

SPA THERAPY NEWS

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Spa Therapy's GREEN

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Going green and sustainability are used interchangeably. Their goals are related, however, the concepts operate at different levels. There are so many levels you could spend a career reading and interpreting information. I believe you have to educate yourself and decide what it means to you. Both terms are easily used and interchangeable. Smart & wise use of our resources is the main principle. There are many definitions for sustainability. The United Nations has adopted this definition: sustainability "meets the needs of the present without compromising the ability of future generations to meet their own needs." Sustainability relates to the continuity of economic, social, institutional and environmental aspects of human society, as well as the non-human environment. Many think "sustainability" or "living green" is about making smart choices in the present and future. Others think it's a "holistic" way of Life with "all parts connected." What I do here affects what happens in the present and the future. Many simple actions have wider impacts than we realize. Minimizing waste of paper and plastic is an easy start, using fewer harsh chemicals, compact fluorescent light bulbs (CFL) and energy efficient appliances in our homes, and focusing on natural foods and personal care products. Keeping water and sources clean. Making good use of local farms and agriculture is another way to become environmentally friendly.

With windmills, energy efficient homes, local farmers markets, local food production systems, new forms of recycling, fuel-efficient, electric cars and bicycling, Americans are taking conservation and "going green" into their own hands.

Sustainable development is defined as balancing the fulfillment of human needs with the protection of the natural environment so that these needs can be met not only in the present, but in the indefinite future.

Green building is the practice of increasing the efficiency with which buildings and their sites use and harvest energy, water, and materials, and reducing building impacts on human health and the environment, through better design, construction, maintenance, and removal - the complete building life cycle. Green building is also sometimes known as sustainable building or environmental building. one that uses less energy, less natural resources and fewer toxic chemicals

For my business, it means I want to conserve, save, reuse, recycle, use less energy, less natural resources, use local products and supplies and fewer toxic chemicals. I believe a [business](#) is sustainable if it has adapted its practices for the use of [renewable resources](#) and holds itself accountable for the environmental and [human rights](#) impacts of its activities. This includes businesses that may want to operate in a socially responsible manner, as well as to protect the environment.

As a wellness center, I believe I have a big responsibility to set an earth friendly example. It is a challenge I give myself to provide the best care, environment, products and services to my community. One of the simplest steps I can take to

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help protect the planet is to buy products that are produced in our own community. Consider the benefits: Local products reduce the amount of energy that would otherwise be used to transport them long distances. Many of the foods in your typical grocery store have traveled more than 1,000 miles to get there. Foods that are grown nearby often require fewer pesticides than those that must be prevented from spoiling during cross-country commutes. Supporting the local economy often makes it possible for local manufacturers to try new environmental techniques with lower risk. This is one reason why all our body treatments feature locally grown products, our clients all receive Sunsweet prunes (or chocolate prune kisses..guess which one is more popular) at each treatment, and mindful care goes into every decision I make for purchases and vendors.

Our Spa Therapy Wellness Center has all CFL and LED lights. Compact fluorescent lamps (CFLs) are energy-efficient bulbs that use two-thirds less energy and produce 70% less heat. If every American household replaced just one incandescent light bulb with a CFL, we'd prevent 800,000 cars' worth of greenhouse-gas emissions (2000 times it's own weight). Light Emission Diodes (LED) have current efficiencies of 30% higher than CFL's, and a lifetime of around 50,000 hours. The generation of electricity is our country's largest single source of carbon dioxide (CO2) emissions, accounting for 38%, according to the EPA Power Profiler.

In addition to energy and emissions conservation, Spa Therapy saves and purifies our water. We have reverse osmosis and hot water mixing systems throughout the wellness center. Reverse osmosis systems remove a variety of contaminants and are often recommended for immune-compromised individuals who could be especially susceptible to infection from various waterborne contaminants (Reference Centers for Disease Control and Prevention). Efficient hot water mixers allow for immediate water temperature control which eliminates water waste and energy.

