

SPA THERAPY NEWS

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Common Compensation Patterns & What You Can Do to Solve Them

By *Krystie Nordmann, CMP*



Our bodies are on a constant mission for equilibrium and optimal health, though how it seeks this equilibrium, can at times, be downright contrary of what we really want and need. The body shifts weight and patterns of movement to comply with our daily demands, whether that demand is physically exerting like a five mile run or exhausting to a select muscle group as when we are slouched over a desk for hours at a time.

Common compensation patterns occur due to overuse of a muscle, injury to a muscle or muscles group, and through sustained postural patterns (think favoring leaning your hip to one side). I think we can all agree we do not always move in ways that are balancing out the muscle groups and allowing the muscles and joints to run through their proper range of motion. When this happens, subtle shifts occur over time that create areas in our bodies where one or more muscles 'compensate' for this imbalance, or in other words overwork to the point of pain or injury.

When partnering with a certified massage therapist, you will have access to a comprehensive treatment plan to address the muscles that need lengthening and help you to grow in your body awareness. Many clients may come in with a complaint occurring in the right shoulder for example, only to realize that the restriction is actually more severe on the left side of the body. This is very common. We cannot limit ourselves to addressing only the area in pain, we must also attend to the muscles that are straining to hold our bodies at proper eye level.

The first steps in correct these limiting patterns is to first:

Become aware: How do you sleep? If you sleep on your stomach and turn your head to the left, when you stand you may notice it does not turn as easily to the right. Make note of how you move throughout your day. A daily log for a month or so is helpful and can reveal key insights. Maybe when you are tired, you begin to slump forward. All this is important information to discuss with your therapist during treatment.

Follow Up: After a treatment, continue to make progress by applying heat or cold depending on situational differences and use at home tools like a foam roller or yoga to lengthen and strengthen the muscles in question.

Lastly, Be patient! Many of these patterns began long before the pain or discomfort showed up to the scene, maybe even years in the making. Within a treatment plan, significant and lasting improvements are possible.

Bad and good habits shape how our bodies function. What can you do today to begin a positive shift? Remember, we are here to help you on this journey!

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Raindrop Therapy Technique

By Emily Stearns, CMP

"What is Raindrop Technique?"

This technique involves applying therapeutic grade essential oils to the spine, neck and feet. The session lasts about an hour however the benefits may last up to a week or more. (It was) found that **combining** several holistic techniques, described below, created a **synergistic** effect for the body. The three modalities that combine to form Raindrop Technique are:



- **Aromatherapy** – Raindrop technique uses seven single essential oils, two blends and one essential oil massage blend during the session...
- **Vita Flex Technique** –Vita Flex was brought to the US in the 1920s by Stanley Burroughs. It is an ancient Tibetan methodology meaning "vitality through the reflexes". Its theory is based on the fact that slight pressure applied to the body creates an electric charge that is therapeutic to the body. This is known as piezoelectric.
- **Feather Stroking** - This is similar to a massage term technique called effleurage. But this technique was actually termed by the Native American Indians.

How does Raindrop get its Name?

Essential oils are actually dropped from about 6 inches above your spine, **simulating** rain drops! It feels like a rain drop gently striking your spine, and it is very relaxing and comforting.

It is thought that the oils **interact** with a person's electric field before even penetrating the skin of the back. Thereby, enhancing the electromagnetic properties of the oils as well. Amazing!

What are the Benefits of Raindrop Technique?

There are **numerous** benefits of the Raindrop Technique. Here are just a few:

- **Balance and Realign the Energy Centers of the Body** – The combination of techniques brings electrical and structural alignment to the body. The essential oil blend of Valor helps the body align and is

often referred to as "chiropractor in the bottle".

