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# SPA THERAPY NEWS

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WWW.YubaCitySpa.net



## CANCER ALTERNATIVE CARE



As a cancer patient, you are prepared to expect loss of appetite, nausea and hair loss as byproducts of chemotherapy treatments. You stick out your arm for a dose of lifesaving juice, resigned to bartering a few uncomfortable side effects in return for a shot at recovery.

But for many, the side effects don't stop at simple hair and appetite loss. There's the flaking and peeling of skin, the face and mouth lesions, the numbness of your feet, and the burning and itching of your scalp that no one told you to expect. Many of these drugs are, quite literally, burning patients from the inside out, our goal through the power of touch can provide a soothing escape for individuals battling cancer. We focus on not interfering with medical protocols while providing a safe environment for treatment.

The goals of our services are twofold. First, we want to help treat the side effects of chemo and radiation and restore skin to its neutral, natural state. Your skin is your largest organ, if you don't have skin wellness, how can you have optimum wellness? Sometimes someone will come in and say, 'my skin is fine, my face is fine, but my hands are really hurting, could you just massage my hands a bit?' and so I'll do that for them." The other goal, though perhaps less quantifiable, is no less important: To relax the patient and remind her that life is more than a series of never-ending doctor's appointments.

The idea of combining traditional medical

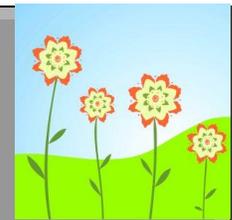
practices with complementary and alternative medicine to fight against cancer is not a new one. Cancer fighting giant University of Texas' M.D. Anderson Cancer Center has maintained an integrative medicine program for years. This program, which offers services like yoga, Tai chi, meditation and massage, has produced numerous studies that show correlation between the use of complementary therapies and improvements in patient quality of life.

"Research has shown that yoga and other types of mind-body practices, incorporated into the standard of care, can help improve patient outcomes, particularly quality-of-life," said Lorenzo Cohen, Ph.D., professor at University of Texas, who is conducting a study on the study of yoga in the treatment of breast cancer. But he pointed out that, "none have become standard of care, or are on the clinical care pathway for cancer patients." And though Cohen's results are centered on yoga and breast cancer, it's hypothesized that other alternative treatments may provide many of the same results.

NCH's Breast Health Navigator Lynne Hurley doesn't need to see empirical numbers to know the value of having an oncology-certified esthetician in her arsenal of cancer treatment options. What does an esthetician have to do with cancer? Actually, a

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lot.” Hurley explains that, “As soon as a woman is diagnosed with breast cancer, we want to get her into the mindset of health and wellness. We want her to be educated on how she can care for her skin during this process. If you’re not educated, you don’t know what to expect.”

And she offers up a recent example of a client of hers who recently received care. Last week, Kerry Martell, a seven-year survivor of stage 3b breast cancer, whose young daughter also recently battled cancer, came to Hurley looking for help securing an MRI. She’d been feeling pain in her spine and back, and her oncologist — fearing the worst — recommended a scan. As Martell’s name was called last Friday at her MRI appointment, she walked with the technician back to the machine. But when it came time to get in and start the procedure she couldn’t do it. “She calls me in tears and says, ‘I couldn’t do it. I couldn’t get the diagnosis of cancer again. I can’t go through that again. They must think I’m crazy, I just ran out of the room, but I just can’t go through this again,’” relayed Hurley. But Hurley had a plan. She told the sobbing Martell, “we’re going to love you through this, you have to get that MRI, we have to know what we’re dealing with.” After they rebooked another MRI, Hurley also booked a yoga session focusing on breathing techniques and a facial. The next week, Martell went in and completed her MRI. “I visualized sunflowers, and kept my eyes closed,” she said, citing two of the techniques she’d been instructed to use during the procedure.

The day after the MRI, while she was waiting for her results, she received a facial. “It really relaxed me. My mind was off of the whole process of waiting for results for a full two hours,” said Martell. “They’re like my family,” Martell adds, saying, “They’ve just been so good to me. It makes such a difference to have someone to listen to you when you’re scared.”

And, when Martell got her results back with an “all clear” on them, her entire cancer support family rejoiced.