Bamboo flooring, epoxy-resin paint and 100% cotton linen are some of the other green features of the wellness center. Spa Therapy practices the "think global - act local" concept for our earth environment as outlined by the United Nations at

the Conference on the Environment and Development of 1992. Principal 1 of that declaration states: "Human Beings are at the center of concern for sustainable development. They are entitled to a healthy and productive life in harmony with nature."

Spa Therapy Wellness Center will be at the center of concern for sustainable development in our community. We will commit to our communities health, growth, protection, and environmental impact. * END

How Well Do You Know Your Planet?

How many pounds of carbon dioxide does the average American generate annually?

1. 100,000 lbs
2. 7,000 lbs
3. 50,000 lbs
4. 15,000 lbs

What percentage of America's global warming pollution comes from normal home energy use?

1. 3%
2. 21%
3. 7%
4. 10%

How far does the average American meal travel from farm to plate?

1. 50 miles
2. 600 miles
3. 1,200 miles
4. 2,900 miles

We throw away enough _____ and _____ every year to heat 50 million homes for 20 years.

1. wood and paper
2. bottles and cans
3. cell phones and computers
4. clothing and jewelry

What percentage of household waste (in America) can be recycled?

1. 96%
2. 25%
3. 11%
4. 84%

What percentage of waste (in America) is recycled?

1. 96%
2. 50%
3. 1%

4. 25%

How much manufactured oil ends up in the ocean each year?

1. 10 million barrels
2. 1 million tons
3. 5 million tons
4. 1 billion tons

How much water does a ten minute shower use? each year?

5. 100-125 gals
6. 50-70 gals
7. 10-25 gals
8. 80-90 gals

Question # 1: Answer: 15,000 pounds

In fact, according to Climate Crisis, the average American generates about 15,000 pounds of carbon dioxide every year, which is definitely something we need to work on.

Question # 2: Answer: 21%

The folks at Fight Global Warming say that a whopping 21% of the problem comes from our own ordinary domestic energy usage, meaning we can make a pretty big difference right at home. Time to run home and replace those lightbulbs.

Question # 3: Answer: 1,200 miles

The average American meal actually travels 1,200 miles to get to the plate. Really makes you think hard about buying local, doesn't it?

Question # 4: Answer: Wood and Paper

If we reduced our paper and wood waste, not only would we have more energy and resources to use elsewhere, but we'd dramatically cut the level of carbon dioxide pollution we produce each year.

Question # 5: Answer: 84%

84% of our household waste can be recycled.

Hopefully, that makes you inspired to go home and search through your trash. Judging by your response, you've been throwing away a lot of things that don't really need to head to the landfill, and can be sent to the recycling plant instead.

Question # 6: Answer: 25%

Americans recycle only about 25% of their waste, according to Earth 911, but it's much less than we can be recycling. Are you doing your part?

Question # 7: Answer: 5 million tons

We as a species manage to let 5 million tons of oil

into the sea every year. It's scary and pretty disappointing, but hopefully we can use this fact as a source of inspiration.

Question # 8: Answer: 50-70 Gallons

Sorta makes you wonder... "Do I *really* need to shower all that often?"

Trigger Point Therapy for Migraines and Headaches



By Nicole Brown

California Certified Massage Therapist

According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches and of these, 28 million suffer from migraines. About 20% of children and adolescents also experience significant headaches.

What Causes Headaches?

Headache pain results from signals interacting between the brain, blood vessels, and surrounding nerves. During a headache, specific nerves of the blood vessels and head muscles are activated and send pain signals to the brain. It's not clear, however, why these signals are activated in the first place. Headaches that occur suddenly (acute-onset) are usually due to an illness, infection, cold, or fever. Other conditions that can cause an acute headache include sinusitis (inflammation of the sinuses), pharyngitis (inflammation or infection of the throat), or otitis (ear infection or inflammation). In some cases, the headaches may be the result of a blow to the head (trauma) or rarely, a sign of a more serious medical condition.

