

# SPA THERAPY NEWS

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Summer 2017  
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## Working through the Crisis

by  
Noreen Schweiss, LMT



Most of us suffer with upper shoulder ache that reaches pain up into our neck and the base of our skull, or dives down our shoulder blades with pain or a dull ache in the arms and often into the low back. The tasks we ask our bodies to endure looks completely different from just 50-years ago. As a civilized society, we force ourselves to sit and stare at computer screens for a third of our entire day. Or, we stand on cement and tile for extraordinarily long hours.

The luxuries our modern world offers to cut down work time for menial, but necessary, tasks like food storage and preparation, laundry, and bathing. However, this convenience strip away the physical effort and energy to complete a day's workload before evolving the natural processes developed throughout the millenniums. Moving through space with consorted effort stimulates cellular activity to rebuild muscle tissue, while reaffirming physical endurance. In other words, physical exertion maintains hormonal influences that rebuild healthy tissue.

The modern world also presents physical issues directly derived from our electronic technology and culture. The most common request for therapy focus from clients, especially women, fall into the upper shoulder and neck category. Each day the awe of witnessing clients physical results and emotional relief inspire me to continue working with the Myofascial Release (MFR) approach developed and refined by John F. Barnes, PT, LMT, NCTMB.

### ***Is the shoulder a true joint?***

Everyone's achy, tight shoulder actually lacks traditional joint connectors. When two or more bones meet at a junction, this defines a joint. The shoulder uses three main bones connecting from three very different angles to create the shoulder, so three different connection, thus three different joints. The shoulder's

precarious anatomy ranks it as the weakest joint in the body.

Traditionally, ligaments attach bones that fit into pocket-like areas of other bones forming joints. The humorous head of our upper arm , or top of the shoulder, lays on a shallow divot at the upper portion of our shoulder blade, the scapula, and creates the glenohumeral joint. The upper scapula also connects to the outer edge of our clavicle, also known as the collarbone, makes the acromioclavicular or A/C joint, creating that sensitive tip of our shoulder. The third joint connects the shoulder girdle to the torso at the chest plate, or sternum called the sternoclavicular joint.

Soft muscle tissue rips easily with minimal undue stress. Basically, four small muscles attach the humorous to the scapula with the deltoid assisting in the job making up the "shoulder cuff." Lifting that heavy fulcrum we call arm without traumatizing the delicate shoulder cuff, both rhomboids must engage to flatten each scapula against the back creating vital joint support. While contracting those back muscles, also experience the pectoral major muscle of the chest engage.

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Use the larger back muscles to assist arm and shoulder tasks with heavy loads or long-term limb extensions. The latissimus dorsi attaches at the top edge of our pelvis, the iliac crest, with fascial connections along the lower spine before it diagonally reaches across the lower scapula and attaching below the top of our upper arm bone. Practice lifting the arm without tightening the upper shoulders. Dancers spend countless hours training those muscles to engage with various loads, angles and positions to appear *effortless*. Sometimes, arms carve precarious positions held in space for minutes as a movement artist.

***Fabulous Fascia:*** Fascial restriction means 2,000 lbs/PSI to the surrounding tissues, whether soft tissues like muscle, organs and vessels, or tougher tissues like bone and cartilage. Eventually, this constant tightening directly affects the tissue's health, thus the efficiency of the affected body parts. The connective tissue runs from the tip of our toes to the top of our head. It crisscrosses the body side-to-side, up and down, and diagonally. Fascia surrounds and wraps each of our vitally delicate systems, as a single unit.

Yes! One continuous super highway of communication tubules. Like Batman and Bruce Wayne, but without the disguise, these tubules double as our tensile strength and our lightning fast reactions, yet also provide the housing for our consciousness, our intuitive thoughts. A space where our body snares emotional memories. No disguises but a super trick!

Our fascial system gives our body its tensile strength. Because of its protective, endurance, and brute qualities this tissue requires a different cellular and chemical makeup. The chemical process of our connective tissue, thus, protocols and principles must look different from traditional muscle theory taught in gym class. Stretching 90 - 120 seconds creates a complete soft muscle tissue release. However, the tougher connective tissue requires a non-hurried 5-minute stretch or compression just to begin the process towards lasting structural changes.