With our mindset at Spa Therapy Wellness Center and my personal goal of healing people, educating them and helping to make them the best they can be. I never thought about doing anything else. That’s

why we are starting a new campaign to called **‘TRASH CANCER’** we are going to put on community-based social Events focused on education, and not fighting a cure for cancer, but being preventative from the start. ***Our goal is to focus on what goes IN your body, what goes ON your body, and what’s AROUND you that you can avoid*** to keep you and your family cancer free. Join us in our efforts by contacting, me, Jennifer Cordray, for your contribution to our great community and most importantly, ourselves.



## To Stretch or Not to Stretch... Before Exercise?



Many of us, without breaking our New Year’s resolution, hitting the gym can be difficult enough without worrying about when we should stretch... Before or after exercise? What do you think? If you said both, that’s correct! Stretching before and after exercise is ideal for all of your muscle groups and you won’t be so sore after hopping off that treadmill and lifting weights.

Stretching before you exercise, weather that is going for a run, lifting weights, or joining an exercise class, getting your muscles warmed up and ready to go is the best way to prevent athletic injury. Not only is it good for preventing injury, it adds extra flexibility, improves performance, and prevents on-set muscle soreness. It is definitely a positive effect on subsequent physical activity and gets you in the mind set for exercise while getting that blood source we all need up and running right before exercise. To apply these stretches, do two reps of 20 seconds of held stretching is optimal. Remember to breathe while you do this. The Oxygen is very good for you muscles and gives you the best stretch.

Once you have gotten your exercise routine finished with and you are tired and ready to go home to the family, remember to stretch really good

before you leave. Stretching after exercise is a must too. If you don't stretch your muscles become tired more quickly and will lose the range of motion in your limbs. Again, do two reps of 20 seconds of held stretching with deep inhale before the stretch and exhale while going into the stretch. Not only is this good for your muscles, it helps you get into a relaxed state of mind. Stretching is excellent for everyone, especially ones who are stressed and over exercise. Remember to keep in mind how beneficial stretching really is. Good luck and take care of your body.

## Rosacea Food Tips

By Audrey Moore, Esthetician  
Certified Massage Therapist



If you have rosacea, you've probably noticed certain foods can cause you to have a flare-up.

Certain foods can trigger or worsen rosacea symptoms. Once you determine which foods cause rosacea, you can develop a personalized diet for rosacea.

### Trigger foods Rosacea

Anything that causes an increase of circulation to the face and neck can cause the condition to worsen. The following foods affect rosacea:

Hot foods or beverages, spicy foods, caffeine withdrawal (caffeine itself isn't a factor), and alcohol. Other ingredients to avoid include foods that are blood vessel dilators such as vinegars, hot spices and various other spicy seasonings, hot sauces, peppers (including black pepper) and meat marinades. Tomatoes, citrus fruits and related juices, bananas, and red plums, raisins, figs, pasta, cheese, and chocolates are some of the worst offenders to many. Other very common known flushing foods are liver, yogurt, sour cream, vanilla, soy sauce, yeast extract, eggplant, avocados, spinach, broad-leaf beans and pods, including lima, navy or peas. These are the common foods that trigger rosacea, although not necessarily all of them affect all rosacea patients.

It is best to avoid all hot foods and drinks until they have cooled to body temperature or cooler. If you want to drink coffee, tea, or a soft drink, it is best to chill it in a refrigerator. This will not cause

as much vascular dilation.

Many rosacea patients also have reported flare-ups after eating lobster, prawns, artificial sweeteners, preservatives, food colorings and MSG. Aspartame and NutraSweet as a sugar replacement causes noticeable flushing in 30% of rosacea patients.

Once you determine which of these triggers a flare-up, you can avoid it.

Besides avoiding the trigger foods, it is important to know the foods to eat for rosacea. The right diet can help the condition.

### Foods to eat for Rosacea

Rosacea redness is partially caused by high calorie carbohydrates (pastas, breads) and sugar spiking from all sweet foods. So think of things that give you a high burn rate, high energy, or foods that would most likely add fat to your body, and you would be identifying the worst culprits.

The goal is to reduce food consumption, which reduces the heat/calories burned, which results in the body being noticeably colder during the winter and likewise providing less heat during the summer. Since there is less heat by calories burned, there is less redness of the face or dilation. Therefore, three small meals with breakfast being the most important and snacking in between meals is better for limiting vascular dilation flushing.

