

# SPA THERAPY NEWS

1528 Plumas Court  
Yuba City, CA 95991  
530-751-5166

Summer 2016  
www.YubaCitySpa.net

## Trigger Point Therapy Initial Assessment – Why You Need It Done

By Nicole Brown,  
CA Certified Massage Therapist



In this month's newsletter we will discuss the importance of having an initial trigger point assessment. We will describe the two types of performance assessments by using the body's biomechanical chain.

When performing a few active, and some passive, exercises we can determine where the weak link in your biomechanical chain is. Trigger Points cause constrictions in local muscle sites and as well as surrounding areas. By performing these assessments we are able to locate areas of disfunction, check for pain, test your range of motion, and determine where to begin working.

There are two types of assessments that may be performed before the trigger point session; Resistance Testing and Range of Motion Testing.

### Resistance Testing:

We are evaluating muscle and tendon as a unit. During this test I will have you push against my resistance. If the tendon or muscle is compromised, then the test will cause you pain. If there is no pain or the injury is minor the test will sometimes illicit no pain, in that case, Range of Motion testing is advised.

### Range of Motion Testing:

We are assessing the integrity of the joint capsule and the ability of the muscles to lengthen. For example, when turning your head to look over your shoulder while changing lanes, or going in reverse, or any other reason, if you cannot turn your head with ease, without pain, or cannot fully turn your

head, that is decreased range of motion. This happens because of trigger points. A trigger point physically forms spindles creating "knots", which in turn, shortens the muscle.

All extremities and joints are subject to this test. If there is any pain during this test it should be communicated. How your muscles react determines if the cause is muscular, tendon, joint capsule, or surrounding ligaments. It is important that you are relaxed during testing so the muscles can reach their full range. If you are tense, the muscles may read tighter than they actually are.

In conclusion, to properly fix any problem you must first assess what the problem is. Trigger Point Therapy is no different and must be properly tested. After proper assessment Trigger Point Therapy can treat muscle inflammation due to injury, immobility due to decreased range of motion and pain management.

## INSIDE THIS ISSUE



- 1,2 Initial Trigger Point- Why You Need It by Nicole
- 2 Beyond Organic by Audrey
- 2-3 4 Sneaky causes of Wrinkles by Jennifer
- 3-4 Why Exfoliate by Jenny
- 5 Prenatal Massage by Katie
- 5 Unwinding Through Life by Noreen
- 6-7 Sun Damage: The True Price of Tanning by Jennifer

## Beyond Organic- The Biodynamic Collection

By Audrey Moore

CA Certified Massage Practitioner, Spa Manager  
Skin Care Therapist



Biodynamic farming originates from a balanced, holistic view of the earth. The farming practices regard the farm and the plants as a self-supporting ecosystem that lives and breathes. It produces fruits, vegetables, and herbs that are unusually high in nutrients and active compounds. Eminence Organic's Biodynamic skincare collection uses these potent ingredients for pure and results-driven skincare. Biodynamic products are 40% more effective than organic products alone!

From Eminence's Biodynamic philosophy: "Seeds are planted and crops are harvested following the lunar cycle so that when the tides are high, roots receive the most moisture and goodness. As an alternative to harsh pesticides, the farm uses herbal teas and plant friendly honey traps from local bees as natural insect repellents ensuring that all Biodynamic® ingredients are farmed as naturally as possible. Biodynamic ingredients are void of all chemical fertilizers and pesticides. Only natural medicinal herbs and mineral composts are used to enhance the soil and ignite powerful growth forces in the plants from roots to tips."

We have seven Biodynamic skincare products at Spa Therapy. Here are some favorite picks:

**Bearberry Eye Repair Cream-** Our best-selling eye cream! Ultra-hydrating, with bioactive ingredients to nourish the skin around the fragile eye contour area. Meadow eyebright, hop and bearberry help to reduce the visible signs of aging. Brightening, toning, and firming ingredients make this our favorite eye cream.

**Facial Recovery Oil-** Toning and hydrating oil created with herbs and nourishing oils to soothe and renew sensitive and aging skin. The oil feels luxurious, and is beneficial for all types of skin, including oily and acneic. Heals and evens problem skin, and soothes acne and sensitive skin types.

**Hawthorn Tonic-** A refreshing toner for dehydrated, irritated and sensitive skin. Gives skin a revitalized appearance. Hawthorn, chamomile and marjoram reduces the appearance of skin irritation.

Give the Biodynamic Collection a try with our Sensitive Skin Facial! Created especially for sensitized, reactionary skin, this is an anti-inflammatory, healing, and repairing facial.