- **Non-Manipulative Technique** – No manipulation as in chiropractic is performed. The oils help support the body to come back into harmony by opening energy flow throughout the body.
- **Reduce Stress and Minor Anxiety** - Not only can the oils enhance positive emotions such as joy and happiness, but they can also help us release negative emotions that are subconsciously stored on a cellular level.
- **Aid the Body's Natural Response to Irritation and Injury** – Thyme and Oregano support the immune, respiratory, nervous, and other body systems*. They are strong antioxidants.
- **Eases Muscle Discomfort after Exercise** – Muscles that are tense and in minor discomfort due to exercise will also benefit. Basil, Wintergreen, Marjoram, Cypress and Peppermint essential oils may reduce tension.
- **Support Healthy Immune System** – Thyme and Oregano essential oils support a healthy immune system*.
- **Emotional Well Being and Release** – Essential oils affect the limbic system where emotions are stored in the "*brain's emotional computer*".
- **Help Detox the Body Systems** – The oils that are high in phenols may cleanse cellular receptor sites and enhance cleansing of the body.
- And **many** more!

It sounds great! But, Is there any Validation of this Technique?

David Stewart, the Founder of the Center for Aromatherapy Research and Education (CARE), published a book entitled "*The Statistical Validation of the Raindrop Technique*". It is based on the **results** of a questionnaire where over 400 massage therapists, chiropractors, Raindrop Facilitators and others who used the technique responded.

What were the Results of the Questionnaire?

Besides the fact that **97%** of the clients receiving Raindrop felt that it was a **positive** experience and that they felt better after the session?

Well, over **99%** said they would have another session. Approximately **90%** felt their improved

well-being and **86%** felt their emotional feeling improved. Wow, that is some **positive** feedback!" (excerpt from Experience-essential-oils.com)
Sound interesting? I even converted my skeptical husband with one session, and that is saying something!

Emily is currently performing Raindrop Technique, and is in the process of becoming a Certified Raindrop Technique Specialist (CRTS)

The Fascial Effect

By Noreen Schweiss, CMT

The connective tissue, or fascia, coexists in our body like those community relationships among family, friends, professional ties and local services for food and fuel for our well-being. And like our current society depends on energy sources at our fingertips to light our homes, charge our electronics, warm or cool ourselves, our cells depend on healthy fascia to provide instant and consistent communication, essential for proper nutrition.

Nerve and blood vessels never touch cells of the tissues they travel through to fulfill their specialized journey. The ever connecting, inter-winding fascia that thoroughly weave through every millimeter of our body surround these vessels. Most fascia in our body, called tubules, look like very tiny vessels with a crystalline fluid flowing through them. Fascial tubules run in every direction from head to toe packaging and protecting every organ, muscle, bone and cell. They resemble the multiple smaller poles of a scaffolding system, during the initial construction of large buildings.

The fascial system communicates with our numerous life-systems to be in sync at a moment's notice, such as the circulatory system that regulates blood flow. Flow increases to the limbs when needing to fight or flee, yet limits blood flow to the limbs when sleeping or digesting food. Survival depends our limbic system, our fight, flight or freeze center, and relies on instantaneous reactions to life threatening situations via the fascial system. Fascia also communicates with and facilitates the nourishment processes in all of our cellular communities.



Ground substance: Similar to the medium that our cells float in called plasma, a gel-like material surrounds our fascial system known as ground substance. Among other duties, this ground substance protects the fascia by acting as a buffer to impact and provides the necessary environment for adequate hydration. Likewise, our ground substance thickens, stiffens and eventually hardens after any type of injury because the cells lack the ability to absorb necessary water. Tissue suppleness fades as fascial dehydration occurs.

Cellular respiration: Individual cells must “breathe” to live by absorbing nutrition, hormones and water. Scientists call this phenomena cellular respiration. Like any living organism, what goes in must come out. Traumatized and dehydrated tissue harden the ground substance causing restrictions that prevents cells ability to expel waste products, toxins and debris. This pressure inhibits effective cellular respiration, which means poor or non-absorption of nutrients or fluids resulting in nutritional depletion and retention of harmful substances, ultimately poisoning the cells.

