meditation, aromatherapy and yoga, according to the U.S. Society for Human Resource Management

If the practitioner is a licensed M.D., as is the case with some homeopaths and acupuncturists, patients may be able to get coverage for their care.

Spa Therapy goes Pink in February: 5th Annual GNO Event



As a way of keeping the breast cancer awareness active in our minds and hearts, our communities 'Pink October' team has developed **'Girls Night Out'** for Yuba-Sutter support in February. The date is set for Thursday, February 23rd. We were truly honored to contribute with the use of our new facility and professional staff.

The event will be a night to remember and we will pull out all the stops and go over the top to support it! All of our 9 therapist team will be featuring a treatment as a donation to the event. Not just any spa treatment...all our unique treatments that made Spa Therapy the gold standard in the community, as well as our new exclusive treatments, such as microcurrent eye lift treatment. What we are improving upon this year is the length of our treatments; all will be increased for more enjoyment!

We will be join by Pooles Jewelers, Peach Tree Healthcare, Geweke, and Ruthy's Restaurant, Feather River Cardiology Group, Fremont-Rideout Health Group, to name a few. Fifty women will be the guests for the evening of food, fun, entertainment, education, spa experience, and of course, cancer awareness!

All proceeds from February's **'Girls Night Out'** event are used to fund Geweke's Caring For Women Foundation. Local breast cancer patients are able to apply for financial assistance through their social worker. There is a \$2,000 max grant per woman.

This allows us to help more women in our local community that are struggling with bills or other financial needs.



Spa Therapy VIP Open House Nov 16th 2007 raised \$500 for Geweke's Caring for Women Foundation

Girls Night Out 2008 event raised + \$5,000.00 for Geweke's Caring for Women Foundation

Girls Night Out 2009 event raised + \$8,000.00 for Geweke's Caring for Women Foundation

Girls Night Out 2010 event raised + \$7,000.00 for Geweke's Caring for Women Foundation

Girls Night Out 2011 event raised + \$8,000.00 for Geweke's Caring for Women Foundation

Bindegewebsmassage or Connective Tissue Massage (CTM)



By Meigan Soo, California Certified Massage Therapist

Bindegewebsmassage was originated by a woman named Elisabeth Dicke, a German physical therapist in 1929. As she was experiencing an immense amount of pain throughout her lower body she began to massage herself in pulling strokes around her sacrum and pelvic area. She felt the sensation of a warm knife cutting and pulling through her inelastic areas and eventually her pain diminished.

Bindegewebs translates into binding web in German.

Bindegewebsmassage more easily known as connective tissue massage (CTM) is a specific application with no oil to stimulate the autonomic nervous system and to offer a technique that directly affects the many layers of connective tissue found throughout the body.

The autonomic nervous system (ANS) helps the internal environment of the body maintain stability between sympathetic (fight-or-flight) and parasympathetic (conserving and restoring energy) nervous system.

This type of massage has a beneficial stimulation effect on the circulatory system by loosening up restricted areas of flow. For instance, imagine a washcloth jammed into your kitchen sink.

What happens to flowing water?

It stops or has a minimal trickle and may ultimately cause a backup and a mess in the kitchen. The same concept applies for our bodies, when the connective tissues become congested the interstitial fluids that provide the cells of the body with nutrients and a means of waste removal, are not flowing properly, which in turn may cause stiffness, pain, physical dysfunctions, etc.

CTM can also be applied to the face and neck for a "Facelift".

The experience of a "Facelift" massage is extremely relaxing because of the effects on the ANS. Clients with sensitive skin do not need to worry or be analyzed for proper products. The "Facelift" will go great before or after a facial; again, because zero product is used.

A "Facelift" massage is 60 minutes and the first 3 treatments should be used in succession of every other day or once every week for three weeks to obtain optimal muscle toning and wrinkle relaxation; any further out may not have the benefiting effects of the "Facelift". Maintenance may also be needed every three to six months.