Other causes of headaches are emotional or physical stress, some foods or alcohol, smoking or secondhand smoke, skipping meals, changes in sleep, lack of sleep; which can add more stress, medications, tension, depression, eye and neck

strain, poor posture, and many other factors for each individual.

What Are The Different Types of Headaches?

150 diagnostic headache categories have been established.

There is the most common, tension headaches that produce mild to moderate pain and come and go over a prolonged period of time. Migraines; the exact cause is unknown and can be hereditary. May be caused by abnormal brain activity which in turn causes changes in the blood vessels in the brain. Symptoms can be moderate to severe, can last 4 hours to three days and can occur 1-4 times per month. Symptoms include; sensitivity to light, noise or odors; nausea or vomiting; loss of appetite; and upset stomach or abdominal pain. Mixed headache syndrome; combination of a migraine and tension headache, also known as transformed migraines. Cluster headaches; the least common, although most severe type of primary headache. The pain is intense, burning, piercing that is throbbing or constant. Pain can be located behind one or both eyes, and may occur 1-3 times a day and may last 2 weeks to 3 months. Sinus headaches; can happen with the common cold or other sinus symptoms. You can feel a deep, constant pain in the cheek bones, forehead, or bridge of nose. Acute headaches; occur suddenly and for the first time and have symptoms that subside after a short while. Hormone headaches; change of hormones in women that occur during her cycle, pregnancy and menopause. Chemically induced hormone changes, such as with birth control pills can also trigger headaches. Chronic progressive headaches; also known as traction or inflammatory headaches and is the least common, they get worse and happen more over time.

Trigger Points?

We all have them, they are infamously known as knots, but not just knots, they are hyperirritable spots, knots or nodules within tight bands of muscle that may or may not cause pain, referred pain or tenderness when pressed. If the trigger points are painful they are usually active. Trigger points may form

after a sudden trauma or injury or they may develop gradually.

Pain is derived from active trigger points. Trigger points are believed to be the cause of all chronic pain, including headaches and migraines. One hundred million adult Americans are estimated to suffer from chronic pain (Institute of Medicine 2011). Trigger points constrict muscle fiber and nerves and blood vessels, oxygen, and vital nutrients and keep toxins stuck in the trigger. Trigger points throughout the neck and head and shoulders can produce headaches and migraines and effect your vision. Trigger points also shorten the muscle and create spasms, eventually resulting in a pulling or tight feeling with pain and spasms. Releasing these triggers restores nerve function, blood flow and relaxes the muscles, rids itself of toxins and begins the healing process which may include inflammation of the muscle, and restores chemical homeostasis.

Trigger Point Therapy?

Trigger Point Therapy decreases migraines and headaches and the need for injections and pain medications. Trigger point Therapy increases Range of Motion. It also reduces the pain signals to muscles and surrounding muscles and breaks the pain-spasm-pain cycle. Once a trigger point has referred symptoms to any given area for any length of time, trigger points will form within the zone of referral, known as satellite trigger points. That means there might be more trigger points we need to find.

Using direct pressure on the trigger points will allow them to relax and release. It can be a process because we are waiting for the trigger to respond and relax, so it is best to focus on one or two areas of pain.

A full body assessment has to be performed first to locate any constrictions, pain or decreased Range Of Motion. From there, besides you, your body tells us where to start looking for trigger points. It may take one session or multiple sessions but there is hope and success with Trigger Point Therapy. It is not recommended that you receive Trigger

Point Therapy while a headache or migraine is active or elevated. END

Now is the perfect time to try Trigger Point Therapy because in October I am offering a FREE full body Trigger Point Assessment (\$20 value) with the purchase of a Trigger Point session.

**Nuad Pan Boran
(Thai Foot Massage)
is coming to
Spa Therapy in
November!**

*Sylvie Henry, CMT
Reiki Master
BA, CSU Chico*



Our feet ... and why we should not neglect them!