***Stretch fascia for how long?*** Insight of how our body orchestrates its multiple and layered task oriented systems protected and covered by fascia creates a basic understanding of a healing crisis and its simple complexities. Understanding fascia provides a permanent foundation in patiently waiting 5 minutes and longer at the barriers with

stretching away from and/or compressing into the tight, tender or thick areas.

When dehydrated from injury, the strong connective tissue loses its natural glide past other fascial tubules and becomes sticky like a spider web. As the body performs tasks, the tubules in close proximity cling to each other, like strands of a sticky spider web. These fascial tubules cling to each other creating a tight band or "knot." Unlike muscle and organ tissue, increased water intake alone does not re-hydrate this heavy duty scaffolding.

***Where to treat:*** Treating the affected area and its surrounding tissue makes logical sense. Our mind rationalizes, "I feel pain here, so I must receive treatment here for relief." The strand theory of the universe states that we are all connected in our vastness, when crossing different switches of the dimensional strands we each experience. Apply this concept to our fascial system with its miles of tubules crisscrossing throughout the body and an excessively tight low back. Constant and consistent tension over time eventually causes conditions into other areas like the feet, knees, ankles or conditions may show up in the skull and jaw.

Unlike all the other systems of the human body, and all other mammals, our connective tissue forms in every nook and cranny of the body as a protector and communicator. One still recognizes the original external form after stripping away all other tissues but the fascial system. Sometimes referred to as the energetic body, these sacred system storehouses the natural wisdom of the body where vital fascial and emotional unwinding occurs to heal traumas and correct dysfunctions.

Let's look at this using the onion theory of peeling away the layers. As one restriction releases, the next one arises giving sensory cues of pain or tenderness, which result in the body's natural defenses that shows up as tissue tightness. While waiting for its opportunity to release, discomfort often occurs in a slightly different area with a slightly different level of discomfort or pain or restrictive motion. Feeling the subsequent tight, tender or restricted spot tells the therapist where to treat next.

***What is therapeutic pain?*** Therapeutic pain refers to the discomfort one may experience while being treated with bodywork, like trigger point therapy or in a deep tissue massage session. Therapeutic pain ranges from slight sensitivity to

intense sensations. While working painful, stiff or tender areas, referral sensations or pains often show up in other areas of the body.

To effectively engage the fascial healing triggers, one must patiently feel into the restriction or pain. Fascia creates the foundation for muscle musculature endurance and stamina during high-pressured conditions. Therefore, treating this system, this tissue, one must patiently work into the natural barrier allowing sufficient time for softening and releasing the traumatized tissues.

**What is a healing crisis?** Each bodily system in our complex organism uses some type of highly organized tissue. Accidents, over-use or repetitive motion causes chaos to the affected areas and disorganizes the predictable matrix each system possess. A healing crisis signals that while the fascia in flux reorganizes its structure, the postural body must also shift. Healing time depends on the severity of the injury, the injury's age and the time spent treating the traumatized tissue.

Sometimes a healing crisis lasts for weeks. Working the affected area(s) during this tissue reorganizing phase proves essential for deep, lasting relief with permanent healing results. Impetus rules our existence, which means its easier to maintain forward motion after the initial push than restarting each time from a stand-still. Remember to honor the body's needs and ease up or hold pressure, without letting go if still able to accept treatment. The longer pressing into or away from the barrier, the deeper the healing.

**My healing crises:** Personally, a few hard falls off horses through my childhood created several traumatic injuries. Weeks after my first Myofascial Release seminar with John f. Barnes, I took his MFR pelvic fascia technique class and focused on my right hip that bothered me since a teen. In technique seminars, each participant works as the therapist and as the patient, allowing personal healing to occur.

After the second day of class, I began feeling a deep aching pain in my right hip region. Before reaching class the next day, I wanted to only treat my partner, not receive treatment. Talking to other participants, I heard similar opinions; all referring to onsets of healing crises. Mine lasted for nearly a month. I manually lifted my right leg to put on pants for weeks because of a crazy pain in my groin area whenever I tried lifting my leg off the floor.

Using the MFR techniques daily, I stretched and compressed my upper leg and hip. Sometimes I felt pain when working into the tightest sections. Days passed as I patiently held my leg in the treating positions, while reminding myself to let go and soften into my body, until the debilitating pain dissolved weeks later. I unexpectedly experienced a freedom in my hip and leg mobility that previously eluded me through decades of intense dance training. A surprised and welcomed change.