---

## 4 Sneaky Causes of Wrinkles (& How to Avoid Them)

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



**Aging.** It happens to all of us, but as we age, we all want to do so gracefully. Even if you take excellent care of your skin, there are still sneaky little culprits that can speed the aging process, causing an increase in fine lines and wrinkles.

To help you age as beautifully as possible, we're revealing 4 common causes for wrinkles (a.k.a the "4 Sneaky "S's") and what you can do to avoid them.

### 1. Squinting

This one might seem obvious but you probably catch yourself squinting those peepers more often than you think. Every time you forget your sunglasses or squint at the computer screen, you're increasing the likelihood of crow's feet and wrinkles around the eye area. And the more repetitive the facial expressions, the deeper the wrinkles over time. But don't panic, your squinting won't cause crow's feet overnight, there are a number of things you can do to avoid fine lines around the eye area.

**The Fix:** "...Keep those shades handy for brighter days, and make an appointment for a vision screening if headlines are getting hazy," suggests Fitness Magazine. For preventative care, we also suggest using an eye cream like our Neroli Age Corrective Eye Cream daily. This best-selling eye care product uses green apple stem cell technology to fight the visible signs of aging, including the appearance of crow's feet and fine lines.

## 2. Stress

people with the most work-related stress had the shortest telomeres, causing cells to die or become damaged, which may speed up the aging process. Not only can stress cause strain on your heart and immune system, it can also wreak havoc on your complexion. According to the Huffington Post, researchers found that “people with the most work-related stress had the shortest telomeres, causing cells to die or become damaged, which may speed up the aging process”.

**The Fix:** The good news about stress-related aging is that it can be averted. Healthy habits like exercise, meditation and a nutritious diet, can help ease stress and premature signs of aging. Aromatherapy is another safe and natural way to reduce stress. “Recent clinical and laboratory research has determined that chamomile is not only relaxing, but it can significantly decrease anxiety and even fight depression.” ([realnatural.org](http://realnatural.org)). **Family Circle Magazine** recommends our Calm Skin Cleanser for its skin and aromatherapy stress-reducing benefits.

## 3. Sugar

You already know that sugar isn't good for your health, but did you know it can also age your skin? This scary process is called glycation where sugar bonds with proteins in your body. These sugar-bonded proteins produce free radicals which destroy your collagen and elastin, the building blocks that keep your skin strong and supple (*Prevention*).

It fights signs of glycation, a breakdown of collagen and elastin caused by sugar in the bloodstream.

**The Fix:** The easiest way to avoid sugar-induced wrinkles is to stop eating sugary foods. We also recommend a diet and skin care routine rich in antioxidants like vitamin C which reduces free radical damage to the skin and body. PopSugar recommends our Rosehip Triple C+E Firming Oil: “It fights signs of glycation, a breakdown of collagen and elastin caused by sugar in the bloodstream. The gentle, non-greasy formula is effective on all skin types...”

## 4. Soaps & Sulfates

If you're using harsh soaps or cleansers that contain sulfates, you may want to rethink your skin care routine. According to *Today Beauty*, “Sodium lauryl sulfate is a harsh emulsifier that is found in body washes, facial cleansers, and soap; it rids the skin of

dirt and oil while breaking down precious lipids, the glue that binds skin cells together.”

**The Fix:** The solution is simple - stop using soap on your face! All Éminence cleansers are formulated without parabens, sodium lauryl sulfates, synthetic dyes, petrochemicals, animal by-products, phthalates, GMOs and triclosan. Visit our cleansers page to select a gentle cleanser that works with your skin type.

Can you name any other causes for aging skin? Tell us in the comments.

---

## Why Exfoliate?

By Jenny Jensen  
Skin Care Therapist



### What is Skin Exfoliation?

The objective of exfoliating is to remove dead skin cells from the skin's surface.

### Why is Exfoliation Important?

Exfoliation is considered one of the most important techniques that you can perform on your skin to resolve certain skin care problems as well as to achieve healthy and glowing skin.

### What Skin Care Problems Does Exfoliation Resolve?

#### BLEMISHED OR ACNE SKIN

Exfoliation should be the main focus of blemished or acne skin. So often, we are told to dry out the skin with harsh acne products. Although this will destroy acne-causing bacteria, it tends to dry out the skin, and then results in not only irritated skin but also in future breakouts. Why? Because as you over-dry the skin, you create surface dry skin cell buildup. This buildup then acts as a barrier to trap oil in the skin, then starts a cycle of new breakouts.

