



# SPA THERAPY NEWS

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## Those Nagging Knots: 'TNK & MFR'

By Noreen Schweiss, CMP



Every three weeks or so for the past year, I worked on a client who experiences extreme tightness and overdeveloped muscles in the left lower torso caused by years of severe scoliosis. Several months ago, my petite client came in looking fatigued from a constant pain to that lower back. During her session she repeated several times, "Just take a hammer and pound out that spot. I mean it, Noreen!"

Most of us experienced a spot in our body that feels like if someone would push their elbow and dig into that spot, the pain would subside; hopeful for temporary relief. After an accident or over time through repetitive motion, these tender areas seem to linger. Our culture named these tender, painful or hard places "knots." Many of us continue to experience certain areas that seem to flare up after playing too hard or picking up something wrong.

The nature of **These Nagging Knots (TNK)** causes them to typically occur in areas close to joints decreasing space of nearby joints. These types of restrictions lead many of us to unknowingly modify how we lift, push and carry things. Changing our postural relationship while moving through life means we negotiate the physical world, usually resulting in what we call bad habits. Through time these poor postural habits traumatize the deep connective tissue called fascia resulting in aches, pain, soft tissue inflammation, restricted limb movement, etc.

**What is Fascia:** As a single piece of connective tissue, from the tips our toes to the top of our

head, our complex system of fascia attaches, stabilizes, encloses and separates every muscle bundle and fiber, every vessel, organ and bone. Our soft muscle tissue tears easily under stress, so fascia gives us tensile strength like tensile cables you see on major bridges for hundreds of cars to safely pass over at once.

When injured, the interrupted chemical process causes this amazing system to change its properties in desperate efforts of protection, so the outer layer of the fascial tubules dehydrate and become sticky. Imagine a fine fisherman's net whose cord glides across itself as its 3-D matrix folds and surrounds the catch. The same principle applies to healthy fascia. Primarily comprised of collagen, trauma causes dehydration of the tough tissue making it sticky like a spider web. When one injured strand touches another, they cling together, eventually creating a wide band of strong material compressing or shortening the muscle it's protecting.

Our symptoms come in the forms of spasms, restricted motion, pain, inflammation, tissue discoloration or puckering. With our connective tissue's tensile strength of 2,000 lbs per square inch,

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no wonder traumatized fascia creates so much pain and restriction to the surrounding tissues.

And unfortunately, unlike muscle tissue, drinking water to re-hydrate its unique tissue chemistry proves futile. A slow, relatively painless and methodical modality called **MyoFascial Release (MFR)** will ease and release **Those Nagging Knots**.

**How the treatment works:** John F. Barnes, a talented physical therapist licensed since 1960, understood that traditional therapy produced minimal results in patient's treatment. Through healing his own severe back injury, John discovered that after patiently waiting in the fascial stretch for 5 minutes or longer, our body produces a chemical that bathes the 3-D matrix and re-hydrates the fascial tubule outer layers. Our body releases Interleukin-8, a cellular anti-inflammatory chemical that also contains anti-cancerous properties.

Once hydrated with the collagen fibers stretched and unbound, the fascial tubules release from one another and spread out its tensile cables allowing muscles to lengthen or joint space to increase. Spasms and pain decrease or cease, while legs and arms move freer with confidence. Like an onion, the complexity of our body influences the eternal layers possible to peel away through one's lifetime reaching new levels of personal optimal health.

Often referred to as the "indirect" approach, MFR's principle concept stems from pressure into the treatment area while stretching the collagenous fascia fibers. To never lead or force the body means a non-injurious encounter, which allows healing through the body's natural wisdom. The "direct" method tends to describe techniques that the instinctual body (soma) reads as invasive, thus slows or shuts down participation in the healing process.

Even a simple, relaxing massage requires team participation for the client's full experience. In a doubles massage, my client fell asleep and awoke a few times. His snores grew louder as I leaned into **Those Nagging Knots**. The deeper the pressure, the louder the snores. As his body softened and I moved on, he would rise to consciousness. However, he expressed his disappointment in missing the experience; not the painful part,

necessarily, but in feeling those tender and tight areas release.