Fascial trauma: When trauma dehydrates fascia from an injury, overuse or over time, the strong connective tissue loses its natural glide and becomes sticky. As the body performs tasks, like driving, bending or even smiling, the fascial tubules adhere to other dehydrated fascia, like strands of a sticky spider web. The fascial tubules cling to each other creating a tight band or “knot.” Unlike muscle and organ tissue, increased water intake does not rehydrate this heavy duty scaffolding and its protective ground substance.

While dehydration of the fascia increases, the 2,000 lbs. of pressure per square inch it generates intensifies in the affected tissues forcing the body to react abnormally. According to Dr. Pischinger in his recently published book, “*The Extracellular Matrix and Ground Regulation, Basis for a Biological Medicine,*” dehydrated molecules forced to endure this unrelenting, excessive pressure react by unnaturally attaching to each other in a tangled fashion forming crosslinks. Crosslinks stiffen our skin's collagen creating wrinkles.

Basic facial anatomy: Nature designed muscles to move bones that connect to other bones creating joints. Our limbs, torso and neck house joints that

move us through space, upright our long bodies and accomplishes tasks for survival. Except for our face and jaw, minimal musculature attaches on the skull. This means the face tends to lose its plumpness, the youthful fullness, first. Besides protection, its fascia provides a means for skin to adhere, for muscles and nerves to receive messages and to provide cellular nutrition.

Nutritional health and decompression practices reveal various benefits or increased depletion in a big way on our largest organ, the skin. Facial wrinkles occur much sooner on most human faces before the body because it lacks the luscious musculature environment like other covered bony structures. Connective tissue comprises the majority of our skull to attach our skin and hair. The cranial fascia looks wide and flat for the forehead and scalp regions.

Face Restoration (FR): Unless covered by a bandanna, scarf, or ski mask, external exposure constantly contacts our face. As we relentlessly endure harsh environments, absorb lifestyle choices and simple earthly gravity over time, the face clearly reveals the trauma. With lines of communication between fascia and its corresponding cellular structures compromised, cellular health declines with an imbalanced intake and output cycle. The skin tightens and thins, often resulting in the deep creases, or the restrictions flatten fuller areas causing the tissue to droop and sag.

Release the unnatural pressure that cause tissue restrictions by breaking the molecular crosslinks. Restore fascial hydration and nourish the tissues cells by reconnecting the lines of communication between fascia, its ground substance and all cellular components of our incredible human organism. Oil-free treatments work for every skin type, gender, and age, while alleviating most skin conditions.

Treating thousands of patients from all parts of the world with the Myofascial Release: John F. Barnes Approach and teaching his techniques to thousands of doctors, nurses and all levels of therapists for over 40-years, Mr. Barnes, PT, LMT, NCTMB continually transforms field of the healing arts. Using this form of MFR, also releases TMJ restrictions, relieves sinus pressure and diminishes allergy conditions.

Helps anyone: Feel the possible differences inside the mouth, nose and sinuses. Feel the volume in the cheeks. End cheek biting as they float above the jaw-not lying against the teeth. Experience an ease in breathing through the nose. Enjoy a more relaxed feeling smile. Open the eyes and lift lids and brows. Decrease those circles and crevasses. I bet even Mr. Clint Eastwood would appreciate some relief from his signature cheek crease that greatly increased through the years.

