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Lifestyle Of
Health

SPA THERAPY NEWS

And
Sustainability

Why I Choose Massage Oil for You

by Jennifer Nagy-Cordray, BS
California Massage Therapy
Council Certified



Massage actually means manually stimulating the tissues of the body with the hands, in order to promote health and rejuvenation to the entire body. Massage oils are designed to let the hands slide more easily during massage and quickly warm the tissues for deeper therapy. You can adapt the massage easier to incorporate different techniques, such as myofascial or soft tissue release.

When it comes to massage oils, there are many different options to choose. It took 6 years for me to develop the blend we make and use at Spa Therapy every day. I had been using massage lotion up to that time. I knew therapeutically, I wanted to use oils, however, I knew the client did not want the heavy and slick residue on their skin after the massage, that most commercial brands leave. I could not find any blend that meet the critical requirements of my clients or me; light, odorless, therapeutic, absorbent, healthy, hypoallergenic, and antimicrobial, to name a few. I wanted everything I used to be a benchmark for health. As a wellness center, I believe this is my responsibility to the public.

I started with determining which, of all the oils on the market, had the requirements to meet my needs described above. I began to combine oils to make a rich blend, paying close attention to the substance of the oils. I began the process of choosing the product, which is just as important and tedious as type of oil. Now, I needed to put my green mission to work, and look local as much as possible. I was able to find a high quality organic almond and prune kernel oil from our own Taylor Brothers Farm in Sutter County.

Almond oil is an excellent emollient and moisturizer. As an emollient it nourishes and softens the skin helping to keep it smooth to the touch. Almond oil is similar in composition to the oil baby's excrete to keep their skin and hair healthy. This composition is beneficial to protecting and conditioning your skin no matter your age. Almond oil is frequently used to treat dry skin. As a dry skin treatment, almond oil relieves itchiness, soreness, rashes, dryness, irritation and burns. If it is organic, it is excellent oil for anyone who has sensitive skin issues. Almond oil aides the skin in keeping the proper balance of moisture in the skin which is critical when treating dry skin. Since almond oil is non-greasy, it spreads easily and does not absorb into the skin too quickly; it is a great carrier oil for massage therapy. Sweet almond oil is known to be an excellent skin lubricant. As for the scent, organic almond oil has a very subtle sweet and nutty aroma.

The next component of our massage oil is probably the most beneficial oil for the skin, coconut oil. Coconut oil will absorb easily, keep the skin soft, and yet without feeling greasy. It is not like other oils used to soften rough, dry skin. For massage therapy, the fact that it reduces chronic skin

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inflammation within days and is soothing and healing to wounds, blood blisters, rashes, etc., makes it the most valuable massage oil base I could find. It is very common in massage to overwork the subcutaneous tissues in order to offer therapeutic treatment to the muscle layers below. It is extremely helpful to know that while you are massaging, your products are continuously repairing the skin and soft tissues. In addition, the antiseptic fatty acids in coconut oil help to prevent fungal and bacterial infections in the skin when it is applied directly to the skin. This offers protection for you and for me. Our skin is home to many tiny organisms, most of which are harmless; some are beneficial. Medium chain fatty acids which are bound to the glycerol unit as they are in coconut oil have no antimicrobial properties. However, when they are broken apart into free fatty acids, they become powerful antimicrobials. So these bacteria convert the medium chain triglycerides (in the sebum or on the skin) into free fatty acids that can kill disease-causing bacteria, viruses, and fungi. Coconut oil is nature's richest source of medium chain fatty acids. In addition, it is well established that coconut oil reduces our need for vitamin E, as a valuable antioxidant that has both direct and indirect antioxidant activities. Coconut Oil is especially useful in fighting free-radicals damage.

