

# SPA THERAPY WELLNESS NEWS

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## Neuromuscular Therapy

By Nicole Brown,  
CA Certified Massage Therapist &  
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I am moving forward, continuing my education in massage therapy by participating in recognized courses such as Neuromuscular Therapy (NMT) and Advanced Deep Tissue. In this newsletter we will discuss Neuromuscular Therapy.

### What is Neuromuscular Therapy?

Neuromuscular Therapy is a technique used for soft tissue release and the removal of trigger points using stripping strokes, direct (ischemic) pressure for trigger points and cross fiber friction. Neuromuscular Therapy is specific in that it deals directly and specifically with Myofascial Trigger Points. By performing an initial full body assessment using Range of Motion techniques and other assessment tools, I am able to pinpoint your areas of dysfunction.

Neuromuscular Therapy is efficient. By using very slow strokes at an appropriate level of pressure, muscle and fascia are loosened easily and quickly. Neuromuscular Therapy addresses the source of the pain. Sometimes people will feel pain in locations distant from the source of the pain. These are called referral patterns.

For instance, you might feel pain in the front of your shoulder, but the source of the pain is actually coming from a muscle on the back of the shoulder. Neuromuscular Therapy is NOT painful. I am looking for tender points in the muscles which will result in a little discomfort to the area, that is the area of dysfunction that I need to work on, however, your pain level should never exceed a level that makes it difficult for you and the muscle to relax.

### How does Neuromuscular Therapy differ from other modalities?

NMT is distinguished from other types of bodywork in that it addresses trigger points. Trigger Points are areas of hyper-irritable tissues that send so many signals to the spinal cord that it becomes overwhelmed.

Trigger points can also cause sensations of burning, cold or grabbing. Neuromuscular Therapy focuses on relieving trigger points by applying appropriate, direct pressure. Correct pressure allows the tender points and referral patterns to diminish quickly in less than a minute, depending on how long the trigger points have been there.

Anything and everything can cause trigger points. Sudden trauma, a trip, a fall, a stumble, a car wreck (whiplash), repetitive motions as in sports or everyday working conditions, using a computer for hours at a time, sitting too long, not moving frequently, even typing or reading on our electronics ("text neck") can cause trigger points in our neck, shoulders, arms and hands.

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## Theory of Pain and How NMT Works

In order to understand how deep tissue and neuromuscular therapy works; we first have to understand why we feel pain.

When a muscle becomes tight for too long it becomes inflamed. It becomes inflamed because the tension in the muscle restricts blood flow into the muscle. When there is not enough blood flow into the muscle, lactic acid and other types of cellular wastes accumulate in the muscle. This irritates the nerve cells, and causes you to feel pain.

In conclusion, I am enjoying learning new therapies and utilizing new techniques that I can apply to spa guests to help them have a great spa therapy experience.

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## Hawaiian Lomi Lomi Massage

By *Vivian Ewald*  
CMP, Esthetician



Aloha!! Massage is one of the most powerful forms of healing. Lomi Lomi is one of the most profound forms of massage. “So what makes it so special”, “how is it different from other massages”, “what is it”, “how does it ‘work?’” are the questions I get asked.

The word Lomi Lomi simply means massage and what it is, is a unique healing massage from the ancient Polynesians and more specifically three master healers of Hawaii.

To understand the depth of Lomi Lomi massage it helps to have an understanding of the Hawaiian philosophy called Huna, and how the philosophies of Huna relate to bodywork and healing.

The core of Huna is that everything seeks harmony and everything seeks love. So how does this relate to massage? Perhaps this can best be understood by another name for Lomi Lomi, and that is “Loving hands” massage. The reason for this

is that it works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing is an important part of the massage and associated healing, much of the work is done by love, with the focus of the therapist on the client being deep and complete, using loving hands and a loving heart.

This flowing with total energy, using long continuous, flowing strokes, combined with the very loving touch, relaxes the entire being, assisting in a letting go of old beliefs, patterns and behaviors that cause limitations and which are stored in every cell of our body. People generally think of memory, beliefs, our “programming”, as being stored in our head, in our brain. This is not the case, this memory and other programming is in fact stored in all the cells of our body.