#### POST-BREAKOUT RED/DARK MARKS

Often, the real concern is not so much the actual blemishes, but rather the red, dark marks that remain on the skin long after the breakout has healed. The key to fading those post-breakout marks is to increase your exfoliation. The more you remove the surface damaged skin tissue, the more you are ridding the skin of the dark marks and encouraging the formation of new healthy (non-scarred) skin tissue. The result is more even-toned skin with less scarring.

## CLOGGED PORES

Clogged pores aren't infected blemishes, but rather blackheads, small whiteheads, and little clogged bumps on the skin. The same rules apply as with blemished skins. The more you remove surface dead skin cells (usually caused by using harsh, drying products), the less oil will stay trapped and congested in the pores.

## HYPERPIGMENTATION

These are the brown spots that come from age, pregnancy, hormonal changes, and genetics. These spots tend to become more apparent and darker as the skin ages. Exfoliation is beneficial for breaking up the pigmented cells to allow them to fade. Combined with a skin lightening agent, such as Vitamin C, exfoliation will help accelerate the fading process.

## DRY SKIN

Especially in the winter, exfoliation is very important. So often when the skin is dry, we tend to load up on heavier creams to compensate for the dryness. But dry skin means you have dry skin cell buildup. And the more you layer on the heavier creams, the more you are trying to re-hydrate dry dead skin cells! This makes no sense! Instead, increase your exfoliation to remove the dry skin cells, and then moisturize the new skin cells, resulting in a moister skin.

## THOSE WHO DESIRE SMOOTHER SKIN

One way to instantly smooth the skin is to exfoliate! When you rid the skin of the surface dry dead skin cells, you create a smoother appearance.

## THOSE CONCERNED ABOUT ANTI-AGING

The skin's natural exfoliation process slows as the skin ages, resulting in an accumulation of dry dead skin cells. As you increase your exfoliation, you are tricking the skin into acting young again!

How Does One Exfoliate?

THERE ARE 2 TYPES OF EXFOLIATION.  
PHYSICAL OR CHEMICAL:

Physical Exfoliators mean you have to do the work. They can be done using facial brushes, sponges and mildly abrasive scrubs. Clarisonic is the best facial brush on the market, which gives you the healthiest skin without any irritation. Try the Eminence Strawberry dermafoliant for a gentle scrub that can be used daily. Or for a more aggressive scrub, try the Eminence Pear and Poppy Seed Microderm Polisher, which can be used once to twice weekly.

Chemical Exfoliators do the work for you. You apply it, leave it on your skin, and it works to dissolve the dry dead skin cells. These exfoliators include ingredients such as Glycolic Acids, AHAs and BHA, and enzymes such as Pumpkin, Papaya, and Pineapple, and Retinol. Our BION skin care line offers a variety of different Glycolic products. When choosing a product with AHA or BHA, AHAs tend to be applied to skin dealing with skin sun damage, dryness and thickness and should have a concentration of at least 5-8% and a pH level of 3 or 4, if the packaging doesn't say, look for an ingredient listing placing it 2nd or 3rd. BHA is actively used to deal with blemished and acne, and need to have a concentration of at least 1-2% and a pH level of 3, look for an ingredient listing placing it at the middle. Please ask me for my recommendations for your skin type. If you feel like your skin is a little sensitive then try the Eminence Yam & Pumpkin Enzyme Peel 5% which can be used once to twice weekly by leaving on skin for 10 minutes. For severely sun damaged skin, a Retinol product will work at a much greater depth of the skin. It operates at a cellular level and actually, has the capacity to modify irregular skin cell behavior. Try BIONs A-C-E cream to use daily after cleansing and under moisturizer/SPF application.

## Which Professional Spa Exfoliating Treatments Are Beneficial?

At Spa Therapy we offer a variety of different Exfoliating Treatments for any type of skin.

Looking for a deep Physical Exfoliation, Try our Microdermabrasion treatment, which offers a deep exfoliation crystal-free.

If you have sensitive skin, but still looking for an effective treatment, upgrade your Eminence Facial with our professional strength Yam and Pumpkin Peel 20%, or the Arctic Berry Peel.

Our Glycolic peels will give you the greatest result. This is best done in a series of 6, performed once a week. Our Glycolic Peel is 30% with a pH of 3.0. It is best for sun damaged, dryness, thickness or blemished skin.

## The Bottom Line on Exfoliation

The goal is to exfoliate your skin as much as possible with minimal irritation.