**Let's focus on release:** The fascial web responds similarly to a knit sweater. A slightly snagged strand pulls the surrounding area causing an increased tautness. Pull on that strand with more energy and the sweater buckles further away from the snag. Until the body's 3-D matrix called fascia releases, knots will occur and/or return because the entrapped muscles, tendons or ligaments strangle its structure. After time, locked down muscles traumatize harder tissues like our bones, thus affecting joint integrity.

Either from muscular and/or joint pain or from fascial restriction, a number of inconvenient symptoms eventually compromise a joint's full range of motion. Sometimes, restrictions from old injuries lead to major joint deterioration with surgery as a next step. Frequently, MFR bodywork minimize restrictions to increase joint space allowing freer and greater movement, thus heightening one's quality of life. Hopefully before an evasive procedure, but even after surgery, working with a MFR therapist opens possibilities that one may think had passed by; maybe inspire a forgotten passion or take a walk without intense back, knee or hip pain.

And what of my petite client, you ask? No, I didn't knead her like dough or poke her with my elbow 'till she shrilled in agony. Patiently waiting for a chemical response using a gentle, yet firm, pressure along that long knot, it gradually released. And like the bucking far from the original snag in that knit sweater, she needed to connect, feel and fill the void created on the opposite side of her lower back. Similar to a photo negative and its print.

Today, she stands taller, literally, and recently commented on a new found balance she feels when standing. More responsive lower back muscles on the right give her a type of confidence to place weight in both feet without experiencing fatigue or pain. Working as a team, my client must regularly stretch and consistently remind herself to stand on both feet, equally.

**Lasting results:** Permanent changes usually incorporate postural and mind set shifts. If one continues to sit on a thick wallet or carry a heavy bag on the same shoulder, expect chronic back and neck symptoms. However, certain anatomical, neurological and occupational conditions hinder the body's optimal balance. Another vital MFR concept taught by John F. Barnes explores the important client-therapist relationship, which means teaching self-treatment techniques and re-balancing strategies to everyone that comes to me for therapeutic MFR sessions.

Stretching the fascia in those bothersome or debilitating areas increases the body's ability to achieve greater health and physical balance, returning the body to a closer state of stable equilibrium. And when someone, like a trained body worker or massage therapist knows how to work the connective tissue, or when an informed client uses a prop like one or two tennis balls in a sock or a foam roller coupled with the 5+ minute stretch time, prepare to feel amazed and relieved as **These kNotty Kn**ots melt and your body softens.

**Holistic therapy:** John always addresses self-nurturing and confidence with love as the key factor. At every seminar he tells us to love our work and to love our clients, but most importantly, John says, "You must love yourself." I must love myself enough to practice what I tell my clients to do for optimal mobility by stretching my tender and sore areas. Love myself enough to share these gifts that release traumatized fascia on those who find their way to my table.

And like that proverbial sweater, if one invests the 5+ minute stretch time with the proper amount of pressure, releasing that snagged thread minimizes the sweater's unsightly buckling. Reduce and eliminate **Those Nagging Kn**ots through a few **MyoFascial Release** sessions. Live into pain-free possibilities.

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## Body Mechanics

By Nicole Brown,  
CA Certified Massage Therapist



### What is body mechanics?

Body Mechanics is the observation of body posture in relation to safe and efficient movement in daily living activities. This means we have to be aware of what our bodies are doing and hold them properly for various tasks.

### How does this relate to us?

We all have bodies and have to use them every day to perform various tasks, be it work, chores, sports to carrying heavy bags like backpacks or purses. Using our bodies properly to execute those tasks will prevent injury and keep your body strong.

Improper body mechanics such as slouching, hunching your back or a consistent forward posture of the head (as if sitting at a desk while typing or straining to view the monitor) causes strain on the shoulders, causing neck and shoulder pain, also causing your cervical (neck) vertebrae (spine) to protrude which in turn can cause pinched nerves and other problems. Even overreaching which puts the back in a strained position is poor body mechanics and can cause injury when you bend or twist or lift while overreaching.

### What are proper body mechanics?

Keep your core and back straight and stabilized. The head must be on top of the shoulders, shoulders above the ears, shoulders are down and relaxed and should be above the hips. Proper stance while performing tasks that involve standing for a while, or using your arms while standing, are just as vital. Keep feet shoulder width apart and knees relaxed.