The Hawaiians look at things in terms of energy flow, following the idea that an idea or belief can block energy flow as much as muscle tension can. Lomi helps release the blockages, at the same time giving the energy new direction. Thus Lomi

Lomi is not just a physical experience, it also facilitates healing on the mental, emotional and spiritual levels as well. The Hawaiians view all aspects of the body as one and believe that the physical, mental, emotional and spiritual are all part of the “whole” self. When healing is effected on one level, all levels are affected.

When harmony is lacking the effect is pain physically, mentally, emotionally or spiritually. Illness is a state of tension, which leads to resistance which blocks energy movement Lomi Lomi helps release this and therefore facilitates through Lomi Lomi stress and tension are relieved, blood and lymph flow assisted and the elimination of wastes and toxins stimulated.

So what happens during a Lomi Lomi massage? How is it performed? A Lomi Lomi usually starts with stillness between the therapist and client, often with the therapist’s hands gently resting on the clients back. In this stillness, the therapist will quietly say a blessing or prayer asking for whatever healing is needed to take place during the massage. The client maybe asked to set their intention for any healing they would like to receive. The therapist then works intuitively with the client. There is no set format or sequence for the massage and no two massages will ever be identical.

The massage is given in fluid, rhythmic motion using forearms as well as the hands. Some people have described this as a feeling like gentle waves moving over the body. Another feature is that different parts of the body maybe massaged at the same time, for example one arm or hand maybe working on a shoulder and the other hand maybe working on the opposite hip. This assists the recipient in totally relaxing as it is impossible or at least difficult for the brain to focus on two different areas at once. A deep sense of balance and harmony is achieved. As I said early that technique is important, the priority is loving the body, using intuition so the massage is “right” for the client. The client is viewed not as someone to be fixed, but a being to be returned to harmony and balance. We do not heal but is the facilitator for healing.

Under body and full body strokes also help to free the energy, make the body soft, promoting free and abundant flow of live energy in the recipient. According to Huna philosophy, energy also gets blocked in joints. Gently stretches and gentle rotations of the joints are therefore incorporated to assist the release of tensions and assist in the flow of energy, once again not forcing, but feeling the level of the clients resistance and comfort level. The therapist may also hum a various points during the Lomi Lomi as a vibrating and amplified energy that results also aids the release of blockages.

Dance work or hula movements combined with breath work of the therapist are also import and integral aspects of Lomi Lomi. It assists the energy flow both within the therapist and recipient and helps keep the energy at a high level. Sharing the breath, the essence of the Creator or universal energy, whatever name you like to give it is an old Hawaiian custom and greatly enhances the energy flow once again.

Because the therapist works intuitively, a massage maybe slow and very relaxing or at times it maybe a little faster and therefore more invigorating and enlivening to the body. Sometimes the recipient may experience an emotional release as the massage can release and shift negative emotions, negative beliefs and other “stuff” that store in the cells of the body, with the healing effects of the massage continuing long after the massage is over.

I said in the beginning of this “aloha”. The Aloha Spirit refers to the attitude of friendly acceptance. When I started this journey in massage, Lomi Lomi spoke to me as a loving massage. To love and nurture the body as if it were your own. Auntie Margaret who is one of the widely recognized teachers of Lomi Lomi called Lomi Lomi “The Loving Touch”-a connection of the heart, through the hands and soul with the Source of all life!! We as students of Lomi Lomi learn to flow the love from the heart, through the hands, to connect with the soul of the one receiving the massage. I feel always honored and blessed when I get to practice Lomi Lomi massage on my clients. I know the profound effects of Lomi Lomi and am honored to share them with you!! Blessings and Aloha!!!

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## Introducing Two New Therapists to Our Team, Noreen & Katya!

*By Noreen Schweiss  
CA Certified Massage Practitioner  
And Katya Lancaster  
CA Certified Massage Practitioner*

### **Noreen:**

In 1976 as I found myself in a health food store for the first time, Jethro Kloss and his book of natural cures, ‘Back to Eden’, introduced himself to me, while looking for a way to alleviate my chronic bronchitis that never gained relief from traditional medications. The following year, I gained employment with this little health food store where my wellness education truly began. Reading many books available at the store I learned about herbs, vitamins, minerals and alternative therapies. This set me up for my next educational adventure in 1980 as an assistant for an experienced chiropractic orthopedic specialist, who appreciated the more natural approach. For over a decade, this skilled and brilliant powerhouse taught me the art of physical therapy with various modalities; how to recognize and treat soft tissue injury, minor neurological conditions, and bony anomalies; and imparted basic



x-ray analysis, along with prenatal to postpartum care.