The next oil used in our blend is Grape Seed Oil. The benefits of grape seed oil can do wonders for your skin and health. The antioxidants in the oil are called procyanidolic oligomers (PCO's), known for their health giving properties, and are more powerful than vitamin C and vitamin E. It is very rich in vitamins, minerals and protein. Grape seed oil contains polyphenols, which are antioxidants, useful in fighting free-radical damage. Polyphenols can help slow the process of aging, as well as having anti-inflammatory and anti-oxidant properties, which makes it great for helping clear up acne. So you won't breakout after a massage from our product! Using this oil will help prevent pores clogging and breakouts, it is good for oily skin as well. Grape seed oil contains a high amount of linoleic acid, which is a fatty acid essential for the health of the skin and cell membranes. It is known for its ability to lock in moisture, leaving your skin feeling more supple and smooth, and it does not leave a greasy

feeling, which makes it ideal to use on all skin types. The nutrients in grape seed oil are easily absorbed into the skin, instead of sitting on top of the skin, this also helps to fight free radicals and stop some of the enzymes that destroy collagen, elastin and other connective tissue.

The last, but certainly not least oil used in our blend is Prune Kernel Oil. Prune kernel oil is high in oleic and linoleic acids, vitamins A and E and antioxidants. Research points to linoleic acid's anti-inflammatory, acne reductive, and moisture retentive properties when applied topically on the skin. This oil has a pleasant, natural, very light almond scent. Prune kernel oil is emollient, nourishing and softening and benefits dry and mature skins. It penetrates the skin with a non-greasy after-feel and leaves a protective film on hair. We are able to get this oil locally from Taylor Brother Farms. Last year John Taylor started pressing this oil and brought some in for me to try. This oil is very popular in Europe as a high quality cooking and skin oil. In addition, we bottle and retail this organic prune kernel oil in the spa gift shop, because we love and value this oil so much.

If some aromas bother you and you really don't want to leave smelling even the slightest like almonds, I have some good news for you. When we blend these 4 oils to our specifications, they all cancel each other out. The result is no odor at all.

Besides the deep myofascial benefits of massage therapy, human touch can have a healing and energizing power for the body. Besides the pleasant and quick warm feeling they convey, massage oil is an amazing way to nourish and get rid of dry spots on your skin. However, after massage, it is advisable to take a relaxing bath or enjoy our steam room hydrotherapy spa to wash off the excess oil. Water and steam will also aid the pores to open up thus promoting a better absorption of the massage oil into your skin. Below lists the major health benefits of oil massage.

- Reduces Stress

Massage is a wonderful way to relieve the stress and the tension that has accumulated in your body

during a tiring day.

- Promotes Better Blood Circulation

One of the most important benefits of an oil massage is that it improves blood circulation and at the same time helps to decrease blood pressure which is a major factor for people that suffer from problems related to hypertension.

- Improves Sleep

A wonderful oil massage relaxes your body and promotes a better sleep for days. Many people suffering from various sleep disorders have noticed an improvement in their sleeping habits after a relaxing massage therapy. Oil massages induce mental and spiritual healing; therefore many people have experienced a deeper and more restful sleep.

- Enhances Flexibility

Oil massages increase and maintains the flexibility of your joints. An effective body massage works all your muscles, tissues and joints thus improving athletic performances and facilitating an easier movement for your body. Besides all these health benefits, massage also helps to prevent injuries and speeds up the healing process. Massage is also a wonderful way to relieve muscle tension and maintain your body fit and flexible for a long time.

- Eliminates Toxins

Another major advantage of oil massage is that it helps the body to effectively eliminate toxins from the organism thus promoting a better health.

- Warmth and Friction

These oils provide quick warmth to the soft tissues, which allows for deeper penetration and more value for the purpose of muscle release. Easily convert from gliding large area coverage to intensive myofascial friction technique.

- Does not pull your Hair

Oils provide a more viscous medium, in with hair move over and though instead of getting stuck in your hands. If you have body hair, you definitely want your massage medium to be oil based.

The beautiful art of massage can be further intensified with these 4 great massage oils. This is my goal in providing the best organic blend possible. As you can see, each oil I use in our blend has various healing properties that serve numerous healing purposes for the health and wellness of your body. END

New products for a new facial

by *Tracie Monthaven*
Esthetician



Organics, biodynamics and your skin.