Foods to eat for rosacea include whole grains, seeds, nuts and plenty of fresh vegetables and fruit. Cherries, blackberries, and blueberries are vascular constrictors, which actually assist in reducing redness. Chicken and fish are preferable to red meats. Tofu is an excellent form of protein, which has cooling qualities. Seaweed is also good for the skin and helps eliminate dampness. There are many other foods in any supermarket. You need to use trial and error to see which foods won't aggravate your condition.

It is also helpful to drink 10-12 glasses of water daily between meals, and no drinks with your meals. Chew your food to a cream before swallowing. This helps speed digestion. Take small bites, chew thoroughly, and eat slowly.

These are the foods to eat for rosacea. For many, the correct diet for rosacea can greatly improve their condition.



**NEWEMINENCE  
PRODUCT LAUNCH  
For APRIL**

by *TracieMonthaven, Lic.Esthetician*

Spa Therapy is extremely excited for the new skin care collection being released in April from our handmade, organic skin care line Eminence. We feel they have truly out done themselves with this launch, The **AGE CORRECTIVE NIGHT Collection**. If you would like to significantly diminish the signs of aging overnight, these products are for you! Experience a rejuvenating night's sleep and wake up to younger looking skin with the new AGE CORRECTIVE NIGHT Collection. This collection includes ingredients of lavender, Monoi and primrose oil to calm and soothe the senses, while the exclusive Anti-Aging Stem Cell Complex penetrates the skin to improve skin density, regenerate dermal stem cells, and erase wrinkles from the inside out. The unique combination of PhytoCellTec™ **Argan** stem cells and a naturally occurring active from nutmeg seeds is clinically proven to accelerate the skin's natural repair process for skin that appears naturally ageless. The collection Spa Therapy will offer in April is;

**Monoi Age Corrective Night Cream** for face, neck and décolletage for normal to dry skin types, especially mature. Diminish the visible signs of aging overnight with a deeply hydrating cream to nourish and replenish the delicate skin of the face and neck. An exclusive Anti-Aging Stem Cell Complex leaves the skin feeling firmer, smoother and more youthful.

**Monoi Age Corrective Night Body Cream**

Rich body moisturizer for normal to dry skin types, especially mature skin. Discover youthful skin all over with this ultra-rich night body cream with an exclusive Anti-Aging Stem Cell Complex and plant derived Hyaluronic Acid. The skin will appear denser, firmer and smoother from head to toe. Precious

Argan, evening primrose and grape seed oils will nourish the skin and encourage a luxurious slumber.

***Interesting Stuff About Tracie***

***What I like to do on my day off is?***

Spend time with all of my fur children and go to the movies

***What is your specialty?***

Skin correction

***What got you in to the skin care business?***

I Love to figure out what causes certain conditions in the skin and being able to correct that condition for someone.

***How long have you been in business?***

Since June, 17, 1997 almost 16 years,

***How long have you been at Spa Therapy?***

Since July 2008, 5 years this July!

**ABOUT ARGAN STEM CELLS for YOUR SKIN**

How do Argan fruit stem cells support healthy cell growth?

The dermis is a niche for dermal progenitor stem cells. These stem cells are responsible for the formation of cells and cell growth.

Argan Fruit Stem Cells (PhytoCellTec Argan™) are designed to delay the depletion of these progenitor stem cells, stimulating dormant root cells, and accelerating the natural repair process to combat the chronological aging of the skin.

Research shows skin cells represent a highly efficient pathway and reservoir for topically applied substances, allowing Argan Fruit Stem Cell liposomes follicular penetration and stimulating root stem cell regeneration. The result is significant age-defying for healthy skin.

It was only at the end of 2009 that a research group from the University of Toronto identified the dermal stem cells. This finding now opens the door to the next generation of stem cell cosmetics: specifically, the protection and vitalization of human dermal stem cells for a deep-seated rejuvenation of the skin, which in

turn will result in the restoration of the skin's firmness, as well as wrinkle reduction.

The first active with a proven protecting effect on real dermal stem cells is PhytoCellTec™ Argan. PhytoCellTec™ Argan is based on plant stem cells derived from the very resistant and rare Argan tree that has been obtained through our unique PhytoCellTec™ technology.

#### **Claims with PhytoCellTec Argan**

- Dermal rejuvenation of the skin
- Vitalizes dermal stem cells, which are responsible for collagen and elastin production
- Accelerates skin's natural repair process
- Combats chronological aging
- Fights wrinkles and loss of firmness

## **News from NICOLE**

*California Certified Massage Therapist*



Hello Spa Therapy Guests!  
Some current information to keep all of you up-to-date:

I am offering a 10% standard discount for services to all Military and Government Employees.