Leonardo da Vinci called the human foot “a masterpiece of engineering and a work of art”.

Our feet literally carry us everywhere we go and at the same time keep us grounded. Just how much do we use them? The American Podiatric Medical Association estimates that the average person takes 8,000 to 10,000 steps a day, adding up to 115,000 miles in a lifetime – more than 4 times the circumference of the globe. During an average day of walking, the total forces on your feet can total hundreds of tons, equivalent to an average of a fully loaded cement truck.

As essential as our feet are to our everyday life, we tend to take them for granted and to not give them the care and attention they deserve. Many of us, intentionally or not, simply abuse them. We stuff them in marginally comfortable shoes, or our occupation demands that we stand or walk for extended periods of time. If lucky, they get rewarded with an occasional pedicure, where the focus is usually more on shiny toe nails than on the 26 bones, 33 joints, and more than 100 muscles, tendons & ligaments they each contain.

As most of us have already found out, this chronic mistreatment eventually ends up in achy, painful

feet. Not only can stressed feet affect our general sense of well being, they can also impact the rest of

our body. The body usually reacts to painful feet by changing the way it moves or functions in an effort to reduce the pain. Weakened or unbalanced mechanics found in the feet, often refer pain and discomfort elsewhere in the body – knee, hip, or sacral area for example - and can literally change the way we move through the world.

Give your feet the care they deserve with a Thai Foot Massage session!

Thai Foot Massage draws from a combination of massage techniques that originated in Thailand about 2,000 years ago. The techniques combine traditional Thai massage and acupressure, reflexology, as well as of Ayurvedic and Chinese traditional medicines. To this day, the treatment is still taught by Buddhist monks in the temples of Thailand.

During a session, I will massage your feet, ankles, and lower legs, helping crystals of calcium and uric acid (toxic wastes) that have built up to disperse. I will also stretch them to open the Sen lines (energy lines in the Thai approach to the body). If you have enjoyed a Jap Sen or Thai Yoga session, you know just how deeply relaxing and rejuvenating the opening of the Sen lines can be. Just as for a Thai Yoga session, you will be comfortably laying on a mat.

I will use a Thai wooden stick to apply pressure to reflex points. According to acupuncture and acupressure theory, there are 7200 sensory nerve endings in each foot connected to our organs. Stimulating these endings is an effective way to engage the function of these organs.

To enhance your experience, I will also use blends of traditional Thai herbs and oils, a powder imported from Burma, as well as the steamed herbal packs I already use in Thai Yoga Massage.

Come prepared for 30 minutes of deep relaxation, rejuvenation, and a truly therapeutic experience for your feet! Better, add this treatment to a Thai Yoga session!

END

The Insider's Guide To Getting the Most From Your Massage

by Patti Smith, CMP



The following 5 tips can help you maximize your massage session every time.

1. ARRIVE EARLY

Arriving 15 minutes prior to your massage session is ideal. Rushing into your massage session is counterproductive. Allow yourself a few extra minutes to decompress from your daily stresses prior to getting on the table. This really cannot be overstated. Have a cup of tea or fruit infused water. Enjoy our reception and lounge area. See what is new since your last visit. Pick up a magazine and read something entertaining. It is often best to turn off your cell phone at this time, doing this allows your mind to begin disengaging from the outside world.

2. BE PREPARED

You can prepare your body for massage even before you arrive. I often recommend clients begin by following 3 simple things...

- a. Hydrate. Ideally, clients would begin hydrating 3 days prior to treatment. It can take 36 hours for tissues to properly hydrate. A good rule of thumb is consuming $\frac{1}{2}$ your body weight in ounces of water-in a 24 hour period.
- b. Use heat therapy prior to arriving. Taking a hot bath or shower prior to arriving may allow your muscles to relax more efficiently.
- c. Light stretching can help prepare muscles for massage. No need to hit the gym. Just a few easy moves to wake up the body is enough.