Body Mechanics is a practice. A daily conscious activity that we must remember to use to protect our bodies from injury. It is helpful to leave yourself a note to "stretch", or "sit up straight", especially at a work station where you may tend to

forget about yourself. It is also vital to exercise and stretch and keep your body moving, fluid and strong.

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## Beyond Organic- The Biodynamic Collection

By *Audrey Moore*

*CA Certified Massage Practitioner, Spa Manager  
Esthetician*



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 Tonique-** 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.

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## Benefits of Body Treatments

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



When clients are browsing through our spa menu, dreaming of how they would like to relax and turn back the hands of time, rarely do they look at body treatments and its benefits. Body treatments not only renew the skin, but also create a relaxation like no other. Our Clients often spend the majority of their time and money on their face, neck, and décolleté. While keeping faces free of wrinkles and halting the hands of time, attention to the body is important. The skin is our largest organ and giving it the attention it deserves radiates health and youth. Body treatments have a wide range of options. There are many types of body treatments all over the world and each are unique all their own. Here at Spa Therapy, we feature treatments with a Farm-to-Table focus on ingredients. Not only is this favorable with our green mission, it is especially healthful for allergies. We live in a farming community, what comes with that is allergens galore to the residents! Your skin needs care to combat all that we are exposed to everyday. Using local ingredients as our base help our bodies develop and keep immunity to these allergens.

### Exfoliation

Body scrubs exfoliate and leave the skin glowing and refreshed. It is beneficial for all body treatments to include an exfoliation of some sort. Scrubbing the skin, whether it is with a dry brush or our most

popular Organic Body Polish sugar scrub, will exfoliate dry skin and improve texture and cell renewal. It also increases circulation, aids in lymphatic drainage, and eliminates clogged pores, which helps in absorbing nutrients, as well as proper excretion of metabolic waste. Dry brushing is an excellent way to stimulate nerve endings, which in turn rejuvenates the nervous system. Exfoliation is more than skin deep. We offer local walnut and rice exfoliation. These exfoliates will not irritate your sensitive skin, plus will offer the added benefit supporting your immune system combat allergens and skin irritations.

### **Hydrotherapy**

Hydrotherapy tubs are an amazing way to detoxify and prepare a client for their body treatment. A complete immersion in water infused with either essential oils, detoxifying muds, like our Butte Mud Treatment, allow the pores of the skin to open and absorb the beneficial ingredients. Hydrotherapy reduces muscle tension and relieves pain; the weightlessness felt when under water relieves tension in the limbs, supporting aching muscles and easing the movement as opposed to when on land. Plus, hydrotherapy stimulates the release of endorphins, acting as a natural pain reliever, which will further reduce muscle soreness.

On the whole, cold water is used to stimulate and invigorate, increasing the body's internal activity, whereas warm water is used to calm and soothe, slowing it down. Alternating between hot and cold water treatments can help heal injuries, enhance various bodily functions, and reduce any inflammation. Being immersed in warm or hot water raises the body temperature, increases blood flow around the circulatory system, thus alleviating pain. The improved circulation will in turn help heal injured tissues and rehabilitate damaged muscles or joints. It boosts the immune system, increases blood flow and circulation of white blood cells around the body, and allows lymph (an immune system fluid that helps collect and get rid of unwanted materials from the body) to be moved through the body more efficiently, therefore strengthening the immune system, helping to fight colds and illnesses. It also encourages detoxification because saunas and steam rooms induce considerable sweating. This is the body's primary way of eliminating toxins, therefore,

the impurities and toxins are flushed out through the skin, helping to detoxify the body.

Hydrotherapy treatment can be effectively used while on a holiday because it relieves stress. Hydrotherapy can help to reduce blood pressure caused by stress. It may also slow down the body's reaction to anxiety and release endorphins – a natural stress fighter. Some hydrotherapy tubs have jets purposely placed to hit trigger points in the body while simultaneously massaging clients. Our Rain Shower is the finishing touch with any of our body treatments. The water cascades over you in a massage pattern at 110 degrees, while removing product and increasing your relaxation. The temperature of the water can also benefit the skin. A warm shower balances, reinforces the immune system, and relaxes the body. The therapist can perform an alternate hot and cold therapy shower that oxygenates, detoxifies, firms and tones the skin. It assists in relieving depression, maintains healthy hair and skin, strengthens the immune system, and persuades the increase in white blood cell levels.