It is my way of saying 'Thank You' for your services, and it is good all year.

An absolutely calming experience is our Hydrotherapy Spa with pulsating jets and near infra-red lights to promote healing, or the Steam Room which can be set to any temperature you prefer and aromatherapy is included and optional. Don't forget about our Rain Massage! It is a very relaxing treat for total body relaxation.

My specialty, Trigger Point Therapy, is a popular one among clients to rid your muscles of those achy knots.

Don't forget about your feet! They are the only ones you have. Try our Foot Detox today! It will make you feel better inside and out and at the same time you relax in one of our comfortable massage chairs with a warming ultrasound belt on to relax your back.

If you love Massage Therapy as much as I do, we carry Gift Cards so you can share our enthusiasm for wellness. Gift Cards are great for any

occasion such as a birthday present, or as a way to say 'Thank You' to someone, or as an anniversary gift for someone, or a Doubles Massage for you and your significant other if you are having an anniversary. The possibilities are endless, and here at Spa Therapy, your wellness possibilities are endless.

#### ***Interesting Stuff About Nicole***

##### ***What I like to do on my day off is?***

I love to spend time with my husband playing and walking our two dogs.

##### ***What is your specialty?***

Trigger Point Therapy

##### ***What got you in to the massage business?***

I saw a commercial for Bryman College and something told me to pick up the phone because that is it, you have found it!

I just knew it was something I had in me and wanted to do.

##### ***How long have you been in business?***

I graduated in 2005 and have been working in the field ever since.

##### ***How long have you been at Spa Therapy?***

Since the beginning of October 2012

## ***BRAZILIAN WAXING TREND***

*by Jenny Jenson, Esthetician*



The sun is out and bikini season is right around the corner and I know all you who haven't already tried it, have always wondered about it, Brazilian Waxing! A concept that might terrify you... But the results will leave you hairless and smooth for 3-4 weeks! So, to Brazilian or not to Brazilian, is the question? Here are a few Do's and Don't's for you to think about when deciding:

#### ***Before your Brazilian***

- DO let the hair grow ¼ to ½ an inch. The wax needs something to hold onto!
- DO prep the area with a mild exfoliating body wash and an exfoliating mitt (but be very gentle!) up until the day before your wax to help prevent ingrown hairs.
- DO be very clean. Make sure you shower the day of your wax to help prevent

infection.

- DO take an anti-inflammatory such as ibuprofen a half-hour before your wax if you're very sensitive.
- DON'T schedule your appointment for about a week before or during your period, you'll be much more sensitive.
- DON'T apply any creams or lotions beforehand; you'll get better results if your skin is dry.
- DON'T drink caffeinated beverages before your waxing, it can cause you to be more sensitive

#### **During your Brazilian**

- Do undress from the waist down, yes, panties and all (I can't wax the hair if you are clothed!)
- Do relax... yes, I know it's embarrassing, but it's much easier for you and me if you are relaxed

#### **After your Brazilian**

- DO soothe the area with cool compresses once you get home.
- If you're prone to developing red bumps or ingrown hairs, DO wash the area twice daily with some Gentle Wash, and apply an over-the-counter hydrocortisone cream for a few days after your wax.
- DON'T wear tight underwear or clothing in synthetic materials (stick to cotton!) to prevent irritation.
- *If you develop bumps*, DON'T ever pick or squeeze them because it could lead to scarring. DO apply hydrocortisone and Bion's acne inhibiting gel which will reduce in-grown hairs.
- 

I use a special formulated hard wax for your Brazilian waxing. The wax is applied with a Popsicle stick and adheres to the hair, as soon as the wax hardens, it will be removed. There is no sticky residue and minimal irritation. This hard wax is less painful than your traditional honey strip wax.

I hope this has answered any questions you may have had. All in all, its quick and you'll be hair free, razor burn free for 3-4 weeks! Maintenance on Brazilian waxing is done every 4 weeks.

Call to schedule your 1<sup>st</sup> time Brazilian, mention this article and receive \$10 off!