Originating from Latin, the term BIODYNAMIC simply means “life energy”. It speaks to the philosophy of harnessing the harmonious cycles of plant growth with the power cycles of the moon phases, while giving back to the earth. Our new skin care line, EMINENCE, has taken these teachings and applied them to create farming methods that avoid chemical fertilizers and pesticides and instead use only natural medical herbs and mineral composts to enhance the soil and ignite powerful growth forces in the plants from roots to tips. The resulting crops are the most potent known to farming. The ingredients harvested are hand-picked and lovingly hand-mixed into skin care preparations that will calm even the most sensitive and fragile skins, reviving those that show signs of aging or hormonal imbalances. Our belief is that since our skin is the largest organ of the body, what we put on it should be pure enough to eat!

The BIODYNAMIC Collection includes, the Lemon Grass cleanser, which is a mild cleanser for all skin types, especially sensitive skins. The Lemon Grass cleanser is a hydrating cleanser with mild coconut, olive and sunflower oils which will treat dehydrated, irritated and sensitive skin. The Lemon Grass cleanser contains calming and skin regenerating herbal cleansing substances from organic herbal ingredients.

The Hawthorn Tonique is a mild toner for all skin types. This toner is hydrating and regenerating tonique for dehydrated, irritated and sensitive skin. It contains hawthorn, marjoram and chamomile to reduce irritation, purify pores and revitalize and restore skin.

The Radish Seed Refining Peel is an active AHA/BHA or alpha hydroxy

Acid and beta hydroxyl acid skin peel for all skin types except extremely sensitive skins. This hypoallergenic peel created with antiseptic and detoxifying herbal extracts to help prevent breakouts. It contains nettle, whole grain oat and willow bark to stimulate skin renewal and smooth lines.

Primrose and Melon Balancing Masque is a soothing and toning mask for all skin types. It's a hydrating, calming and regenerating gel face mask for dehydrated, irritated and sensitive skin. The calming extracts of marigold, primrose and jojoba oils contain essential unsaturated fatty acids to aid in skin regeneration while the watermelon nourishes and balances the skin leaving it feeling toned and firmed.

Yellow Sweet Clover Anti-Redness Masque is a hydrating and calming mask for all skin types including sensitive and rosacea. This mask contains jojoba oil and calendula that provide long lasting hydration while the sweet clover and stone crop smooth irritation, reduce redness and even skin tone.

Apricot Calendula Nourishing Cream is a regenerating and ultra-hydrating repair cream for normal to dry and sensitive skin. This cream is healing and nourishing for the careful treatment of dehydrated and sensitive skin. It contains apricot, Echinacea and aloe, which hydrate and protect the skin, while the flax seed regenerates and revitalizes to promote younger looking skin.

Echinacea Recovery Cream is a healing and hydrating recovery fluid cream for oily to normal and sensitive skin. It's a hydrating, soothing fluid cream for dehydrated and irritated skin. The Echinacea, yarrow and evening primrose oil help to repair the signs of aging without leaving your skin feeling greasy.

Bearberry Eye Repair Cream is a nourishing and

regenerating eye cream for all skin types. It is a revitalizing and rejuvenating eye cream with bioactive ingredients that hydrate and nourishes the dehydrated skin around the eye. Meadow eyebright, hop and bearberry extract minimizes wrinkles and balances moisture levels that result in a more youthful and radiant skin.

Quince Body Lotion is a revitalizing and nourishing lotion for all skin types. This hydrating body lotion soothes irritated and sensitive skin with bioactive herbal ingredients such as alfalfa extract, sunchoke and sesame seed oil to leave skin velvety soft.

Now after you have fallen in love with all the New BIODYNAMIC Skin Care products, now it's time to book a BIODYNAMIC Facial so that you can experience how the new products feel and smell and will leave your skin leaving hydrating and truly beautiful.

END

Featuring Lemon Therapy products

- ▶ Citrus Exfoliation Cleanser
- ▶ Citrus Lip Balm
- ▶ Vitamin C + Calcium
- ▶ Lemon Body Scrub
- ▶ Vitamin C Body Travel Kit

10% everyday in May!

Do Men do Pedicures?

*Erica Charley
Nail Technician*



The weather is warming up, sandals and flip flops are re-appearing, it's pedicure season! Most men think a pedicure or manicure is a women's thing. Ask your women and she will tell you it is a hand and foot thing. In addition, she will probably say you need one!