**\*It is always best to schedule a consultation before you choose to try any of the Chemical Exfoliators.**

## Prenatal Massage

By Katie Miller, CMP



Prenatal massage has many of the same goals of regular massage, to relax tense muscles, ease sore spots, improve circulation and mobility, relieve stress, and just make you feel good. But it's also modified to the needs of pregnant women and their changing bodies. Carrying a baby inside you changes your center of gravity and puts stress on your back, neck, abdominal muscles, and shoulders. Ligaments also stretch while pregnant causing pelvic joints to be less stable. When you add in a pregnant belly to these changes low back pain becomes very likely. Massage is a wonderful way to help get relief to the discomfort and muscle soreness often felt. In addition, there can be psychological changes for a new mommy to be that can sometimes be stressful. At Spa Therapy we have a unique massage pad with cut outs for breasts and belly that allows the mother-to-be to safely lay on her stomach. We focus on any physical and psychological needs of our pregnant client so that she can focus on the beauty of being pregnant. After a prenatal massage our client leaves feeling relaxed and rejuvenated making it a great gift for any new mommy.

---

## Unwinding Through Life

### *A Poem and Story*

by Noreen Schweiss, CMP



Be still, be quiet, hear the roar.  
How life makes changes, evermore.  
The flow, the ebb, rough or smooth.  
How everybody makes a move.  
We sing, we cry, just let it go.  
How bodies simply seem to know.  
Without a moment's notice, ...sigh.  
How quickly our time passes by.

## Unwinding through Life's Back-story

Last August, 2015, I had an incredible opportunity to take three core Myofascial Release courses with John Barnes over a course of two weeks. We met in a hotel's conference room located 3 short blocks from Niagara Falls. Many other participants also planned on taking all three courses, so loving bonds of friendship and safety formed among us throughout these special days.

The second class, named Unwinding, which is more about energy and emotion releases, started on the fifth day of this two week intensive and exciting training. On day 2 John Barnes, the man who trusted in the work and refined the MFR indirect method, gave us an assignment for the first 30 minutes of our lunch break.

He encouraged, "Do not speak to or engage with another person the first 30 minutes. Find that thing that catches your eye or interest and then focus on it with great intention. Now go deeper into what it may mean to you or stir within you."

I went out the hotel's back entrance towards a parking structure. I chose a quiet block as a new way to get to the NF National Park. I felt like I needed to stand on earth, not cement or asphalt, for a positive recharge and grounding. Facing the river as I watched the water rush to fall over the edge, I found a small mound that provided a natural barrier from the bustling tourists.

As I tightened and softened my focus on the river, I recognized the numerous layers and varied textures of the water across a long section on the same plane. Words and phrases with rhythm began forming and repeating in my head. I took out my pen and scratch paper to capture the basic message. I enjoyed the fluid gift a little longer before finding lunch, then went back to the hotel's spot of green to sit on mother earth's lap, while filling out and editing the poem.

Class resumed and John opened the floor to anyone wanting to share their experience and/or insight. I raised my hand to share my story and to read the poem to the group. With attentive spirits, they received my message of this wondrous gift with great appreciation. Another participant, Riko, requested a copy to hang in her office. It gained a title that night before emailing it to her. I added the picture that displays the view nature handed me during Summer 2015 at one of the most beautiful and magical places on earth.

## Sun Damage: The true price of tanning

*Find out how the sun affects your skin, so you can protect it from further harm.*



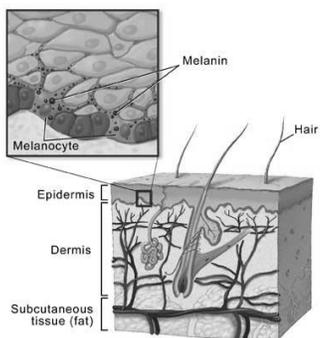
*by Jennifer Nagy-Cordray*

The warm golden cast of the sun is very alluring. And many people can't resist spending hours beneath its glow.

But not all of the sun's rays are pleasing. Ultraviolet (UV) light, the invisible but intense rays of the sun, damages your skin. Some of those harmful effects — such as suntan or sunburn — are visible right away. But other skin changes, including liver spots or deep wrinkles, appear and worsen over time. With repeated sun exposure, the skin damage can even progress into cancerous tumors.

From the first clue that your skin has undergone a change to the development of cancer, here's how the sun damages your skin and what you can do about it.