Previous clients have described it as "coma inducing," a

“good tingling feeling,” and “easier to make facial expressions.”

Benefits of Facelift Massage

- Reshape face via removal of excess fluids and toning of facial muscles
- Improve nutrition to tissues of face
- Assist removal of metabolic and environmental wastes
- Smooth out wrinkles Decrease dark discoloration around eyes
- Client will experience “lighter” feeling in their face

The following conditions have noted beneficial effects with CTM:

- Sciatica
- Fibromyalgia
- Edema
- Digestive disorders
- Heart diseases
- Obstetric conditions
- Joint pain
- Circulatory disorders

Note, these treatments are non-invasive complementary services, which can assist any medical treatment or therapy. Ask your physician if CMT can help you.

References

Lymphatic Health Education Resources; D. Perry and H. Hanlon (2002)

http://en.wikipedia.org/wiki/Interstitial_fluid

January Spa Special!!!!

ORGANIC DOUBLE DETOX FACIAL



Our Spa-delicious facial will revive all of your senses. Immediately see and feel the difference after your skin cells are completely renewed. Skin detoxification gets rid of toxic agents that are significantly deeper in kin.. Youthful glowing results!

WARM STONE MASSAGE FUSION

Our heated stones incorporated with massage are used to achieve maximum relaxation, improve flexibility, and release deep muscle tension. Many clients report they retain the therapeutic benefits of heated stone massage longer than other techniques. Your muscle tension is sure to melt away.



ONLY \$124 (\$155 VALUE) LUNCH INCLUDED

February at Spa Therapy

WARM CHOCOLATE TRUFFLE SPA PACKAGE

Experience our original hydrating & anti-oxidant body truffle! You won't believe how good your skin will look & feel!

- Turbo-lift & Rich Organic Chocolate Facial
- Truffle & Earth Mineral Body Treatment
- Truffle Hydrotherapy



LUNCH INCLUDED

\$215 value for only \$172

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Airbrush Makeup 101

by Olivia Couey, *Licensed Esthetician*



I have been a makeup artist for 3 years. For the past 2 years, I have been using airbrush foundation. Airbrush is makeup sprayed onto the skin using an airbrush gun instead of being applied with sponges, brushes, fingers, or other methods. It is popular in film, theater and sunless tanning. Airbrush foundation is really popular with brides. 99% of the brides that I do, request airbrush foundation. Airbrush makeup wears longer than traditional powder or liquid foundation, able to stay put up to 12-24 hours. Traditional powder or liquid based make-up can settle in pores and wrinkles and be visible on HD film. As the makeup is sprayed on, it connects with the skin as millions of droplets of formula. Application wise, the technique is more sanitary than traditional makeup, due to the fact that the artist never has to touch the skin. It's also faster, if done by a trained artist. Since Airbrush makeup is water-resistant, perspiration and tears are no longer a cosmetic problem. Simply blotting, not wiping, away any moisture will leave the Airbrush makeup in place without a streak. With over 18 hours of wear, Airbrush makeup will not fade, melt, or rub off on clothes, but yet can be easily washed away with soap and water. Once Airbrush makeup is sprayed on, it dries instantly to a matte finish and does not require powder or re-applying. The wide range of colors and the airbrush technique, allows the artist to cover virtually any skin imperfection effortlessly. Bruises, birthmarks, tan lines, Rosacea, Psoriasis, Vitiligo, tattoos, scars and even freckles can be camouflaged completely or significantly improved in appearance. Some of the benefits with using airbrushing are; It covers dark circles, as well as it is great for highlighting and contouring the face, It's waterproof, It comes with mixable colors that make it easy to find the perfect shade for anyones skin tone, It has long lasting flawless coverage, foundation contains vitamin A and E which helps with keeping your skin moisturized, creates a natural appearance, It's very lightweight, It's great for HD film and photography, It evens out any redness on face, hides acne and scarring and can be easily built up to desired coverage. Fantasy and special effects are able to be stenciled or created by freehand. Airbrush makeup, is a great choice for someone who wants that flawless look. Airbrush makeup products include foundation, blush and eye shadow. The entire face can be made up entirely with Airbrush products, and/or incorporated with traditional cosmetic eye shadows and blush as well. If this is something that you are looking for then book with me today!