At some time in our life, each one of us experienced rolling off an ankle, stressing the low back or pulling too much with an arm. Whether cycling, running or riding, injury related accidents eventually catch up to the serious athlete. Like many young people, moving through space captured my focus and filled my time. My path fortunately crossed with a family who owned horses. Also, blessed with parents who wanted fun, they eventually financed my equestrian passion.

The two equestrian injuries that affected me the greatest happened at 12 and 14-years old. First, falling off with arm outstretched to stop my fall fractured my upper left arm, jammed my left elbow and pushed my first rib and clavicle out of whack. Two years later, a gentle giant's hoof unfortunately met my right face with great force, adding to the trauma to my lower neck.

After years of looking down reading, homework for school, especially in college I developed chronic pain. Then, after years of stress and anxiety as a single parent with decades of constant physical responsibility, I added to the chronic pain. Running a household and raising children on my own led to constant pain on the left mid to lower neck, left shoulder and upper back and at the base of my skull. Adjusting the way slept for my left elbow's comfort became second nature.

**MFR magic:** Over four decades later, several separate healing crises and constant attention to stretching, pulling, pushing and compressing my neck, I currently live with a new found freedom from nagging, piercing pain with increased neck mobility that continually astounds me. Working MFR magic and releasing my left elbow joint led to my ulna correcting itself in the joint junction. The joint support I once required for comfortable slumber, now irritates my arm.

Enhance the MFR effectiveness by consciously feeling the treated area(s) without judgment. The

body does not need to know why it hurts there to receive healing, or the reason for the decision that led to the injury to soften into the body and let go of the restrictions. Even the body's emotional releases truly require awareness of the release, not the traumatic cause. Often, the emotional releases show up after the client's treatment.

**Proactive:** Implement frequent reminders through long days or long drives. As trained dancer for over 25-years, one might think this very simple for me as a massage therapist. I work in a field that not only trains and emphasizes proper mechanics, but includes its value as questions on state tests. Happily, I find myself internally voicing reminders of squaring up over my hips or to move my body to keep my arm near my center. Neglect of these basic requirements cause strain and pain to the body. Eventually, pain forces change in my techniques and shortens my schedule, thus affecting my income. On long drives, I check in and square up my low back and pelvis with the seat. As a small person, additional back supports always need to partner my seats for proper body mechanics.

Supporting one's fascial changes extend beyond the therapists reach. Learn healthy postural habits that sustain personal needs. Postural changes take time, so make it a life-style change. Enhance your experience by practicing a more healthy way to sit, stand, walk, etc. Self-supporting tools like self-awareness of sitting, mindfulness while moving through space, mini adjustment to the physical approach of achieving occupational responsibilities and tasks.

Through the MFR treatments and its basic principles, restored hope follows many who thought constant, severe pain was a life sentence. Not a cure, but certainly a pain reliever, tissue healer and joint mobilizer to hundreds of thousands of people in the past four decades.

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## Acutonics: Why You Need To Know About It

By  
*Emily Stearns, CMT*



As I was attending a weekend intensive for Raindrop Technique (which is an incredible experience that supports wellness!), our instructor introduced us to Acutonics, which is the use of tuning forks on the body. Acutonics.com describes it as an "energy-based, non-invasive approach [that] is rooted in Oriental medicine, psychology, science and sound. Precision calibrated tuning forks are applied on or over acupuncture points, trigger points, or points of pain. The tuning forks represent a natural harmonic series that is based on the orbital properties of the Earth, Moon, Sun and planets. The sound waves of the forks travel deeply into the body along energy pathways that have been proven to impact the physical and emotional body. The rich resonance and vibration of these tuning forks connects with and supports the body's natural frequencies, stimulates and balances the body's physical and subtle energy field, and promotes wellness [and] deep inner harmony..."

I was skeptical at first, because I had written off tuning forks long ago as eccentric, but when she claimed that "5 minutes of tuning forks was comparable to 30 minutes of Deep Tissue massage", she had my attention. I had been receiving bodywork, acupuncture and more to bring relief to my left shoulder for some time to no avail, so when she asked for a volunteer, I was quick to step forward. I felt some relief immediately, and the next day I realized my shoulder hadn't bothered me once. I was sold. I bought forks the next day and learned how to use them. Vibrational Raindrop Technique can be even more effective by combining essential oils (which is also vibrational energy) with the forks as well.