Jenny Jenson,  
Esthetician

## **Coconut Oil: The Perfect Oil for Skin**

*By Audrey Moore, Esthetician  
Certified Massage Therapist*



For skin, coconut oil is a moisturizer, multivitamin, multi-nutrient, nourishing, anti wrinkle and anti-oxidant – All in one! It is also antibacterial and antimicrobial, effectively treating various skin problems like acne, psoriasis, dermatitis, eczema, and other skin infections. It forms the basic ingredient of many skin and body care products we offer at Spa Therapy, such as our body polish and body butters (made by me!), our massage oil, which is handcrafted at Spa Therapy, and Eminence Organics Coconut Age-Corrective Moisturizer.

In body products, coconut oil is an excellent emollient for the skin. Highly moisturizing, it also soaks into skin quickly, leaving it hydrated yet not greasy or oily feeling. It prevents skin from drying out and cracking, providing significant improvement in skin hydration and water content. Coconut oil contains mostly fats, which is what provides it a softening and soothing effect. Its melting point is less than the body temperature so it melts into your skin and increases the levels of skin surface lipids, which softens skin. Small wounds (caused by acne or pimples) also soften and heal quickly. It also provides an extra glow!

#### **How Coconut Oil Can Help Acne**

The medium chain fatty acids (MCFA) present in coconut oil, lauric acid, capric acid and caprylic acid, provide antibacterial, antiviral and antifungal properties! This provides the added benefit of protecting your skin from all sorts of microbes. Its anti microbial properties kill the bacteria which causes acne (acne vulgaris). Since it is also healing, it can be applied to skin wounds and

infections like acne, pimples, etc., and make them heal more quickly.

### **Age-Corrective and Anti-Wrinkle**

Free radicals are present in our bodies and on our skin and are caused by environmental pollutants and unhealthy foods. They destroy cell after cell causing a chain reaction of damage. The damage caused to skin is by breaking down connective and elastic tissues. This loosens skin and causes wrinkles. To combat these free radicals, we must have anti oxidants in our bodies and on our skin. Coconut oil contains ferulic acid and p-coumaric acid which have been proven to be strong anti oxidants. They protect the skin from free radicals by neutralizing and stopping their destructive chain reactions.

Coconut oil and it's strong anti oxidant capabilities can be found in Eminence Organics Coconut Age-Corrective Moisturizer. It also supplies the skin with minerals and vitamins, assists in regenerating the epidermis naturally, improves skin tone and firmness, improves moisture levels, and protects against environmental damage. It is my personal favorite moisturizer, and I recommend it to anyone seeking smoother, more hydrated skin.

### **FYI**

Coconut oil is also in our wonderful homemade, organic, massage oil blend we use every day here at Spa Therapy Wellness Center. Part of our green mission, we develop this health blend, locally grow and California companies only. This blend of Organic Coconut, Almond, Grape Seed & Prune Kernel oils offers many benefits for the health of your skin. The anti-microbial, anti-bacterial, anti-fungal, anti-oxidant & skin conditioning properties will maintain & improve the health of your skin. Our Organic Almond oil is produced locally by Taylor Brothers Farms. In addition, our Prune Kernel Oil is produced locally. You can purchase our unique massage oil blend in our gift shop. In addition, we retail this wonderful Prune Kernel oil to you. We call it 'The Everything Oil' for it's many uses in food and on the skin!

## **The Anti-Aging supplement DHEA**

*by Jennifer Nagy-Cordray*



### **About DHEA**

The effects of Andropause can be effectively reduced by using DHEA as a hormonal supplement. Produced in the adrenal glands, Dehydroepianodrosterone is responsible for producing chemicals that influence the growth of testosterone in the body. Used as a dietary supplement, DHEA can do wonders for you. The enhancement of memory, stamina build up, and increased levels of libido can restore a man back to his natural state. It is a great treatment for men with erectile dysfunction, a common symptom of Andropause as well.

There have been plenty of tests using DHEA and placebos where libido and erectile function improved significantly in the men using this hormone than those that didn't. It has been said that low levels of DHEA is linked with a speeded up aging process.

Before research efforts were placed into discovering more about this hormone, it was associated with helping in weight loss. Soon after, it was associated with a slew of other health benefits.

There is so much available to us now that can help alleviate the uncomfortable symptoms of going through this transition. Here at Spa Therapy, we can help. We carry, DHEA from M'lis, a natural vegetarian supplement. Discover this all-natural formula provided by M'lis. This supplement will enhance and bring back what all of us men thought we have lost. DHEA has complimented my life.

The top notch supplement  
is DHEA by M'lis.