30 Day Hydration Challenge

By *Duane Crowder, CMT, NMT*
M'lis Certified Wellness Consultant



First, some facts:

- Our body is comprised of over 70% water
- Water is the **SECOND** most important thing in our body (1st is oxygen)
- Water is the primary method of transportation for everything in our body
- We lose nearly a quart of water per day, just by breathing
- The lubrication in our joints is comprised of mostly water
- The secretions in our intestinal tract... yep, mostly water
- And lastly, the majority of Americans are continually **DEHYDRATED**

Let's start with the goal of this 30 day challenge...

Drink half your body weight in ounces of water EVERY DAY!

So how does this work?

Our bodies are so saturated with cellular waste, toxins and undigested food particles because of the lack of water in our bodies to carry them away. These things are the reason why we have joint and muscle pain, headaches, disease, weight retention, fatigue, energy loss; I could go on forever but you get the point. This challenge is an attempt to get us back on track with **WELLNESS** without even costing us hardly anything.

By now I am sure you have done the math and have already determined that this will never work because you will spend the rest of the month in the bathroom. Not true, however...

Here is how you can minimize your trips to the bathroom until your body gets hydrated:

Spend 1-2 days counting the number of ounces you normally drink. Then do a self-diagnosis of how toxic and clogged you think your body is based on how you feel. Now take the next 7-14 days and slowly increase your water consumption each day until you reach half your weight in ounces (This will help you to not be in the bathroom every 5 minutes).

Side bar: If you are going to the bathroom every 5-15

minutes and it is always clear, this is a sign that your body is not absorbing the water that you are drinking. It takes your body a little while to get the hang of healthy function. If you can tolerate this then just keep it up and your body will get with the program, if not, reduce the amount you drink a little and taper up.

Back to our regularly scheduled challenge

Once you have reached your level of water intake, maintain it for 30 days

Signs your body is getting the hang of it...

Fewer trips to the bathroom to urinate, much higher volume each time

Possible side effects:

- Your skin will look and feel amazing
- Loss of excess body weight (I lost 15 lbs in 60 days, just from water)
- Reduction or elimination of headaches, joint pain, disease, digestive problem, hormone imbalances, again I could go on forever
- Increase energy and vitality

If you want to know more and get support..

Come to our FREE, 1st Friday Wellness Series.

Hydration will be the topic for February.

Come with your questions and expect to drink some water!

FEBRUARY 3RD

6:00 – 7:00 p.m.

@Spa Therapy Wellness Center

These Seminars are held on the first Friday of every month, topics will vary but all are health related.

Examples include: Detoxification, Supplementation, Cellulite vs. Fat, Juicing, Diet, etc.

ARE YOU LOOKING FOR A PRIVATE PARTY,
TEAM BUILDING, OR EXECUTIVE VENUE?

VISIT SPA THERAPY WELLNESS CENTER
GREAT SPA PARTIES UP TO 16 GUESTS!
SEATING FOR 50 SEMINAR OR EVENT VENUE.

SPA THERAPY DONATES AND PROVIDES SERVICES TO OUR
COMMUNITY BY SPONSORING FUND RAISERS, HEALTH
AWARENESS EVENTS & PARTICIPATING IN
PUBLIC EDUCATION. IF YOU HAVE AN EVENT WHICH WOULD
BENEFIT FROM OUR EXPERTISE, PLEASE CALL WITH DETAILS,
WE WOULD LOVE TO HELP.



If you are struggling with Chronic conditions, pain or you just know you are not being healthy...

