Most of us take water for granted. It's in our oceans, rivers, lakes and swimming pools. It falls from the sky and flows from our faucets. We swim, bathe, wash and soak in it. When we need it, or want it, we have it. Our supply of water is not the problem today, (more than 70 percent of the Earth is covered by it) the problem is the purity of the water.

All water is not the same. There are differences equating to different healing properties and, as you can imagine, its uses in hydrotherapy vary greatly.

Easy as A, B, Sea
In a very general sense of the word, "hydrotherapy" is the therapeutic use of water, including showers, packs, saunas, etc. Water can be used in various forms, such as steam or ice, and it can be used at variant temperatures, such as hot in a partial immersion bath or cold in a compress. Simply put, water is not only the most abundant source of natural healing available, it is also the most variable.

But why is this liquid the best resource for the body's rejuvenation? Because nearly 70 percent of our body is comprised of it. Perhaps the best place to begin is with the most profuse form of water on Earth: seawater. Life began in the sea, and in a sense, so did we. Seawater is remarkably similar to many fluids in our bodies. In fact, the amniotic fluid of the womb, which protects and bathes the forming fetus, has near identical properties to seawater. Minerals, salts and vitamins are readily found in seawater and play an important role in our bodily functions and health. For instance, minerals are necessary for the acid/alkaline balance of the body and skin, and for proper functioning of the nervous system. When used in spa therapies, seawater is like taking your vitamins and minerals externally. It's little wonder Europeans champion the benefits of the therapeutic use of seawater and sea-derived products, also known as thalassotherapy. Since the late 1800s, thalassotherapy centers have flourished, most notably in France. Objectives of this treatment include detoxification, relaxation, tonification, remineralization, energy balancing and pH balancing. Thalassotherapy spas generally offer a range of beauty, physiotherapy, diet and relaxation programs, and may include effusions, physical therapies, seaside exercise programs, salt water pools, sea muds, sea salts, inhalations, underwater massage, sun baths, walking pools, solariums, spray showers or bubbling baths. Therapeutically, European spa programs using seawater treatments have even proven beneficial in the treatment of depression, rheumatism, gastroenteritis, weight reduction, menopause and physical rehabilitation. The most famous study of the effects of seawater was performed by French physician Rene Quinton. Credited with the modern European revival and application of thalassotherapy, Quinton is noted for his presentation in 1900 at the 13th annual Congress of Medicine in Paris where he noted "all living organisms are in fact a marine aquarium." He also stated that seawater should be used to heal.

In an infamous experiment, Quinton bled a dog until it was white, removing the red corpuscles and serum. Then, he injected it with seawater. The hemoglobin the dog had lost was restored and it was soon running around and vigorous again. He also found that its kidney cells worked 60 times better than normal. With this simple experiment, Quinton proved seawater and blood plasma are remarkably similar in composition. Besides seawater, seaweed -- a concentrate of seawater -- is also beneficial. Seaweeds are used in health and beauty preparations primarily because they contain all of the minerals required by man (more minerals than any other plant or food). In fact, 32 elements are known to occur in seaweed, including calcium, potassium, silicon, magnesium, sulphur, sodium, chlorine and bromine, and 7 percent-38 percent of its dry weight is comprised solely of minerals.

Because there are many different types of seaweed and they each have particular benefits, let's take a look at each to

INSIDE THIS ISSUE
1,2,3&4 Therapeutic Waters by Jennifer
4& 5 Pain Management by Agnes
6 5 Benefits of Massage by Jennifer
6 There’s Beauty in Healthy Skin by Tracie
7 Andropause by Jeff
8 Prune Kernel Oil by Jeff
8 Face Spring by Audrey
9 Mineral Make-Up by Audrey & Tracie
9 Life Coach by Horacio
10 Self-Healing Yoga by Horacio
10 Calendar of Events

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determine which better serves the variety of hydrotherapy techniques.

**Browns:** There are approximately 30 major brown seaweeds. These are predominately antibacterial, cleansing and regenerative, as well as good for edema, hypertension and gynecological diseases. Specific browns include laminaria sinclarii (kelp), saccharine, digitate (sea tangle) and fucus (bladder whack). Fucus is perhaps the best known brown algae. It is a rock weed and, as in all seaweeds, is known for its high content of minerals. Laminaria is a kelp, a particular seaweed that is coarse and attaches itself to stones. Laminaria and fucus are both rich sources of iodine.

**Greens (sea grapes):** Of the approximately 12 major greens, most are used for their firming qualities, as well as stomach disease and hemorrhoids. Greens include ulva lactuea linnaeus (sea lettuce) and enteromorpha prolifera (green laver).