3. COMMUNICATE WITH YOUR THERAPIST

Communicate with your therapist what your needs are. When you first arrive in the treatment room your therapist will ask you a number of key questions. This is your time to tell your therapist

what you need. Let your therapist know what areas you feel need the most work, any recent changes in activity, any injuries or recent medical procedures, any new medications you may be taking. This allows your treatment to be customized to meet your specific goals.

During the massage, continue to keep the lines of communication open. Let your therapist know if you need any adjustments regarding external factors such as, lighting, music volume level, room temperature, body positioning etc.

Other considerations for clear communication include the speed and the depth of the strokes the therapist is using. Your feedback is very important. Tell your therapist what feels great, which areas are tender, and what work you would like more or less of. Make sure to tell your therapist what areas ultimately relax you. This information is very helpful in tailoring a session just for you.

4. CONSIDER ADDING A PRE-TREATMENT OR POST-TREATMENT OPTION

We have several pre or post treatment options available. Many are 30 minutes or less. We offer Steam room therapy, Hydrotherapy, Foot Detox, Oxygen Therapy, Reflexology, Phototherapy, and even Demi facials to name a few. Extending your treatment time by as little as 30 min. sense of balance can have a big impact on your ability to de-stress and regain your

5. ADOPT A RELAXED POST MASSAGE ROUTINE

The best post massage routine is to head to a relaxing environment. You can extend the benefits of your massage by keeping your schedule light and non-taxing. Having lunch or dinner plans already made, lightening up your to-do list, and giving yourself a little space can all go a long way in extending the benefits of your massage.

BONUS TIP

Consider scheduling several massages. The therapeutic benefits of massage are cumulative. Scheduling several sessions over the next few weeks help retrain mind-body patterns. Your therapist can help you determine the best massage schedule to fit your needs.

Now that you know how to make the most of your next massage appointment, now all you have to do is...**MAKE THE APPOINTMENT!** Better yet, call us, we can do that for you.

Why Do I Need A 1st-Timer's Facial?

By Audrey Moore

Spa Manager

Licensed Esthetician

California Certified Massage Therapist



If you've ever scheduled a facial at Spa Therapy, you've most likely done a 1st Timer's Facial initially. This is a 75 minute treatment focusing on overall skin health and analysis. In order to develop and provide performance-driven results based on skin analysis and health history, we wish to take particular care to the details. The 1st Timer's Facial **must** be performed prior to any aggressive treatment, such as microdermabrasion or our popular Arctic Berry peel. In this case, a patch test and thorough evaluation must be performed. We want to make sure you're not going to have an adverse reaction to any of the treatments we may perform on you, so this gives us a chance to get to know your skin first. We've all heard the horror stories about skin being badly burned due to an allergic reaction to a skin care ingredient. To be sure this doesn't happen to you, book a 1st Timer's Facial before you do any other skin treatments! Steps to a 1st Timer's Facial:

- **10-15 minute consultation and skin analysis.** We will ask you questions about your skin and health, and what you are currently using on your skin, including all topical and oral prescription medications. We will then use our Skin Scope, using ultra-violet light to show us skin imperfections and conditions, such as dryness, acne, and blackheads.
- **Triple Cleanse-** Advanced skin cleansing using a cleanser specific to your skin type.
- **Exfoliation** with or without Steam- A process of removing dead and dry skin from the skin's surface. This helps to reveal healthy skin underneath and encourages skin care products to perform at their best.

- **Skin Analysis and Extractions-** In this stage we examine the skin more closely and remove anything in clogged pores, blackheads, or acne. We can also do any waxing in this stage of the facial.
- **Mask/Treatment-** Now is the stage for intense treatment of the skin. It is totally customizable for your needs at the time. For example, if your skin is very dehydrated and tends to be sensitive, we'll mix a cocktail mask of a rich hydrating base, a serum for hydration, a lipid base hydrating oil, and a calming and soothing serum.
- **Moisture and Sun Protection-** Now at the end of the facial, we choose a moisturizer for your skin type and perhaps add a "boost" (serum or treatment product specific to your needs) to it. We also always put sunscreen on at the end of the facial to protect against sun damage.