Book a FREE Wellness Consultation Now!

Take a Holistic Health Assessment to see what path is best for you. Get a better understanding of what your body is doing and what you can do to get it going the right direction. If true, ultimate wellness is your goal... then this should be your first step!

- A Holistic approach to wellness starts with ridding our bodies of the toxins that destroy our immune system
- It is helped by including 100% nutrition for our bodily systems to heal and develop
- Massage and Bodywork help balance and regulate the body as well as flush toxins from your tissues
- Then we begin to systematically change the things we put into our body to keep our systems on track

I am looking forward to seeing you on my schedule.

***Duane Crowder, CMT, NMT
M'lis Certified Wellness Consultant***

Microcurrent: ATP and Aging

*Jennifer Nagy-Cordray
California Certified Massage Therapist
California Licensed Esthetician*



Although many factors are associated with the aging process, ATP (Adenosine Triphosphate), or the lack thereof, is at the top of the pyramid as defined when discovered by Karl Lohman in 1929 and supported by Fritz Lipman in 1941 citing ATP as the primary energy transfer molecule of the human body. This supports the fact that without power and an ample supply thereof, the system of the human body will not function effectively and eventually deteriorate. Having said this, preventative aging and improved health begins with creating environments that support and maximize the synthesis of ATP. This includes the foods and supplements that we eat, the professional skin care technology that we use, and the topical products that we apply to our skin. Since the body cannot survive without ATP, you would think that it would build up and store an ample supply so that the body could function at optimum levels, all the time. However, the body does not “store” ATP, rather it manufactures it on an “as needed” bases via ATP Synthesis (ATP Synthase). To a certain degree, you can think of this a bit like our process of obtaining and storing food and liquids. Although we need food and liquids to survive, we are not packing around 100 pound bags of food and liquids in preparation for our long term needs, as our body can only utilize so much at a time. We do however, require an environment that supports and allows a ready supply.

Glycolysis

The second way that the body synthesizes ATP is via glycolysis. This is referred to as your anaerobic form of ATP synthesis, as no oxygen is required to realize this process. The glycolysis method of synthesizing ATP works by utilizing the energy stored in the glucose molecule in the muscles. Unlike the phosphocreatine method of synthesizing ATP, the glycolysis method takes a bit longer to kick into gear and therefore could be thought of as taking over where the phosphocreatine method of energy production leaves off. Glycolysis is the dominant form of energy used for strenuous activities that last more than ten seconds and less than two minutes.

ATP and the Mitochondria

The long term and most consistent form of energy or

ATP synthesis is generated in the mitochondria of the cell and is sometimes referred to as the aerobic pathway, as it requires oxygen for the synthesis process to be complete. The more aerobic exercise that one performs has an impact and effect on how rapidly the body and especially the muscles can use oxygen, and therefore synthesize ATP. We often hear the comment that frequent exercise gives a person more energy; this is completely true! Individuals in excellent aerobic shape maintain the best environment for ATP synthesis, and as a result, generally look and feel fantastic, as well as maintain a near bullet proof immune system.

So now that we know a little bit about ATP and the current of life, how does this affect our skin, and what can we do to enhance our ATP production to assist our health, well being, and our appearance?

Device Energy and ATP

From a technology standpoint, there are a few types of devices applicable to the skin therapist that can help enhance the synthesis of ATP. LED technology has been proven to enhance ATP synthesis as well as other cellular activity. As ATP is responsible to power all functions of life, it would be fair to assume that the increases in collagen, elastin, as well as many of the healing benefits that LED is best known for, are made possible due to the enhancement of ATP energy that facilitate these functions.