### **Thalassotherapy**

Thalassotherapy, from the Greek word thalasso, meaning sea and therapia meaning treatment, is another form of treatment that uses seawater as a form of therapy for the body. This treatment is not as widely available in the United States as it is in Europe. In thalassotherapy, trace elements of magnesium, calcium, potassium, sodium, and iodide found in seawater are believed to be absorbed through the skin. Here at Spa Therapy, we use red kelp and sea salt blend. Red Kelp, or Dulse, has been used for thousands of years as a source of food and for treating medical conditions. It is high in vitamins, minerals and antioxidants that are easily utilized by your body. The main benefits of red algae is its ability to promote healthy circulation in your body, regulate your blood sugar levels and lower bad cholesterol levels since it is high in dietary fiber. It is also a rich source of calcium and magnesium so it contributes to bone health and since it is loaded with antioxidants it helps boost your immune system and nourishes your skin.

All of these treatments have extreme benefits for the overall health of your skin and body. While keeping your face radiant and wrinkle-free, it is just

as important to care for the skin on your body. Just take a look at our wonderful and beneficial body treatments and decide to take care of your entire body! Talk about looking and feeling better all over....this is defiantly the way!

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## Bowen Therapy

By Kyle Albert, CMP



As a therapist at Spa Therapy Wellness Center, I strive to provide a unique type of massage for each client. One of the different methods I involve in my treatment is Bowen therapy.

Bowen therapy is a holistic therapy that aims to treat the muscles, tendons, nerves and fascia - sheets of connective tissue that are present throughout the body. The primary principle of the therapy is that the body can heal itself. During a treatment I thumbs and fingers to gently shift muscles and tissues. This non-invasive technique stimulates the neuro-muscular physiology with the aim of balancing and stimulating the body's energy flows and encouraging self-healing.

Some of the primary benefits of Bowen therapy are:

- ✓ Reduction or relief from pain, including sciatica
- ✓ Reduced stress
- ✓ Enhanced mobility
- ✓ Increased energy
- ✓ Enhanced immune system
- ✓ Improved circulation
- ✓ Lymphatic drainage
- ✓ Carpal tunnel syndrome
- ✓ Plantar fasciitis

## Should You Be Using A Serum In Your Skin Care Regimen?

By Jenny Jenson, Esthetician



The answer is most definitely yes! Today's serums are more advanced, targeted and potent than ever before. So, no matter what your skin type or your skin concern, there is a serum for you! With all the beauty products on the market- it's easy to be overwhelmed and confused about all the different products suggested for a good beauty regimen. But serums have become an essential part of your skin care and I want to give you the information to find the perfect serum for you!

### First, what is a serum?

Serums are mostly water-based products, and are made up of smaller molecules that have the ability to penetrate deep within the layers of your skin, giving you better and amazing results! Unlike other skin care products, serums have a higher concentration of active ingredients such as nutrients, vitamins and minerals which are essential for treating various skin conditions. Boasting a high concentration of targeted active ingredients deep within your skin make serums the most reparative skin care products that you can use to treat a wide range of skincare concerns.

### Now, which serum is best for you?

To ensure you find the best serum for your skin type- first ask yourself, what is your main concern with you skin? Aging, dryness, acne-prone, pigmentation, preventative or exfoliation? While there are a billion serums on the market, here are some of the most popular types:

**Wrinkle and Firming serums**- typically target more advanced signs or aging such as lines and sagging and are formulated with some sort of retinol.

**Acne-prone serums**-will reduce inflammation, heal and repair skin and work as an anti-bacterial to

reduce breakouts, acne-prone serums usually contain ingredients such as salicylic acid, tea tree oil, vitamin c and other ingredients to reduce inflammation.

**Hydrating serums**- deliver an extra layer of hydration with ingredients like hyaluronic acid and can help soothe and calm irritated skin.

**Brightening serums**-focus on evening out skin tone and fading hyperpigmentation. They may contain light reflectors for instant results, brightening agents like kojic acid and/or exfoliants to accelerate spot reduction.

**Antioxidant serums**-help neutralize the environmental free radicals that cause photo-aging protecting your skin from further damage. The number one antioxidant used is vitamin C and E.

**Exfoliating serums**-usually worn overnight, used to gently dissolve away dead skin cells, using ingredients such as AHA/BHA acids like lactic or glycolic acids.