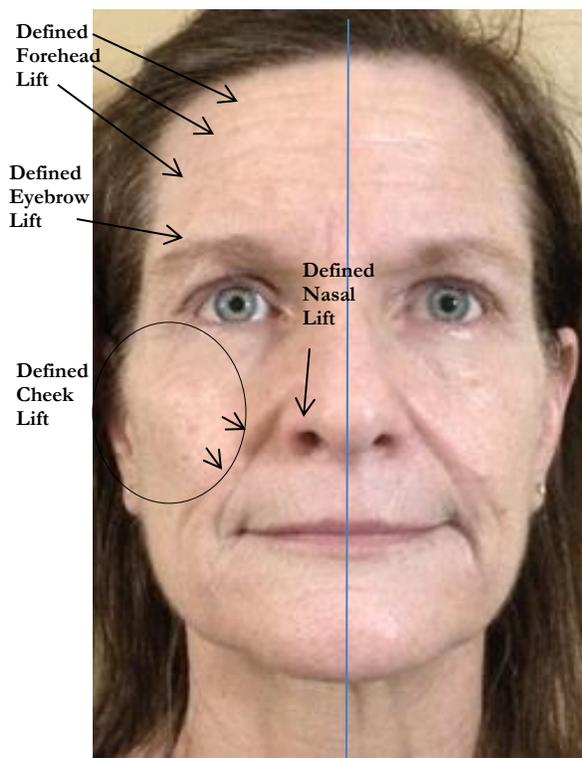
Restore the fascia of your face and neck as multiple MFR treatments boosts the natural flow of nutrients and fluids into the tissues with increased toxin excretion. Learn simple MFR techniques to continue daily maintenance for healthy skin. Be amazed in your skin's renewed brightness, increased smoothness and youthful plumpness after only two weeks of treatment. Increase the flow to bring back your glow. ***I have been working on the right side of my face for several weeks now, and have some images to share with you.***

Initial Photo Week 1 Right-side FR



Week 2 Right-side FR Week 3 Right-side FR





As you can identify, there is a clear facial muscle and skin tone difference with this new technique. I will have more photos to follow and will be offering this innovative technique I have developed to change the tone and position of your facial soft tissues and give you tools to keep this going for years to come.

Direct Myofascial Trigger Point Therapy

By Nicole Brown,
CA Certified Massage Therapist



Due to an upcoming class presenting Direct and Indirect Myofascial Therapy, held by Noreen Schweiss and I, in this article I would like to discuss the topic of Direct Myofascial Trigger Point Therapy and break down what each of those terms mean.

First I would like to tell you what myofascial means. Myo is muscle and fascia is connective tissue. Fascia is a tough connective tissue throughout the body that forms a three

dimensional web from head to toe that is both fibrous and fluid based and interpenetrates every muscle, bone, nerve, artery, vein, as well as, our internal organs including the heart, lungs, brain and spinal cord. Fascia is susceptible to just as much trauma as muscle dysfunction.

When fascia has been traumatized through injury, strain, surgery and the like, it too develops trigger points. That is where Direct Myofascial Trigger Point Therapy is utilized as a manual therapy to rid the body of its distress.

Direct Myofascial Trigger Point Therapy works by using the correct amount of pressure to the correct hyperirritable nodule (knot, or trigger point) for the correct amount of time to deactivate the trigger point thereby ridding the area of pain.

This means that when you feel pain I have to find the spot that is causing pain using direct and sustained pressure. We do this by having you perform a few Range Of Motion exercises to determine where you are having restrictions.

Trigger Points are hyperirritable nodules found in taut bands of muscle and can be found in almost all the tissues in our body like the muscles, tendons, ligaments, and the myofascial tissues.

With trigger points present the knot is always distant from the actual source of pain, this is called referred pain. Too much pressure on an already injured muscle causes inflammation, pain and swelling and light and sustained pressure is needed to reduce inflammation.

Since trigger points form from injury, over and underuse it takes time for the trigger point to deactivate. The longer the hold on a painful area the more biomechanical changes that occur in the body which also stimulates our body's own anti-inflammatory chemicals.

Here are some very important facts about Trigger Points:

- Trigger Points are hyperirritable knots that form in taut bands of muscle.
- Trigger Points can be found in multiple structures of the body.
- Over 75% of unexplained pain comes from active trigger points.
- You should wait 1-3 days for the initial inflammatory stage after injury before receiving manual therapy.
- Trigger Points produce "referred pain", this means that where you are feeling the pain is away

from the muscle that has the trigger points that are causing that pain.