What was surprising to me to find out was that acupuncturists are now laying down their needles and picking up tuning forks because of the increased results. This is a powerful modality gaining popularity that can be done alone or combined with other bodywork. I will always love massage, but I have a new found love in tuning forks. And for those of you who are wondering, my

shoulder still feels great. I am now offering basic sessions with tuning forks as a new service at Spa Therapy. Come on in!

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## Massage for Chronic Conditions

by *Krystie Nordmann*



Medical conditions such as diabetes, hypertension (high blood pressure), high blood cholesterol, stroke, asthma and chronic obstructive pulmonary disease (COPD) can be lifelong conditions. Many individuals are now seeking out massage therapy to help manage these symptoms (and the underlying stress), electing massage in their arsenal for increasing wellness and health; and with good reason.

These individuals realize it's important to take charge of your health whether you have just been diagnosed or you have been struggling with these conditions for some time. You do not have to become a submissive agent to this diagnoses, because you have another option. You have the option to empower yourself to take charge of your health and be a part of the elevating your well-being. Massage is something you can do now to feel better and improve your symptoms, and therefore your quality of life. Manual therapy can help you find your vitality and get you a step closer to better health.

It is likely that someone you care for or you personally may living with one of the conditions listed above. For many, these conditions are chronic, however, it is possible to improve symptoms and their side effects with certain lifestyle changes, but these things alone may not fully address the stress that is involved, especially if it does develop into a chronic issue.

Let's take someone with diabetes for example. When people with diabetes measure blood sugar regularly, you can see that levels rise when stress rises. This can become a persistent problem. A spike in stress can push extra blood sugar into the system. In a fights-or-flight situation, you have to be ready,

and glucose is the fuel for it. The problem is, even if you do not have diabetes, that stress can become chronic, a daily onslaught of glucose flooding the bloodstream. Today we may not be worried about tigers chasing us, but we are concerned about deadlines and obligations and our bodies cannot differentiate between the two. This cues blood pressure to remain high, even when the 'danger' has passed. Now, when we add a chronic condition into the mix, our bodies have little time to repair the damage done by the increase in blood pressure, our adrenals become taxed, and we feel the familiar sensations of burnout rearing its ugly head. This does not have to be the case. In the case of diabetes, high blood pressure is often experienced and can exacerbate conditions, leading to greater lethargy and feelings of despair. Massage can be a powerful tool to fight against this state of mind and body. Not only does massage provide chronic stress relief for those with diabetes and chronic conditions, it also stimulates the lymph system, lowering blood sugar levels and reduces the effects of diabetes such as hardening of the arteries. So right of the bat, massage helps to lower blood glucose, which to someone with diabetes, is very significant. In fact, some people report a drop in blood glucose of 20-40 mg/dl. Then we are also creating overall changes in health. The increase in circulation from massage also has the ability to increase the efficiency of insulin, and in this way, also lowering blood sugar. Conditions like diabetes can come with complications, and massage can address not only the stress, but also act upon the active symptoms and create a greater efficiency over all to improve them for the long haul.

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## 2 Eminence Organics Mocktail Recipes



With summer around the corner, we can't help but let our thoughts drift to days spent outdoors with a refreshing (non-alcoholic) drink in hand.

Highlighted as one of the year's top health and wellness trends, alcohol-free cocktails are the toast

of the season - and to celebrate, we've crafted two mocktails inspired by some of your favorite Eminence Organics ingredients. Featuring rhubarb, raspberry, rosehip and lavender, these mouthwatering, non-alcoholic cocktails will keep you cool - and on trend - all summer long.

### **RASPBERRY, RHUBARB & ROSEHIP MOCKTAIL**

This delicious, alcohol-free cocktail features the same healthy, organic ingredients that are found in Eminence Organics Strawberry Rhubarb Hyaluronic Serum, Raspberry Pore Refining Masque and Rosehip & Lemongrass Lip Balm SPF 15.