### **But, what about the \$\$\$\$**

Yes, serums tend to be on the pricier end of the skincare spectrum. But for a pretty decent reason! The reason is because a serum is the workhorse of your ENTIRE regimen. The active ingredients that do the work in our skincare products are inherently unstable compounds. Serums, because they are fat based, provide compounds with a stable environment to live in-more stable than if they were in a traditional moisturizer. This means the ingredients mix together more easily and are less likely to come out of the solution, so all the goodness gets delivered right into your skin. Compared to a regular moisturizer or lotion, you're getting way more bang for your buck!

### **Bottom line**

Whether you were blessed with a good complexion or have problematic skin, there is a serum for you. To ensure that you find one that will suit your skin, begin by picking a serum as per your skin type-dry, oily, combination or sensitive. There is no such thing as the best serum for everyone. You can determine the right product for you according to your age and needs. Get the best results from using the serum consistently. This is especially true if you are trying to remove wrinkles and age spots. Try a serum for at least a month before you give up on it!

### **My 5 top favorite serums at Spa Therapy**

At Spa Therapy, we carry 3 lines of skin care, Eminence Organic Skin care, Bion Research and Skin Rx Spa Therapy.

[Bamboo Firming Fluid](#) from **Eminence** is my favorite for reducing fine lines and wrinkles and firming. It has a natural retinol alternative that stimulates collagen without any sensitivities to the sun or waxing.

[Bright Skin Licorice Root Booster Serum](#) from **Eminence** works wonder on sun spots and pigmentation with a natural Hydroquinone alternative to fade them.

[Citrus and Kale C & E Serum](#) from **Eminence** is the best Antioxidant serum I've ever used! Your skin immediately soaks up with nutrients of this power packed antioxidant leaving your skin looking radiant!

[Strawberry Rhubarb Hyaluronic Serum](#) from **Eminence** shrinks pores and hydrates the skin! Who doesn't need that! Hyaluronic Acid allows the skin to retain moisture to improve the overall health of the skin

[Salicylic/Glycolic gel](#) from **Bion** is my go to for acne prone and clogged pores, after just one application you will see a reduction in your breakouts!

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## **New Therapy at Spa Therapy: Clinical Aromatherapy Massage**



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

It follows that our sense of smell is in many ways more sensitive than any of our other senses. It is more immediate, at least anatomically speaking: Other senses such as touch and taste must traverse the body via nerve networks and the spinal cord before reaching the brain for final processing. But it

is almost as if the brain does not want to give us too much, that it wants to keep the amorphousness of smell-as if the odiousness, of this sense would just be too much for us otherwise.

We are left with describing odors with allusions powered by things as inexact as sentimentality and anger. How many of us have suddenly experienced the rush of emotion with unexpectedly coming into contact with the scent of the perfume? And how many of us have become violently ill when we are confronted with the odor of a food that was around us during a particularly nauseous stage of a pregnancy? What if we were able to channel those powerful cerebral responses into supporting the body, or at least the spirit-and thus provide healing on at least a metaphysical level? This is the goal of aromatherapy.

Aromatherapy in the modern era began in the early 20th century, when the effects of a variety of so-called essential oils (distilled from a variety of plants) began to be studied in the setting of a variety of clinical conditions. There are a variety of theories as to the mechanism of action of aromatherapy; one theory is that the limbic system of the brain is positively stimulated by these soothing smells, easing anxiety and chronic pain.

Examples of how aromatherapy is administered:

- Indirect inhalation via a room diffuser, or the placement of drops of oil nearby.
- Direct inhalation via an inhaler.
- Massaging of essential oils into the skin.
- Simple application of essential oils to the skin.

A large body of literature has been published on the effects of aromatherapy on mood, alertness, and stress, while other studies have focused on the effects of various odors on task performance, reaction time, heart rate, and blood pressure. Indeed, odors can influence mood, perceived health, and arousal, implicating therapeutic benefit of aromatherapy in the context of stressful and adverse psychological conditions.

Archaeologists tell us aromatherapy was used for pain management by the ancient Egyptians. Some of the oils considered beneficial in the treatment of chronic pain:

- Lavender oil.
- Chamomile oil.
- African marigold oil.
- Peppermint oil.