A pedicure is simply the care of the feet to avoid infection, disease, and encourage good grooming habits.



Pedicures are not only for women, but also for men especially mature, professional men, which are joining the women at the spa. This is helping to make nail care one of the fastest growing sectors of the

beauty industry. Seniors find themselves having trouble reaching or seeing their toes, trimming toenails and removing calluses and rough patches can make walking easier, and our massage incorporated with the pedicure stimulates blood flow in legs and feet.

Important tips for a Pedicure

1. Always wash your feet regularly to avoid a fungal infection which will cause athlete's foot.
2. Make sure that you always dry them properly, even in between the toes.
3. Exfoliate your feet often once a week. Just use your buff-puff in the shower.
4. Apply BiON glycolic foot cream, if dry are heels, cracked, or discolored. You can pick this great product up in our spa gift shop.
5. Massage to revive tired feet, increase lymph and blood circulation.

6. Clip toe nails straight across to avoid ingrowing nails.

7. Wear cotton socks to absorb moisture from your feet.

8. Buy correct fitting shoes, do not cramp your toes; this will increase the likelihood of getting hammer toes. If you get a callous, it is probably your shoes!

9. Alternate your footwear, wear shoes that will let your feet breathe.

10. Always remember to keep your implements clean. If your nail clippers are dirty, they may harbor germs and cause infections.

Not so easy.
I can help!



Try our NEW Lemon-Lightening

Pedicure by Erica

Our Lemon Scrub will exfoliate and stimulate your dry feet and legs. Next, is a fresh lemon massage on your feet to lighten your skin. Finish with a feet and

leg massage with our Lemon Body Butter. This is a Spa Pedicure for \$45. Our spa pedicures have extended massage for your tired feet and legs! This Lemon-Lightening Spa Pedicure will remove your discoloration and get you ready to show off your bare feet!



IF YOU CALL IN MAY OR JUNE AND MENTION THIS ARTICLE, YOU WILL GET THIS NEW PEDI FOR OUR INTRODUCTORY PRICE LISTED ABOVE!

BiON Skin Care at Spa Therapy Bio-Replenish A.C.E Sun Damage Repair Cream



*Have you tried
BiON's Bio-Replenish A.C.E.?*

If not, think about incorporating this skin healing and enriching product into your daily or every other day routine. It was developed by BiON about 1 1/2 years ago as a sun damage repair cream. It is rich in vitamins (as indicated by the name) and helps fight damage caused by the environment. It prolongs collagen synthesis and promotes the skin's youthfulness. The vitamin A and curcumin help with skin lightening for those sun spots you may be experiencing. We recommend that you apply after cleansing 3 to 7 times per week in the evening. If irritation occurs to those with sensitive skin, there are 2 things you can do. Use it less often and/or use it to small areas of the skin until your skin adjusts. Then gradually expand the areas you use it.

BiON's use of Betaglukan in skin care

BiON Research is results driven when it comes to good skin care. We use ingredients that promote healing, and make changes at the cellular level. Within the medical field, betaglukan is commonly incorporated into sterile dressings applied to skin wounds and surgical incisions to promote the healing process. While betaglukan (a yeast derivative) is not natural to the skin, it is able to attach to macrophage cell receptors and signal production of epidermal cell growth factor and transforming growth factor (TGF). These "cytokines" orchestrate the repair and rebuilding of the skin. High concentrations of betaglukan stimulate the formation of new feeder vessels, promotes cellular proliferation and stimulates fibroblast cells to produce elastin and collagen.

Betaglukan is found in the following BiON products: **Moisture Complex, Ultra Moisture Renewal, Vitamin C + Calcium Complex, Line Reducing Complex and Nutrient Essentials Mask.**

The October 2001 issue of *Dermatology Times* published the results of a study comparing the benefits of betaglukan to copper peptide following CO2 laser treatment. Patients used a control moisturizer on one side and the same moisturizer with betaglukan or copper peptide on the other side. Skin treated with the betaglukan healed three days faster than the control or copper peptide treated skin.