Ingredients - Raspberry, Rhubarb & Rosehip Syrup

2 cups sliced organic rhubarb

2 cups organic raspberries

1 tbsp dried rosehips

¾ cup organic raw sugar or honey

1 cup water

Ingredients - Mocktail

Rhubarb, Raspberry & Rosehip Syrup

Sparkling water

Ice

Step 1: Make Rhubarb, Raspberry & Rosehip Syrup  
Combine rhubarb, raspberries, rosehips, sugar and water in a saucepan over medium-high heat. Bring the mixture to a simmer and cook for 10 minutes, stirring occasionally. Remove from heat and let cool. Strain the mixture and refrigerate liquid until chilled.

Step 2: Prep Your Non-Alcoholic Cocktail

Pour 2 tablespoons of syrup into a glass. Add ice, sparkling water, and more syrup to taste.

### **FRESH LAVENDER LEMONADE**

If lavender is more your style, try our recipe for Lavender Lemonade, inspired by the ingredients grown at the Eminence Certified Organic Farm!

Ingredients

3 drops lavender essential oil

5 lemons, peeled and juiced

12 cups pure spring water

Raw honey to taste

Steps: Mix all ingredients together and chill. Add honey to taste

If you opt for a cocktail instead of a mocktail, remember that drinking alcohol can lead to puffy, tired-looking eyes. To keep your peepers looking their best, apply Eminence Organics award-winning Hibiscus Ultra Lift Eye Cream.

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### **Eliminate Psoriasis: BiON Works!**

*By Jennifer Nagy-Cordray,  
Skin Care Therapist*



While the exact causes of psoriasis have yet to be discovered, we know that the immune system and genetics play major roles in its development. Most researchers agree that the immune system is somehow mistakenly triggered, which speeds up the growth cycle of skin cells among other immune reactions. No special blood tests or diagnostic tools exist to diagnose psoriasis. A dermatologist (doctor who specializes in skin diseases) or other health care provider usually examines the affected skin and determines if it is psoriasis. Sometimes a piece of skin is examined under the microscope. No single psoriasis treatment works for everyone; however, the protocol I have been using for 6 years has proven to work for most people. My treatment protocol is BiON Glycolic Cleanser, BiON Acne Inhibiting Gel, and BiON Glycolic Cream as a daily homecare routine.

My research indicated scientists believe that at least 10% of the general population inherits one or more of the genes that create a predisposition to psoriasis. However, only 2 to 3% of the population develops the disease. Researchers believe that for a person to develop psoriasis, the individual must have a combination of the genes that cause psoriasis and be exposed to specific external factors known as “triggers.”

Psoriasis triggers are not universal. What may cause one person's psoriasis to become active, may not affect another. Stress can cause psoriasis to flare for the first time or aggravate existing psoriasis.

Psoriasis can appear in areas of the skin that have been injured or traumatized. Certain medications are associated with triggering psoriasis. Lithium aggravates psoriasis in about half of those with psoriasis who take it. Inderal is high blood pressure medication which worsens psoriasis in about 25 to 30% of patients with psoriasis who take it. It is not known if all high blood pressure (beta blocker) medications worsen psoriasis, but they may have that potential. Quinidine is a heart medication has been reported to worsen some cases of psoriasis. Indomethacin is a non-steroidal anti-inflammatory drug used to treat arthritis. It has worsened some cases of psoriasis. Although scientifically unproven, some people with psoriasis suspect that allergies, diet and weather trigger their psoriasis. It is as important to understand what triggers psoriasis in order to treat it effectively.

Treating your psoriasis is critical to good disease management and overall health. Work with your doctor to find a treatment—or treatments—that reduce or eliminate your symptoms. I have found that BiON Glycolic Cream has been successful in eliminating psoriasis in severe cases. Individuals with psoriasis on more than 10% of their body are considered severe. The clients in my case studies have psoriasis over 50% of their body. They have been on my treatment plan for over 6 years and have had their psoriasis completely resolve.