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## Finding Kindness in Exercise

by Gretchen Eggen

California Certified

Restorative Yoga Instructor



Most of us are aware of the importance of exercise in the management of healthy living, but so often the self-discipline needed to carry through easily escapes us in the daily pressures of life. It seems as though exercise has fallen into a category of luxury rather than necessity. Earnest excuses such as a lack of time, money or energy become real barriers undermining success in adopting exercise as a consistent part of our lives, but deeper still, a lack of motivation stemming from a unrecognized negative mindset may be the real deterrent.

How many of us have responded to the new year resolve to get in shape by joining a gym, only to find amidst the rigors of mechanical exercise a bombardment of negative subliminal messages rating our defective bodies and lack of personal discipline? In that environment we can easily lose perspective of who we truly are, and even more importantly, who we are becoming.

What if our approach to exercise is based not on the need to change or become better, but rather, as an act of kindness we give to ourselves? Exercise should be an escape from the constant demands of life, a time to refresh and renew our body, mind and spirit. More often, exercise becomes a contest between the mind and body; when the mind takes charge, it punishes the body. Conversely, the body can bend even an iron-clad will. Mediation between the two can be found by means of the breath.

The state of our breath can reveal a lot about the state of our mind and body, and even suppressed emotions may surface when we bring our attention to how we are breathing (or maybe not breathing). Breath awareness draws us along a path of whole-body awareness. This awareness

gives us the ability to equalize tension in the mind vs. body battle, finding an inner balance between the two. Beating the body into submission by the will of the mind adds little to the balance scale and expends precious mental, physical and emotional energy.

Fullness of breath brings new life, new energy into each movement, each thought and each experience. Maybe it's time to dismiss the idea that working hard is working better. What worked for us in our teens and twenties may no longer be appropriate in our thirties and forties, but you won't learn that at the gym. And what worked in our forties may no longer apply in our fifties and beyond especially if health issues arise. Adopting a system of exercise that incorporates mind and body via the breath has proven to be just as efficient as conventional exercise- maybe better, when it becomes a consistent part of life. It is a lot easier being led by desire rather than demand.

With my private wellness coaching, muscle strengthening and flexibility are potential benefits, but more importantly is discovering and awakening core awareness. Learning core function does not develop by doing crunches, rather, it comes by centering, connecting, aligning and consciously engaging specific muscles, with slow and gentle practice of breath. Secondary to core awareness is flexibility, muscle balance, mental focus and a supple spine. Expect to feel relaxed, refreshed and energized after each session. You *do not* need to be flexible to begin.

Find your inner balance and who knows what you can do with your new found energy.

## Reiki Energy Healing Workshop –

Presented by Sylvie

April 27<sup>th</sup>, 11:00 – 12:30



If you have seen my “**Wacky Reiki Wednesday**” **Special on Facebook** and are curious about energy healing, you will not want to miss this upcoming workshop! Spa Therapy Reiki Master Sylvie will give a short presentation about Reiki, then we’ll have plenty of hands-on practice time to demonstrate the effects of intent and energy.

In the spirit of giving, there will be free goodies for everyone, and light snacks will be provided.

Bring a guest and make a day of it! If your guest books a session, you will get 50% off your next Reiki session. Of course, your guest can take advantage of the next “Wacky Reiki Wednesday” Facebook Special and receive a 20% discount on his or her session! Can things get any better? Yes! Sylvie is following her Reiki path, and by that time she will be a Karuna Reiki Master!



## Interesting Stuff About Lisa



### *What I like to do on my day off is?*

On my day off I like to spend time with my husband and son working on our garden or playing catch. Sometimes, when the weather gets really hot, we go swimming and explore by the river.

### *What is your specialty?*

I specialize in a massage called Ashi-Thai. It is a mixture of Ashiatsu and Thai massage. The client remains fully clothed through the whole treatment and I put them in stretches with my legs and my feet while holding onto bars in the ceiling for support. It is wonderful for low back, hip, and leg pain.

### *What got you in to the massage business?*

I got interested in the massage industry originally because of friends and family complimenting my back rubs. However, after I went to school, a love of health and wellness began forming in my heart and hasn't gone away since.

### *How long have you been in business?*

I have been in the massage business for about 3 1/2 years.

### *How long have you been at Spa Therapy?*

April 2013 will be exactly one year spent working at Spa Therapy. I have loved every minute of it and am very excited for the year to come.