### The first signs of skin damage



**The vulnerable layers of your skin**

You're likely familiar with two of the more common sun-induced changes to your skin: suntan and sunburn. But you may not know that the darkening and reddening of your skin are the first signs of skin damage.

#### Suntan

A suntan is the result of injury to the epidermis, the top layer of your skin. A tan develops when UV light accelerates the production of melanin. Melanin

is the dark pigment in the epidermis that gives your skin its normal color. The extra melanin — produced to protect the deeper layers of your skin — creates the darker color of a "tan." A suntan is your body's way of blocking out the ultraviolet rays to prevent further injury to the skin, but the protection only goes so far.

#### Sunburn

Eventually, ultraviolet light causes the skin to burn, bringing pain, redness and swelling. Depending on the severity of the burn, the dead, damaged skin may peel away to make room for new skin cells. Though the symptoms of sunburn may fade after several days, the damage to your skin remains. Sun exposure that is intense enough to cause a burn can also damage the DNA of skin cells. This damage sometimes leads to skin cancer.

People with darker skin pigment are less likely to burn because of the protective action of the melanocytes, which produce melanin. However, even those with darker skin types can burn with repeated exposures to UV light. This intense exposure can produce negative effects in the skin, including dry, rough patches, wrinkling and other skin disorders. So even though people with darker skin can tan and tolerate longer periods of sun exposure without "burning," the sun can still cause skin damage.

#### Photoaging: Looking older than you are

Over the years, your skin naturally begins to show signs of aging. For example, you may notice more wrinkles and thinner, more fragile skin. Exposure to UV light can accelerate these changes and make you appear older than you are. Skin changes caused by the sun are called photoaging.

The results of photoaging include:

Weakening of connective tissues, which reduces the skin's strength and elasticity

Thinner, more translucent-looking skin

Deep wrinkles

Dry, rough skin

Fine red veins on your cheeks, nose and ears

Freckles, mostly on your face and shoulders

Large brown lesions (macules) on your face, back of hands, arms, chest and upper back (solar lentigines, or liver spots)

White macules on the lower legs and arms

## **Serious skin damage: Noncancerous and cancerous skin tumors**

Extended and repeated exposure to UV light can cause noncancerous (benign) and cancerous skin tumors:

**Seborrheic keratoses.** The precise cause isn't known, but these lesions are seen in aging skin. These tan, brown or black growths have a wart-like or waxy, pasted-on appearance and range in size from very small to more than 1 inch (2.5 centimeters) across. Typically, seborrheic keratoses don't become cancerous, but they can resemble skin cancer.

**Actinic keratoses.** Also known as solar keratoses, actinic keratoses appear as rough, scaly areas in sun-exposed areas. They vary in color from whitish, pink or flesh-colored to brown-to-dark-brown patches. They're most commonly found on the face, ears, lower arms and hands of fair-skinned people whose skin has been damaged by the sun. Many doctors consider actinic keratoses to be precancerous because they may develop into skin cancer.

**Skin cancer.** Skin cancer develops mainly on areas of skin exposed to a lot of sun, including your scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in women. Some types of skin cancer appear as a small growth or as a sore that bleeds, crusts over, heals and then reopens. In the case of melanoma, an existing mole may change or a new, suspicious-looking mole may develop. Other types of melanoma develop in areas of long-term sun exposure and start as dark flat spots that slowly darken and enlarge, known as lentigo maligna. See your doctor if you notice a new skin growth, a bothersome change in your skin, a change in the appearance or texture of a mole, or a sore that doesn't heal within two weeks.

## **Bottom line: Keep your skin healthy**

All people, regardless of age, should take the necessary steps to protect their skin. For the most complete sun protection, use all three of these methods — in order of importance:

**Avoid the sun during high-intensity hours.** The sun's rays are most damaging from 10 a.m. to 4 p.m. Reduce the time you spend outdoors during these hours.

**Wear protective clothing.** Cover your skin with clothing, such as long-sleeved shirts, long pants and wide-brimmed hats. Also, keep in mind that certain clothing styles and fabrics offer better protection from the sun than do others. For example, long-

sleeved shirts offer better protection than short-sleeved shirts do just as tighter fabrics are better than those that are loose.

**Use sunscreen.** Apply sunscreen liberally 30 minutes before going outdoors so that your skin has time to absorb the sunscreen. Then reapply according to the directions on the label — usually about every hour.

You don't need to hide away indoors to protect your skin. Just be smart about your sun exposure and take precautions to keep your skin healthy for years to come.

\*END

Reference 1998-2007 Mayo Foundation for Medical Education and Research.