Case study #1 pre-treatment



Post treatment



Case study #2 pre-treatment



Post treatment



Treating moderate to severe psoriasis usually involves a combination of treatment strategies. Besides topical treatments, your doctor may prescribe phototherapy (also known as light therapy) and/or systemic medications, including biologic drugs. The clients shown in my case studies have tried everything—all of the above. Their medical care, in their words, has been ‘exhausting with limited success’. My treatment plan included using BiON Glycolic Cleanser for an overall body wash, BiON Glycolic Cream, BiON Acne Inhibiting Gel (which contains Zinc Gluconate and Wheat Bran Extract) and a Zinc supplement of 50 mg /day. BiON Glycolic Cleanser is a 3% glycolic acid with a pH3.7. Glycolic acid removes the damaged layer of surface skin cells and stimulates rebuilding and restructuring of deeper skin cells. Wheat Bran Extract is known to restore skin tissue and support skin healing while protecting against UV damage and providing anti-inflammatory benefits. Zinc will help maintain the integrity of skin and mucosal membranes. We know that a daily intake of zinc is required to maintain a steady state because the body has no specialized zinc storage system, however, most daily multi-vitamins do not have enough to combat an impaired immune system disease. Patients with chronic leg ulcers have abnormal zinc metabolism and low serum zinc levels, and clinicians frequently treat skin ulcers with zinc supplements. This treatment is aggressive and your skin will be sensitive for the 1<sup>st</sup> week if you have open lesions—**but it works!**

## Exfoliate Your Body with Our Popular Sugar Polish

*If you've peeked under your clothes lately and gasped at the condition of your dry, winter skin, it's time for the miracle benefits of a sugar scrub. Packed with gritty, raw sugar cane granules, sugar scrubs are the best way to exfoliate your body and prepare your skin for the summer months. Here's how to use a sugar scrub to slough away tired, winter skin from head to toe in an all-natural way.*

### **WHY USE a SUGAR SCRUB?**

A full body scrub with sugar is essential for a number of reasons. A sugar scrub:

1. Removes dead skin cells - Sugar cane granules and alpha hydroxy acids work together to lift and remove dry, dead skin cells that have accumulated over the winter season.
2. Increases circulation - Exfoliating with granules stimulates your circulation, increasing blood flow and invigorating the skin with more oxygen.
3. Prepares for more effective hydration and better sunscreen protection - Without dead skin cells and dirt in the way, body lotions and sunscreen sink more quickly and effectively into the skin.
4. Smooths the skin - Of course, the top reason for using sugar scrubs is soft and silky skin. With swimsuits and sundresses for warm weather, you'll want the smoothest skin for summer.

### **HOW OFTEN SHOULD I EXFOLIATE MY BODY?**

For those with harder skin types, exfoliating two to three times a week maintains soft skin all over. If you have sensitive skin, you may want to restrict yourself to a good scrub just once a week. Now that you've mastered the technique for exfoliating all over, you may ask yourself, "How often should I exfoliate my body?" For those with harder skin types, exfoliating two to three times a week maintains soft skin all over. If you have sensitive skin, you may want to restrict yourself to a good scrub just once a week or less. Of course, if your skin is feeling delicate after exposure to the sun or shaving, you should avoid exfoliating altogether.

If you come in to get a full body Sugar Polish, you can get away with your 'body scrub' once per quarter. Keep in mind your skin care needs change with the weather, so you should get polished and meet your skin care needs along with the weather changes.

## Anti-aging & Healing Using Red Light Photo Therapy

*By Vivian Ewald*



Red light therapy is regarded as one of the most painless and affordable ways to achieve flawless, vibrant, younger amazing looking skin.

Red light therapy (RLT) is a non-invasive, cost-effective, alternative treatment to all sorts of skin problems, skin appearance and is very effective as a natural pain reliever.

Red light easily penetrates the skin, boosts circulation and brings more blood and nutrients to the area. It also stimulates vital collagen and elastin production. Collagen helps plump the skin, while elastin firms the skin. Production of collagen and elastin are stimulated, the protein layers are supplemented and the skin's fibre structure is renewed. The improved support and elasticity this treatment provides restores firmness to your skin. The red light is energizing and repairing to damaged cells, stimulating collagen and elastin and giving the skin back it youthful look!

Developed by NASA to heal wounds, RLT was found to promote and speed up skin regeneration. This is so effective in removing scars and general skin rejuvenation and healing. RLT for wellness and antiaging helps lessen fine lines and wrinkles, gives you a more glowing radiant and youthful complexion, diminish pigmentation, reduction of age spots and freckles, increasing healing of acne and lesions and best of all skin tightening!! Pore size is reduced your skin tone is evened out and this treatment stimulates cell turnover! Adding the Red Light Photo Therapy to any facial will make the facial much more beneficial. We all want that help in aging gracefully!