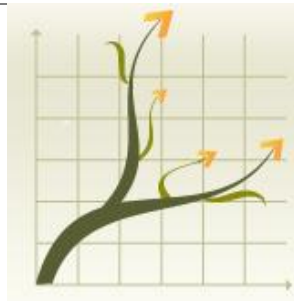
Be Committed To Your Skin

It is important to see an esthetician for good skincare. They provide effective peels, microdermabrasion and other treatments that promote clear, beautiful and youthful skin. But don't think it ends there. The quality and daily use of products at home are just as important, and actually enhance the treatments given by your esthetician. Since most chemical peels will cause dryness and changes in the skin, it is essential that home care products are begun immediately and used daily to help moisturize and repair your skin. Good skincare requires commitment to a product routine and a healthy diet.

Many facial treatments encourage cell turnover, so it is important to give the skin the necessary components to make healthy new cells. Products such as BiON's Hydrating Gel Mask, Bio-Essence Nighttime Calcium Complex and Moisture Complex help cell turnover and re-hydration. Intense Moisturizer and Eye Cream provide Hyaluronic acid, which provides a lipid barrier to hold in moisture. And don't forget BiON's excellent sunscreen! Your skin needs a physical barrier to the sun every day to prevent free radical damage, which brings premature aging of the skin. BiON's Titanium Dioxide Sunscreen protects and moisturizes. I refuse to go a day without it!
END

On-line forms: *What's New with our Green*

By Jennifer Nagy-Cordray
owner / principle therapist



Do you like to play with on-line tools? I do. I like environmental calculators. It's fun to plug in a bunch of numbers and see what comes up. I did this last year. I don't want to become complacent, therefore, I will continue to review each year and share the changes I can make with you.

Using the same environmental calculators offered by paper companies, I can see what I have done to reduce paper use and save the environment. With a few clicks, the environmental calculator will tell you how much you can save in water, trees, landfill waste, BTUs of energy, and more simply, by switching from virgin to a variety of other stocks with post-consumer waste (PCW) content.

What's incredible is how little it takes to make a huge difference. Simply by increasing your PCW content from, say, 10% to 25%, you can actually decrease your carbon footprint by thousands of percent. For example, using the environmental calculator from Wausau Paper (500 sheets of 8.5 x 11" with 25% PCW content), I could save the following:

- 36.4 gallons of water saved
- 2.2 lbs. landfill waste diverted
- 7.6 lbs. greenhouse gas emissions eliminated
- 24,593.7 BTUs of energy saved

We increased the environmental savings in the 2000% PLUS range. When it comes to BTUs, your savings jump 2600%! The paper you are holding is banana leaf. Because the paper I chose to use is 100% **renewable energy**, (Banana & Palm Leaf) we saved:

- 239 Lbs of emissions = 100Lbs
- 73 Lbs of landfill waste = 10 Lbs

I made one simple choice — noticeable by probably no one — which has major savings for the earth.

This doesn't stop here! I have now made new changes with the use to the internet...our way to greater paper savings for us and the earth. I have our history and consent forms on-line. With the use of new 2011 software technology, you now can open a pdf and fill it out! You can save the changes and email it without ever printing! We keep the green going by pasting this form into our computer file without ever printing. These forms have contributed to 78% of our total printing needs. Now you can do the math and see our new savings:

- 55.69 gallons of water saved
- 3.476 lbs. landfill waste diverted

- 12 lbs. greenhouse gas emissions eliminated
- 38,858 BTUs of energy saved

Is this a simple task? It took me months to make the change. Is this a simple request of you? You do have to spend time filling out the forms in our office or on the computer, your choice. You do have to load a sample program on your computer to save the file. However, the computer forms that you save on your computer could prove valuable to you, as well as to us. We both get to contribute to the planet.

I made one simple choice — noticeable probably by very few— which has major savings for the earth.

Spa Therapy Community Alternative Care Services

- Medical Massage with Insurance Billing & Medical Report

-Stress Relief – Professional Skin Care – Feet & Nail Care – Myofascial Massage – Yoga – Acupressure – Thalassotherapy Spa – Steam Therapy — Supplements

Reflexology: *Frequently Asked Questions*

by Patti Smith,
Certified Massage Therapist



What is Reflexology?