We hope to see you soon for a 1st Timer's Facial at Spa Therapy!

Oncology Massage for Cancer Patients

By Tammie Dixon

California Certified Massage Therapist



Oncology massage is a modification of your existing massage therapy techniques, in order to work safely with the complications of cancer and treatment. Patients that have received cancer treatment, for those actively in treatments to those in recovery or survivorship, as well as those at the end of life, are best served by a therapist that has been trained in oncology massage.

Aspects of an oncology massage therapists skill set are an informed understanding of the disease itself and the ways it can affect the human body, the side effects of cancer treatments, such as medications, surgery, chemotherapy and radiation and the ability to modify massage techniques in order to adapt for the side effects and the disease.

Clinical assessments and adaptations to the massage session for the client that is experiencing cancer or has a history of cancer treatment are critical to providing a safe massage.

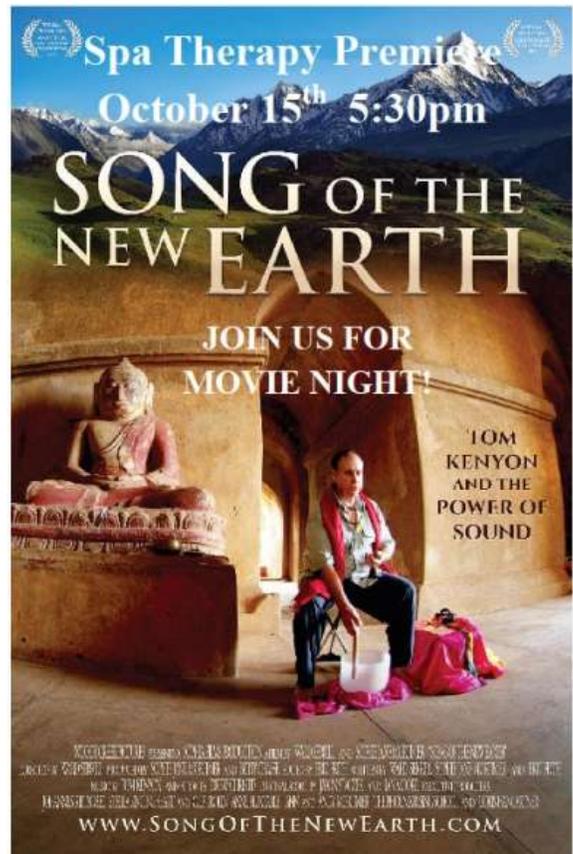
For clients in active treatment, recently recover, or at the end of life these clinical considerations can and do regularly change. Massage modifications as a result of positioning, pressure, pace and site considerations related to concerns like, medical devices, side effects to the medication, surgery or radiation, compromised lymph nodes or blood cell counts and other concerns may apply and are unique to each client and session.

Standard oncology massage questions should include

- Cancer treatment
- Tumor site or metastasis
- Compromised blood cell counts
- Lymph node involvement
- Medication (short or long term)
- Vital organ involvement
- Fragile or unstable issues
- Medical devices
- Fatigue, neuropathy, and/or pain
- Change in sensation
- Late effects of treatment

As a massage therapist I will be trained to ask all these questions about the issues and more depending on your unique situation. Many changes will be made to your session that will be imperceptible to you as the client, but they are essential to the safety and proper support for your well-being.

UP-COMING EVENTS!



Save the Date!

This party is to honor you, to thank you for each visit throughout the year!

In hopes we brought you peace, wellness, and cheer!

November Client Appreciation Holiday Party!

When: November 14th, Open House starts at 5:30

Where: Spa Therapy Wellness Center

Call to reserve your mini-spa treatment!

Grant-Eddie Winery will be offering tasting and heavy Hors d'oeuvres

We will have one-night-only specials, treatments, and a raffle offered by the professional staff.. you won't want to miss it!