For several years, I worked as a physical therapy assistant for a younger, more aggressive chiropractor. Working with chiropractors for so many years, I experienced a large number of patients with car accidents and work injuries. A few years later, a family physician hired me as his back office nurse and therapist, where geriatrics generated most of his practice. Between all this activity, I studied dance beginning in 1983, and by 1988, I entered college to obtain my RN, which truly changed my life's vision and mission. Within the next few years, I discovered and integrated many fields of the healing arts, like NeuroMuscular Therapy, CranioSacral Therapy, crystal and energy work, and a long-term study of Polarity that included unwinding, the Gestalt Method, and active listening. At the same time, I attended college gaining a double major in both health science and in dance, where my healing arts blessings abounded. My dance professor specialized in sacred dance and its history, while earning her Certified Laban Movement Analysis credentials, the study of postural optimism, and imparted all this vital and impactful information.

In 1992, I graduated with an AS in health science and an AA in dance, followed by a Bachelors in dance by 2000, where a professor, also a CLMA, galvanized my Laban/Bartenieff fundamentals connection becoming fluent in this second language. These glorious years of studying various movement disciplines honed my vision to see a body's imbalances, my passion for a body's movement re-education and my assessments to best facilitate your body's healing. With all my children grown in 2014, I earned my massage practitioner certification, while refreshing and re-enforcing my knowledge by taking additional bodywork classes. I found my new home with Spa Therapy Wellness Center in April, giving me the opportunity to work with the nicest group of people on staff and such wonderful clients. Looking forward in being at work, I count my blessing throughout each day.

### **Katya:**

Hello guests of Spa Therapy Wellness Center!

I'm so happy to join this team of professional body workers! They have been very supportive of me.



My Name is Ekaterina Lancaster, or Katya. I'm Massage Practitioner, graduated Julie's Massage School in December 2014, here in Yuba City. My specialties include Swedish, Trigger point, and Sports Massage, and also reflexology. I am looking forward to studying more modalities soon.

I didn't plan on becoming a massage therapist until last year, but had a passion for dance, sports, and the movement of the human body all my life.

I was born and raised in USSR in the city of Leningrad (today St Petersburg). My parents probably expected me to get something similar to what they did, engineering oriented degree, but I was not sure.

Life in the city was busy and exciting. I was taking music lessons, I was active in sports but by the end of High School my country changed its direction and under new leadership we all experienced a very difficult financial choke. Many people moved out to Western Europe, for a better life. In my early twenties I started thinking about leaving, but it was not yet possible. So I started to focus on my education and professional career. I was about to graduate College of Metal Science in 2002, but my plans changed, because I met an American man who proposed to me, and we got married in 2002 in Yuba City California.

I was 28 when I moved to California. I was able to do things that I would only have dreamed of before. Together with my step kids (I have 6 step kids living with us) and husband we were active at church and their school. I got an Associate degree in Architecture at Yuba College, I played in Yuba Sutter Orchestra violin, did ballet, figure skating, sewing, and many other things locally. In 2008 our daughter Eva was born. As she got older, I started feeling that I need to do some work, so she can see me work as well as recreation, in order to set a good example for her.

I chose massage therapy since I have always been interested in body work and the human body. It allows me to work part-time, helps to keep me busy enough, and still have time for my family!

I am experienced in many different methods of athletic body care. I am a National Level competitive Ice Dancer for 10 years. I understand and support that ballet, exercise, stretching, cardio and simply living a healthy lifestyle is very beneficial for everyone.

It's so nice that my hands are needed at Spa Therapy Wellness Center, because it's great to make people feel well!

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## Spa Therapy Phone App is Here!

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



Limited customer service hours are so...yesterday.

Thanks to mobile devices—smart phones and tablets—consumers are used to doing business wherever and whenever they want. They expect issues to be addressed immediately, across multiple channels, with a convenient click or tap.