Reflexology is a science in the health field in which neuro-reflex points are stimulated by direct and intentional pressure on specific reflex areas located on the hands, feet or ears.

Reflexology is a gentle, non-invasive healing modality that is based on the premise that there are reflex areas in the hands, feet and ears that directly correspond to each and every gland, organ and area of the body. The hands, feet and ears are actually a microcosm of the entire body itself.

Is Reflexology new?

No. Reflexology is an ancient healing practice dating back to over 4000 years ago. Its' roots can be traced to ancient Egypt and ancient China.

A brief history: One of the founding fathers of Reflexology was an American Ear, Nose and Throat Surgeon named William Fitzgerald. He developed a system of reflexive work called "Zone Therapy" in 1917. This was after his discovery that pressure on a specific area on the body resulted in a referred anesthetic effect somewhere else. Dr. Fitzgerald's

work was further developed by an associate doctor, Shelby Riley, who mapped additional horizontal zones on the hands and feet.

Later, in the 1930's, a Physical Therapist, Eunice Ingham, who worked closely with Dr. Riley, refined "Zone Therapy" into what we now call Reflexology. Her contributions to the field of Reflexology are vast. She noticed that congestion and tension in specific reflex points on the foot directly corresponded to congestion and tension in specific areas elsewhere in the body. By applying specific pressure to these points, she could create stimulating effects on the body, which improved nerve function and blood supply to normalize body processes and relieve tension.

What are the benefits of Reflexology?

Reflexology has many benefits, such as:

- Promoting relaxation
- Improving blood and lymph circulation
- Decreasing pain
- Calming the nervous system and stimulating "feel good" hormones, such as endorphins
- Strengthening the function of the immune system
- Increasing the body's ability to rid itself of waste materials in the tissues, resulting in an increased vitality in organ functions
- **The reduction of stress and tension**

Is it safe?

Yes. Reflexology is essentially harmless and nearly everyone can benefit from this body work modality.

What can be expected during a Reflexology session?

A foot Reflexology session generally lasts between 30 minutes and 1 hour. The Reflexologist will take a medical history, discussing past or present health problems/challenges. The treatment is usually performed with the client fully clothed (only socks and shoes are removed). Generally, no lotions or oils are used during treatment. The Reflexologist may begin treatment using circular movements of the ankle or foot flexing and stretching, and then commence the session with "thumb walking" the zones of the feet and toes, which is done in a slow and systematic fashion.

What are Reflexologists "looking" for during the "thumb walking" procedure?

Reflexologists are noting areas of sensitivity or crystallization deposits that block your body's neuro-pathways. The crystal deposits are pathological deposits of toxins that have built up in the body over time. By removing the toxic build up (most commonly lactic acid, uric acid, calcium and CO₂), the neuro-pathways then become clear again and the body can flush out this toxic build up and regain a heightened sense of vitality.

The areas in which the crystal deposits are found are very important to note, because, the specific area on the foot will directly correspond to an area of the body that was *not* able to function at an optimum level due to an impediment in the neuro-pathway.

Is Reflexology used as a diagnostic tool?

No. Reflexology can help to identify where stress and tension are in the body, but it does not diagnose specific problems.

Does Reflexology treat disease?

No. Reflexology is oriented to revitalizing the whole body and, thereby, supporting the body in its' own healing process. It does not cure disease, but it can help alleviate symptoms of disease.

How often should I get a Reflexology treatment?

The frequency will vary depending on your health issues and goals. Some clients enjoy Reflexology for its' profound relaxation benefits as a stress reliever, and others are looking to facilitate healing for specific or chronic conditions. In each case, treatment options are available and discussed on an individual basis.

Is Reflexology expensive?

No. A Reflexology session may be experienced with one of our professional and educated staff members here at Spa Therapy for as little as \$35 per session.

When can I get started?

As soon as today! Our spa coordinator staff at Spa Therapy will be happy to schedule an appointment for you. With several reflexologists on staff, the largest wellness spa professional staff in Yuba-Sutter, we can accommodate your schedule.