Unfortunately, robust clinical trials are lacking. Still, some studies have been undertaken in an attempt to build the foundation for further evidence-based investigation of aromatherapy in pain management.

Studies on aromatherapy have examined pain in patients in labor, chronic pain, and pain in combination with other symptoms. An article published over a decade ago theorized that aromatherapy enhanced the parasympathetic response through the effects of touch and smell, encouraging relaxation. Of course, relaxation can alter the perception of pain. The evidence suggests that aromatherapy might be at least beneficial as complementary therapy in the quest to lessen chronic pain. As a form of alternative medicine, aromatherapy is gaining momentum. Aromatherapy is used in a wide range of settings -- from health spas to hospitals -- to treat a variety of conditions. In general, it seems to relieve pain, improve mood, and promote a sense of relaxation. In fact, several essential oils -- including lavender, rose, orange, bergamot, lemon, sandalwood, and others -- have been shown to relieve anxiety, stress, and depression.

Our new therapy for pain management and the emotional stress that comes with chronic pain is our **Aromatherapy Massage**. The foundation of Clinical Aromatherapy Massage is based on the understanding that if your emotional state is poor, your overall health is poor, and your ability to fight disease poor, your ability to heal is poor, and the benefits of evasive procedures or surgeries could be diminished. We take our Aromatherapy Massage to the highest clinical level by using Eve Taylor Aromatherapy blends in our treatment room. In order to get the most benefit from using essential oils it is vital that the best quality oils are used (which is the policy at Eve Taylor). Eve Taylor is regarded by many of her peers across the world as the pioneer of modern day aromatherapy, with much of today's modern thinking within the profession coming from her original techniques and methods of teaching. Their mission is to ensure that only the best natural products are used, we refuse to accept any ingredient substitutions. They are committed to continually developing the best aromatherapy products in the world -- our ongoing product development program is both innovative and imaginative

## Up-Coming Product Launch: Age Corrective Ultra

Introducing Age Corrective Ultra, formulated to instantly lift, firm and tighten, as the premium addition to the best selling Age Corrective collection. Dramatically improve the appearance of puffy, tired eyes, sagging skin or even the deepest expression lines. Featuring firming and lifting hibiscus, botanical peptides and a unique ice wine active, this add-on treatment delivers results in minutes and shows long-lasting improvements over time. With results in two minutes or less, just one treatment will leave you feeling - and looking great!

### Hibiscus Ultra Lift Eye Cream

*Rapidly tightens and de-puffs tired eyes.* This premium eye treatment has the most immediate and visible results for under-eye bags, dark circles and tired-looking eyes. Use the cooling stainless steel rollerball applicator to massage elastin-preserving hibiscus into the areas around the eye, and watch as an ice wine active instantly lifts and tightens. Designed to visibly smooth wrinkles and reduce swelling, the natural peptides and caffeine combine forces to de-puff and minimize dark under eye circles. Layer a hydrating eye cream over top to transform tired-looking eyes in a flash.

#### Before & After



(Photographs provided by Audrey Moore, Spa Therapy Esthetician and Spa Manager)

### Hibiscus Instant Line Filler

*Immediate smoothing for deep and fine lines.* As a natural alternative to lipofilling, Voluform™ works on multiple layers of the skin to instantly fill lines from the inside out while stevia extract minimizes the stress-induced muscle reactions that cause wrinkles to form. The innovative curved tip applicator helps this potent treatment to work like Mother Nature's line eraser, plumping the skin with botanical peptides and delaying further formation and deepening of fine lines with acmella oleacera extract. Expect both immediate and long-lasting more youthful results.

#### Before & After



### And my new Favorite!

### Hibiscus Ultra Lift Neck Cream

Instant firming and lifting for the neck and décolletage.

It's one of the most tell-tale areas to show signs of aging, yet one of the most difficult to treat. Rejuvenate and tighten the delicate neck and décolletage area with this blend of hibiscus and botanical hyaluronic acid to keep skin firm and rich in moisture. The all natural active ingredients in this potent neck cream give sagging skin a stimulating boost from paprika, and the tightening properties of edelweiss ensure the neck is smoother and instantly lifted. Can be added to any treatment or used at home for a dramatic improvement to the visible signs of aging.

Jennifer Cordray  
Owner, Spa Therapy Wellness Center