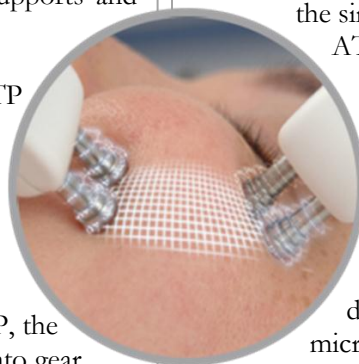
Microcurrent and ATP

Our Bio-**Ultimate Platinum** microcurrent system, which uses less than 400 Ua (microamperes), has been proven to stimulate ATP production by as much as 500%. This stimulation in ATP synthesis is more significant than anything else known to date, making low levels of specific Suzuki Sequencing™ microcurrent the single most powerful tool to maximize ATP energy potential.

Studies indicate that our microcurrent applications, as with LED, have significant side benefits of ATP synthesis that include increases in collagen (more than 12% in 20days), elastin (more than 48% in 20 days), and blood circulation (more than 39% in 20 days). And the healing benefits of microcurrent are simply unmatched; ranging from soft tissue injuries, bone regeneration, to skin rejuvenation.

Microcurrent and Facial Sculpting

Microcurrent is also known for its ability to sculpt and or “re-educate” muscles of the face and body. From what we know about the ability of the microcurrent to increase ATP synthesis, this makes sense as the muscles



themselves are completely dependent on ATP to shorten the actin and myosin filament cross bridges required for muscle shortening and lengthening.

Our unique products, incorporated with microcurrent, offers the most forward thinking delivery system of ingredients available; including Adenosine Triphosphate (ATP) itself for cellular energy, moisture retention, and collagen production, increased respiration (57%) and ATP synthesis (67%). It is the most **proven effective anti-oxidant on the market for fatty acid transport, and ATP synthesis, providing 100%** protection against harmful ozone damage, The Extract, which shortens the DNA repair time from 24 hours to 2 hours and is proven to effectively reverse existing oxidative damage of the mitochondria by 75%.

Next time you schedule a facial, make it a Spa Therapy Microcurrent facial and start reversing your aging process!
END

Belly Breathing

By Patti Smith, CMT



Do you want to learn a simple and effective way to decrease stress and increase your overall health? Simply learn a breathing technique called Belly Breathing. Belly Breathing focuses on using the diaphragm and abdominal muscles and minimizing the use of the rib and neck muscles which carry tension. Belly Breathing has many health benefits. These include:

- more energy
- calms the nervous system and relaxes tense muscles
- reduces mental and physical stress
- increases blood flow to muscles, bone and organs thus increasing oxygen and removing metabolic waste
- allows body to recover faster after exertion
- can increase lung capacity
- creates a sense of 'body awareness' and proper posture

Are you intrigued? Let's walk through a Belly Breathing exercise which you can anytime and anywhere to help decrease psychological and physical stress.

1. Find a quiet place to lie down (can be seated after you develop your technique)
2. Settle into a comfortable position and close your eyes.

3. Place a hand on your chest and the other hand on your stomach.
4. Inhale and exhale and notice which hand moves more.
5. Try breathing through your nose and pushing out your stomach as you inhale.
6. Exhale slowly and fully.
7. Continue slow and rhythmic breathing for up to five minutes.

The key to Belly Breathing is the time it takes to complete one cycle of inhalation and exhalation. Inhalation should last up to 4 seconds while exhalation should last up to 7 seconds. Therefore, the rate of respiration should be approximately 6- 10 breaths per minute. Notice how your mind and body relax while using the Belly Breathing technique.



Now you know what Belly Breathing feels like, you can use the Belly Breathing technique throughout your day. You do not have to lie down to do this. You can practice this in your car or waiting in line or waiting on customers. Just bring your awareness back to your breathing and expand your belly instead of your chest when you breathe. It helps of course to remember proper posture while belly breathing. Practice this Belly Breathing technique several times a day and soon you will be able to belly breathe quite naturally. *Your body and mind will thank you.*

You can join us at our new 90 minute Yoga class Wednesday evenings to master this technique. Hope to see you there! Visit our class calendar at <http://www.localendar.com/public/SpaTherapy>.