



Lifestyle of
Health

SPA THERAPY UPDATE

And
Sustainability

Reduce Stress: It only takes a minute & should be fun!

by Jennifer Nagy-Cordray, BS, Certified Medical Massage Therapist

When it comes to stress management, every little bit of exercise counts. Don't think if you can't commit to a stringent fitness routine that it's useless. It's not. What motivates people to do more of something is to do little of something. Any heart pumping activity (aerobic exercise) will get endorphins flowing and relieve stress. Try Dancing in your living room to a song, do it with your family and everyone will be laughing! Though you should check with your doctor before embarking on any exercise program, walking is usually safe for anyone.

Quick Stretching for Peace & Health

The most productive stress-reduction activity has got to be stretching exercises. Stretching stimulates receptors in the nervous system that decrease the production of stress hormones. Stretching exercises also relax tense muscles and increase blood flow to the muscles. Stretching will increase your flexibility, and this is the most important way you can avoid an injury.

My Quick Program: 8 to Feeling Great

If you perform a set of these 8 stretches each day, you will be on your way to a healthier and happier stress-free you!



Self-Care Activities for Stress-Reduction is Essential

On the days you don't exercise, do something else you find relaxing – whether getting some massage therapy, soaking away stress in a soothing aromatherapy bath, etc. Your health is important. It is not indulgent to spend time on yourself! How can you have the energy to take care of others unless you take care of yourself?

Taking proper care of your body, soul and mind can keep you in optimum shape for handling stress. Don't overlook the importance of alternative care therapies for your peace of mind; feel great about you and feel ready to take on the world. Look for complete article in 2012 Winter Newsletter soon to be released at www.yubacityspa.net.

Benefits of Massage Oil

by Jennifer Nagy-Cordray, BS,
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The winter season brings with it cooler temperatures and drier air, which can lead to skin dehydration, formation of fine lines and loss of nutrients. This is all important to us because your wellness means internal and external care. Exposure to dry, cold air can cause a loss of moisture in the skin. If the skin is already dry and/or mature, it is important to ensure additional steps are taken to normalize the skin's oil and water levels. Even those with combination-oily skin can be prone to skin dryness and premature aging during colder months.

Adding an oil massage will not only offer many soft tissue benefits, it can save your skin from damage in the winter months. *Do you know what your massage therapist is using on your skin?* Total body wellness should be a primary concern. The type of oil you choose for the massage plays an important role. Here at Spa Therapy Wellness Center we blend 4 organic, locally grown oils that offer wellness benefits, as well as a great therapeutic massage medium. Our blend of Coconut, Sweet Almond, Grape Seed & Prune Kernel oil offer anti-microbial, anti-bacterial, anti-fungal, anti-oxidant and skin conditioning properties to maintain and improve the health of your skin.

In addition, an oil massage can provide more therapeutic benefits, that's why Spa Therapy has adopted our oil massage technique for your therapy. Our goals for external and internal wellness start with our oil blend, which offers deeper soft tissue release when compared to conventional massage creams. Not only do oils dissolve and eliminate accumulated stress more effectively than creams, it also offers a host of benefits such as:

- Relieve deeper muscle fatigue
- Warms tissues more effectively
- Facilitate better sleep
- Improve complexion of skin
- Nourish tissues
- Improve circulation
- Lubricate joints
- Calm the nerves
- Help effective elimination of toxins

Looking after your health is the most important aspect of living, which is our most important concern.