- There are two types of trigger points, latent and active.
- Active trigger points cause pain at rest; latent trigger points cause pain when sufficiently pressed.
- All trigger points cause muscle dysfunction.
- Trigger Points create actual spindles in the muscle and scar tissue to protect itself.
- Trigger Points cause muscle weakness/fatigue, immobility of a muscle, muscle shortening, and lack of blood flow.

Trigger Point Therapy Facts:

- Trigger Point Therapy uses direct (ischemic) and constant pressure on a trigger point to deactivate it.
- Restores muscle function, mobility, and fresh blood flow.
- Rids the muscles of trigger points and pain.
- Restores muscle function, allows fresh blood in the knot.
- May take as little as one session to restore muscle function and lessen or rid pain.
- Muscles must be in a relaxed position to release and benefit from work done on area.
- With pressure, less is more. Too much pressure aggravates already sensitive knots.

Facts about Fascia:

- It holds muscle together and allows muscle to glide smoothly and independently against each other.
- When tight, stressed or injured fascia can bind together preventing from muscles moving freely leading to tightness and stiffness that limits normal muscle function and range of motion.
- Specialized system of the body that has the appearance of a woven spider web or a sweater.
- Trauma or inflammatory responses and surgical procedures create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds.
- Fascia is also affected by emotional trauma.
- Changes in the fascial system influences the comfort and function of our body.
- Fascial restrictions affect our flexibility and stability.

Everything we do in our everyday lives affects our bodies. Poor posture, desk work, playing sports, holding a baby, surgery, minor and major falls and

tweaks and even emotions can change our fascia. This fascial system proves that everything is indeed linked together.

Taking care of ourselves by stretching, sleeping and exercising adequately and receiving therapeutic massage help reduce the occurrence of trigger points, myofascial stress, scar tissue and emotional build up.

Three Makeup Mistakes That Could Be Affecting Your Skin

By Audrey Moore

2016 Excellence Award Winner
CA Licensed Esthetician
CA Certified Massage Practitioner
Spa Manager



Do you know what you're doing when it comes to your daily makeup routine? We're not expecting you to be an expert, but it's always good to know what you're doing right (and wrong) when it comes to makeup and skin.

Here are 3 bad makeup habits to break now:

1. SLEEPING IN YOUR MAKEUP

"... Sleeping in makeup is "one of the biggest mistakes" a woman can make where her skin is concerned.

Doing so can block pores, leaving oil trapped inside," he adds. "This leads to bacteria build up, breakouts, and enlarged pores — which are many of the reasons women wear makeup in the first place".

-Board-certified dermatologist and skin care professional Dennis Gross, MD. To make your night time makeup removal as effective as possible, we recommend the Eminence Rice Milk 3 in 1



Cleansing Water - "... A formula that cleanses and tones skin while removing makeup and hydrating the complexion and tightening pores. A makeup remover, cleanser, and toner all in one!

2. EXERCISING IN YOUR MAKEUP

In an interview with Vogue Beauty, professional Esthetician Debbie Thomas explains that exercising in makeup can be just as bad as sleeping in it. "Your skin needs to breathe - during a good workout... Mix in sweat, heat and open pores and over time the skin will become blocked. Not everyone will get spots, but most will get blackheads coupled with dulling and possible uneven skin texture". To make this easier, keep some cotton rounds and the Eminence Rice Milk 3 in 1 Cleansing Water in your gym bag for a quick cleanup-before AND after-your workout.