Gone forever is the assumption that a company can survive simply with phone or email communication. For 2015, excellent customer service means providing 24/7 availability, real-time interaction, social media interface, timely resolution, and minimal or no wait times.

Fortunately, a growing number of mobile apps and specialized software make it possible to deliver a customized self-service experience. They help businesses improve customer relationships by reducing inbound call volumes, unifying the support channels and minimizing wait times, all while accommodating the habits one of the largest growing demographics: mobile customers.

Mobile-centric service can take place at the customer level or agent level. Some apps are off-the-shelf, with a specific feature designed to streamline one or more aspect of the user experience. Others create a completely customized interface that integrates with your existing brand and customer service processes.

## Spa Therapy Custom Phone App is here!

### Update in real time.

Now you can view, book and pay for your products, appointments whenever you like. You can also see the deals and promotions we may have running, and share your visit on social media instantly.

Our app will help you purchase products, services, contracts and memberships, packages, check out any deals or special offers we are running, update your email, phone, address, or just send us a note about your goals for your next appointment! Every credit card number entered is encrypted and kept in a secure format offsite, adhering to the industry's most stringent PCI standards.

With 110 ways to save time built in to our phone app, all specializing in taking the work out of making your spa appointment. Our app automatically sends confirmations to you via email, text message, instantly whenever you book. And when it's almost time for them to come in, our app will remind you.

You can find and do almost anything that's on the website, but easier and quicker on your phone. If you want to book a Lomi Lomi massage, you will not only get a list of dates and times instantly, you will find out about Vivian, our Lomi Lomi Therapist. Once you establish your profile and form of payment, booking will take only a moment of your time. Change your appointment type or time, cancel, or send us a message is quick and easy. Want to know the monthly treatment and product specials? Just look under the main menu for 'What's Hot' to find it.

Across the globe, the mobile channel is growing fast. The success of smartphones and — more recently — tablets such as the iPad, along with the Apple, Android and BlackBerry app stores, has led consumers to conclude mobile apps are a must-have. Delivering fast, reliable mobile experiences is critical for businesses seeking to take advantage of the opportunity provided by increased mobile access. This is why we chose our cloud-based Mindbody software service to customize our Spa Therapy phone app for you. We know your experience with our app service will meet your high performance expectations! So, download it today at <https://play.google.com/store/apps/details?id=com.fitnessmobileapps.spa therapy wellness center>.

## Mineral MakeUp: Spa Minerals Custom Blending Kit

By Audrey Moore  
CA Licensed Esthetician  
CA Certified Massage Therapist



Who has ever had a difficult time finding an exact match for foundation? Probably anyone who wears makeup! Do you ever wish you had someone to make a foundation color especially for you? Well now we can find you an exact match using Spa Minerals foundation and our custom blending kit! We start by thoroughly analyzing the color and texture of your skin. We determine the different tones of your skin and what the base color is. We then use our color matching wheel to see what we can change about your crushed powder mineral foundation to make it work for you. For example, if your skin is very yellow-toned, we'll start with a yellow based foundation, such as Oatmeal. Then to counteract the yellow in your skin, we may add a pinch of purple since it is opposite yellow on the color wheel. If you have rosacea, characterized by very rosy cheeks, we may add a pinch of very light green to your foundation. Green is opposite red on the color wheel, so it will neutralize the very pink tones of your skin. We can also vary the color of your crushed blush, bronzer and eyeshadow. No matter what your skin color is, we will be able to match it with our new custom blending kit!

We do have a full line of standard foundations that most people find will match your skin tone and blend into a beautiful flawless finish. As technology advances in the cosmetic industry, so do our choices for cosmetics and skincare. Never before have all-natural ingredients been used to provide such an extensive array of benefits. Spa Therapy's signature line of mineral based make-up Spa Minerals is a skin healthy formula from natural mineral pigments including micronized titanium dioxide, zinc oxide and iron oxides with freeze dried vitamins A, E and D and lavender based aromatherapy. The essential nutrients in Spa Minerals are key in replenishing and protecting your skin while neutralizing free radicals. Spa Minerals will sooth and smooth your skin for a

natural flawless complexion. The long lasting weightless coverage corrects most skin imperfections while light-reflective minerals minimize the appearance of fine lines without adding additional shine. Since Spa Minerals are endorsed by cosmetic and plastic surgeons, dermatologists, and estheticians it is ideal and is widely used by professionals for post-procedural and surgical coverage. Anti-microbial and anti-inflammatory properties are perfect for rosacea and acne prone skin. Nearly zero allergy risk with no harmful chemicals, dyes or alcohol. Our signature line of mineral make-up is available in the following: Foundations, both loose and pressed, concealers, lip gloss, lip sticks, face/lip blushes both loose and pressed and eye shadows all of which come in a wide array of subtle tones and colors. Another great product is our make-up wallet which will be customized just for you. With our Spa Minerals MakeUp, you can put back a little of what daily life takes out! Make this healthy choice and schedule your free Spa Minerals consultation with our talented and experienced Esteticians and live the difference.

## Thalassotherapy

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



As an antidote to everyday life, thalassotherapy allows you to get away from it all, dedicate some time to yourself and relax. Combining restorative seawater and invigorating sea air, a mini-break in a thalasso is the ideal gift to yourself – and one where you will reap the rewards. Just a little bit of time out to recharge your batteries, relieve any aches and pains and completely unwind...



The curative qualities of thalassotherapy can help with all manner of aches, pains and ailments. Chronic fatigue, back pain, stiff joints...targeted treatments get to work to prevent and relieve common afflictions. A few days in the sanctuary of a thalasso will have you feeling full of health and vitality in no time.

Whether you're taking preventative measures or you're looking for a cure, the healing powers of seawater are harnessed to get you back in tiptop health. Those who suffer from poor circulation or swelling in the lower limbs will benefit from a programme of hydrotherapy sessions, gentle water aerobics, massage and lymphatic drainage, leaving you feeling soothed, refreshed and lighter.

Backache is one of the major ills of our time and consistent or recurring pain can affect not only your health but your spirit too. If you want to ease the pain and find that lightness of body and soul once more, opt for a specially designed treatment programme. Hydrotherapy loosens up the muscles while massages and sea-mud wraps ease stresses and strains to target the source of the pain itself. The result? A soothing of the pain and the teaching of good practice to prevent it from recurring. No more back pain.

If your sleep is suffering, reset your body clock with a dedicated thalassotherapy spa treatment. Light therapy, which is incorporated into our spa, targeted and relaxation massage and marine-based treatments all work together to rebalance your body and establish restorative sleep patterns.

Young of heart, soul, body and mind... Thalassotherapy can help to keep you looking and feeling younger for longer with a combination of treatments to help keep joints supple and skin elastic. Tone up with gentle exercise, hydromassage and aqua-aerobics and reveal a fresher, more toned you, full of new-found vitality.

Come and relax and/or rehab in our oversized spa, custom designed to support thalassotherapy. Near-Infrared LED was adapted for ATP production. ATP is necessary for any cell repair, heal, and regenerate.

Thalassotherapy spa is enriched with the minerals of the sea and provide a negative ion environment to support lymphatic drainage and healing. Still more to enjoy, relax and watch the water fill from the ceiling!

## WHAT DOES GLUTEN HAVE TO DO WITH YOUR SKIN CARE?

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



In the US, about 1 in 133 people suffer from gluten intolerance, also known as celiac disease. Chances are a few of your clients have asked you about gluten-free skin and bodycare products. What do you know about gluten-intolerance, its effect on the skin and how to spot ingredients containing gluten?

If you have celiac disease or a gluten allergy, you know how important it is to constantly keep up with ingredients. A lot of people don't realize that much of what you put on the skin is absorbed by the body – which can lead to a bad reaction if you do not tolerate gluten.

**What is gluten?** Gluten is a protein found in wheat, barley, rye and millet. Gluten-intolerance is also known as celiac disease. People with celiac avoid gluten in their diets. Some physicians also advise their patients against any topical application of gluten.

### **The gluten-free skin and body care controversy.**

Advice against the topical application of products containing gluten is somewhat controversial. According to the Mayo Clinic, people diagnosed with celiac disease do not need to use gluten-free products exclusively as gluten is only absorbed through the GI tract and not through the skin. Products containing gluten should not be applied on the lips or around the mouth as they could accidentally be consumed. Still, there's a movement towards those with celiac disease to seek out and use only gluten-free products.