3. NOT USING AN SPF MOISTURIZER

Not all makeup contains sun protection, only those that say SPF on the bottle. When you're applying your makeup in the mornings, make sure to apply an SPF moisturizer first to protect against sun damage. Our favorites are BiON Titanium Dioxide, Eminence Bright Skin, and Eminence Tropical Vanilla Day Cream. For coverage AND protection all in one, try Eminence Sun Defense Minerals, an easy to apply mineral powder that doubles as makeup and sunscreen.

Thalassotherapy: We Bring the Sea to Our Clients

*By Jennifer Nagy-Cordray, BS
California Certified Massage Therapist
Skin Care Therapist*



Since the formation of ancient civilizations, every culture has created some myth or folktale to explain the mystique of the ocean, and to this day humankind returns to the ocean for balance and well-being. Ancient Egyptians understood the healing powers of long soaks in seawater. Greek philosophers, including Euripides, Hippocrates, Plato and Herodotus, praised the

ocean's therapeutic value for physical and mental health.



Origin of Life

Today, we still desire the stress-relieving and balancing experience of relaxing at the seashore while our worries melt away. The ocean consistently restores a feeling of well-being and vitality.

This widespread draw holds a deeper meaning, which may be explained by the scientific community's belief that plant life originated in the deepest parts of the sea. At the beginning of Earth's existence, the only area that provided nourishment and protection from harsh ultraviolet rays was far beneath the surface of the ocean. This nurturing environment allowed marine life to begin and flourish. Sea flora emitted oxygen that eventually led to the formation of a protective ozone layer, which allowed more advanced sea and eventually land plants to evolve. Some may say our natural attraction to the sea for healing and relaxation is a natural attraction to the origin of life.

In more recent history, scientific research explained this instinctual attraction by proving seawater can indeed restore balance to an organism. At the turn of the 20th century, French physiologist René Quinton established that seawater contains all naturally occurring, indexed trace elements and minerals. The only other naturally occurring fluid that contains all of these vital elements is our blood plasma. Not only do both of these fluids contain all trace elements and minerals, the quantities of minerals are nearly identical. Seawater is so close to our bodies' internal environment that if white blood cells are removed from the body and placed in a sterile seawater solution, they are able to

maintain normal cell function for up to five weeks; this is the only solvent that will accommodate continued cellular activity.

“The living organism is a sea aquarium in which a few billion cells are bathing,” said Quinton. This natural multi-mineral compound is the perfect medium to restore balance of important elements, such as zinc, magnesium, calcium and potassium.

Marine Healing

As Quinton’s research gained acclaim and the mystery of the ocean was supported with proof and data, the medical community began to construct a defined program of marine healing. In 1899, the first thalassotherapy center opened in the Brittany region of France. The term thalassotherapy refers to seawater healing in a medically supervised environment as a form of preventive or curative health care, utilizing seawater, seaweed, marine mud, sand and other marine substances.

Throughout the last century in Europe, thalassotherapy centers have gained popularity and credibility as the most natural source of complementary health care. So much so, the French health care system covers a portion of medical care when a center is attended.

Today, there are more than 45 thalassotherapy centers in France alone, which are visited by those who seek general well-being or medical treatment for specific conditions and diseases. True thalassotherapy centers have a spa facility with a medical wing and living quarters, built right on the seacoast. A separate plumbing system pumps seawater into the spa treatment facility and connects to all spa equipment throughout the center. Most thalassotherapy centers also have a large central pool filled with heated seawater where patients are advised to immerse themselves between scheduled services, so they can spend the maximum amount of time enveloped in this curative marine serum.

Upon arrival, thalassotherapy-center guests have a doctor’s appointment for a physical exam to determine what the patient will be treated for. A treatment program can address an array of conditions, and can range from stress reduction, immune-system boosting, pain management, accident rehabilitation, depression,

anorexia, prenatal and postpartum programs, cellulite and weight reduction, rheumatism and arthritis, and preventive health.

Once the patient’s needs are analyzed, a treatment program is constructed and can last from two days to two weeks. The patient’s program comprises a daily combination of seawater and seaweed body treatments.

Cellular Function

How does this single resource positively affect so many different people with so many different ailments? It stems from Quinton’s scientific research proving seawater contains all of the trace elements and minerals our bodies need. Trace minerals and elements activate most biochemical and enzymatic reactions that occur within the body. All cellular functions occur because of specific enzymatic reactions, whether a cell is producing ATP (energy), a red blood cell is carrying oxygen, or a melanocyte is producing pigment.

As each of these biochemical reactions occurs, the enzyme responsible for the process needs a catalyst to begin each specific cell activity. Trace elements, found perfectly balanced in seawater, are the catalysts that activate enzymes so all of these biochemical reactions can take place.

Balancing the **mineral levels** in the body is vital for optimum cellular function. When there are trace-element deficiencies within the body, cellular functions slow down. When our cells become sluggish, this creates an internal environment where imbalance can occur very easily. Once cells are demineralized, nutrition that is ingested cannot be completely assimilated by cells and used by the body.

In thalassotherapy centers, the primary mode of treatment is trace element and mineral absorption via the skin. Trace elements and minerals are very small; they are the smallest form of matter that exists.

When seawater is warmed to between 96 and 102 degrees, the minerals become ionized, or negatively charged. The surface of our skin is positively charged, so due to the attraction between negative and positive charges, the minerals move to the skin very quickly. Because minerals have a charge opposite to that of our skin, and because they are so minute in size, they are absorbed very quickly by the skin.

Once absorbed by the skin, they make their way through the tissues and into the bloodstream—so a soak in warm seawater can infuse the entire body with minerals. Soaking in seawater is the fastest way to get a large dose of minerals into the system, because the skin is the body's largest organ. The skin provides a very large surface area with which to absorb minerals.

Cellular energy is also essential to expel metabolic waste and toxins. Cellular stagnancy causes symptoms like fatigue, insomnia, edema, slowed metabolism, poor microcirculation, a repressed immune system and poor cellular exchange, which can lead to greater long-term health risks and skin conditions.

By introducing the perfect combination of minerals and trace elements, the body is equipped with critical elements to function efficiently, and proper balance is maintained.

When the body is balanced, it can proficiently regulate its own systems. This is an important first step for any treatment program where long-term results are sought.

Mineralize

Thalassotherapy is a wonderful remedy for those fortunate few who regularly travel abroad or reside in Europe, where thalassotherapy is part of the culture. But what about the common spa guest? Thalassotherapy centers are next to nonexistent in the U.S., because coastlines are typically too polluted to use for healing purposes.

However, there are ways to give spa guests a powerful source of marine remineralization: The use of high-quality spa products that revolve around ocean-derived active ingredients can bring the sea and its natural therapies into the spa. A marine-based line should have methods of naturally preserving the amazing active ingredients the ocean concentrates, so the benefits of the sea are retained and the results delivered by thalassotherapy centers can be replicated.

By simply adding a seawater mineral concentrate to a spa hydrotherapy tub, a true thalassotherapy treatment can be enjoyed by your guest. A soak in a recreated sea automatically alleviates feelings of mental and physical stress and fatigue, while physically improving skin conditions such as eczema, psoriasis, severe dehydration and acne. Muscle tension and chronic back pain can be improved or even alleviated with regular use.

Most everyone would benefit from the relaxation components hydrotherapy offers. However, the real purpose is to increase circulation -- when you increase circulation you increase elimination. When you increase circulation you increase the oxygen supply to all tissues, this will promote health and healing. The next time you're at Spa Therapy Wellness Center, and you are considering adding to your standard treatment of choice, consider Hydrotherapy or Thalssotherapy and increase your personal wellness program. Unfortunately, in the United States improper elimination, lack of circulation, and loss of oxygen in the tissues, is the cause of many of our health problems. Hopefully, your renewed awareness of hydrotherapy will inspire you to enjoy *OUR* therapeutic waters.