**What does a gluten response look like on the skin?** Eczema, psoriasis, and dermatitis herpetiformis are the skin conditions most commonly linked to celiac disease and the oral consumption of gluten. Dermatitis herpetiformis – also known as a “gluten rash” – is an itchy, stinging, blistering skin rash. It occurs in people with celiac disease when the skin reacts to gluten antibodies circulating in the system. You can treat reactive skin with soothing and calming gluten-free products to get sensitivity and redness under control.

**To soothe patches of dry eczema** blend 1 pump of *Moisture Boost HydraGel* in the palm of your hand and layer under *Calming Bio-Lipid Repair Creme*.

Reapply 1-3 times a day until condition has been stabilized for at least a week. Improvement should be seen within several days. Once the reaction is under control, have your client continue the hydrogel/complex blend under the appropriate moisturizer in our Ultra Gentle Skin System for their skin type.

**For a soothing, hydrating massage masque** blend 2 tsp. *Soothing Gelle Masque*, 1 tsp. *Visibly Moist Toner*, 1 tsp. *Instant Calm Ultra Complex* and ½ tsp. of *Nutrient Blue Oil* with a stiff fan brush. Once blended, brush gently over clean skin. This mixture will act as a nutritious, hydrating and calming massage medium when used under steam. Massage for 3-5 minutes. Remove excess masque after a total of 10 minutes on the skin.

### **My Gluten Free Favorites from our Eminence Organic Line you can pick up at Spa Therapy.**

#### **Cleansers:**

##### Stone Crop Gel Wash

For those with even the most sensitive skin

##### Citrus Exfoliating Wash

Fresh lime juice removes impurities, while grapefruit seed and silica leave skin appearing luminously clear.

##### Eucalyptus Cleansing Concentrate

##### Red Currant Exfoliating Cleanser

The secret ingredient is our exclusive Youth Shield Antioxidant Complex, which hydrates and invigorates skin to give it that look of elasticity.

##### **NEW** Rice Milk 3 in 1 Cleansing Water

Cleanse, tone and remove make-up in one step with this all-natural and

##### Firm Skin Acai Cleanser

Antioxidant-rich. Cream cleanser blends hyaluronic acid and seabuckthorn oil to restore the appearance of elasticity to the skin and present a more youthful look.

Probiotic Cleanser, detoxify and clear

#### **Toniques:**

Hawthorn Tonique- Biodynamic

Soothing Chamomile Tonique- Calming

Wild Plum Tonique- Hydrating

#### **Facial Recovery Oil:**

Toning and hydrating oil created with precious herbs and nourishing oils to soothe and renew sensitive and aging skin. This is a luxurious facial oil suitable for all skin types.

#### **Moisturizers:**

Probiotic Moisturizer ultra-light daily moisturizer to detoxify and clear

Coconut Age Corrective Moisturizer, you'll feel your skin instantly tighten and lift.

Firm Skin Acai Moisturizer, Hydrate and nourish aging skin with rich shea butter and skin-plumping hyaluronic acid.

#### **Exfoliants:**

Radish Seed Refining Peel- detoxing

Pear & Poppyseed Microderm Polisher - gentle exfoliating masque

Yam & Pumpkin Enzyme Peel 5%

Accelerate the exfoliation process with this enzyme peel that removes dead skin cells, reduces the appearance of pigmentation, fine lines and sun damage.

#### **Biodynamic Products for Sensitive Skin:**

Apricot Calendula Nourishing Cream

Hawthorn Tonique

Quince Body Lotion

Sweet Clover Anti-Redness Masque

**Be an ingredient sleuth.** Look for ingredients containing the words “barley”, “wheat” or “triticum” as potential ingredients to avoid. However, the processing of oils, such as wheat germ oil, should remove all proteins and starches and therefore, wheat germ oil should be gluten-free. The only way to know for sure if a product or ingredient is gluten-free is to ask the product's manufacturer.

**Are your products gluten-free?** Have some of your clients asked if your products are gluten-free? Come to Spa Therapy Wellness Center to speak to a professional Skin Care Esthetician and get the products that are best for your skin and your internal health.