**White:** Rich in calcium and magnesium, white algae is a perfect choice for the client who is iodine sensitive.

**Reds:** There are 36 major red seaweeds. These are predominately hydrating and nourishing, and are used for respiratory ailments, hypertension and as vermicedes. Reds include gigartina exaoperata (Turkish towel), ahnfeltia plicata (bushy Ahnfelts seaweed) and Chondrus crispus (Irish moss). Most seaweeds used in spa therapies are larger marine algae belonging chiefly to the reds and browns, and in lesser proportions to certain greens and blue-green algae. They are common in many parts of the world, but reach maximal size along rocky coasts in temperate regions. As beauty products, seaweeds are predominantly used for their revitalizing and moisture restoring action on the dermis and epidermis. When used in wraps and baths, they relax, detoxify, remineralize and balance the body. They also increase circulation, stimulate the removal of waste in body, remineralize the body, tonify tissue and are highly relaxing. These red algae is the type of we use here at Spa Therapy Wellness Center in our Thalassotherapy blend for your full-body health.

**Animal, Vegetable or Mineral**

Mineral waters are formed under the earth's crust, originating from underground streams and rivers which hold 20 to 30 times more water than the rivers and streams we see above ground. Essentially, there are three types of springs: natural, artesian and thermal. Any spring that rises naturally to the earth's surface is a natural spring. Artesian springs are bored springs, lightly mineralized, and surface within a few degrees of air temperature. Thermal springs are hotter. They can range from 60 degrees to well above boiling point. How do they get so hot? The earth heats the water. For every 50-100 feet of depth, the temperature rises one degree. Thermal springs are also heavily mineralized and are found near primitive rocks and volcanic regions.

We classify and use mineral waters in spa therapies based upon their mineral content. This may or may not include chloride waters, hydrocarbonate waters, carbonate waters, sulfate waters, ferriferous waters, arsenous waters, waters containing iodine, sulfurous waters, waters containing radon, radiferous waters and waters containing carbon dioxide or mineral springs charged with carbon dioxide.

In order to be classified as mineral water, the water must have dissolved solids of at least 500 ppm (parts per million). However, the classifications in no way tell the whole story. Mineral waters are a complex, inorganic body. The taste, odor and physical characteristics of a mineral water are determined by the mineral ingredients the water absorbs from the underground rock formations.

Springs are often identifiable by their odor and/or residue. The pungent smell of a sulphur spring is likened to the smell of rotten eggs. Carbonate springs often leave a chalky residue at their surface. Iron-bearing waters leave an orange slime, and chloride waters leave a salty silt.

The waters also have a life force of their own. Mineral water is essentially a living medium because the minerals are in a constant state of ionic attraction and/or repulsion, creating and undoing various combinations of minerals constantly. It has even been suggested that it is the ions, not the dissociated mineral elements, that are responsible for the action of mineral waters in traditional spa therapies.

Some of the reasons mineral springs were used in the past have been proven medically-beneficial today. For instance, saline springs, usually found near shale or sandstone, were once bottled medicines because they stimulated the appetite. Today, we know they are high in chlorides and do help promote appetite. Ferruginous springs were used to energize the bather as the iron would enrich the blood. Sulphurous waters were once used by people suffering from skin diseases. Today, we know they are beneficial for liver detoxification. A traditional mineral springs cure is and was a prescription of baths, immersions, drinking and inhalation, usually lasting four weeks. During this time, many individuals experience a bathing reaction that generally occurs on about the ninth day after 4-8 thermal baths have been taken. At this time, one might experience a loss of appetite, difficulty resting, sometimes a rise in body temperature and a melancholy disposition. (It's also interesting to note that the so-called bathing reaction occurs only in mineral water baths, not from freshwater bathing. In Europe, the mineral water spas are classified and prescribed per condition due to the unique action of the springs upon the body.) But never fear. As in most natural therapies, this is simply the rain before the rainbow. A transformation almost always takes place by the end of the cure, whereby the general condition of an individual greatly improves. Sublime rest, a
sense of well-being and invigoration are often the long-lasting result. In fact, German studies have revealed that treatment at medicinal springs results in a decrease of loss of work or absenteeism due to illness by 35 percent during the two years following treatment.

As far as internal hydrotherapy, drinking mineral waters of lower mineral content actually helps draw sodium and nitrates from the body, while drinking highly mineralized water can alter the pH of the body and blood. Also, it's known that sitting in a mineral spring for 15 minutes burns the same number of calories as jogging more than half a mile. When you consider what various mineral waters can do, it's no wonder water is one of life's necessities and pleasures and has been used for many years in spa therapies.

Good for a Body
Besides specific seawater or mineral water spa therapies, what else does water do for us? Water is life-giving, providing the catalyst for most of the body's metabolic processes. It rides the system of wastes, lubricates the intestines and joints, is essential to digestion, and transports oxygen and nutrients through the blood and lymphatic system. It's the body's air conditioning, helps overcome constipation, stimulates the liver and kidneys, and purifies cells.

Our bodies are composed of at least 50 percent water, 20 percent proteins, 5 percent minerals and less than 1 percent vitamins. All except the minerals evaporate (from dust to dust as the saying goes). Water is the most abundant cellular component, comprising approximately 70 percent of our weight. If you remove all that water, you'll be left with some large organic molecules, some small inorganic molecules and a few minerals. Water and minerals comprise the greater part of our bodies, just as they do the earth.

Minerals are cellular building blocks and must be ingested daily. Vitamins and enzymes are minerals' co-workers, helping to get the job done. Water transports minerals throughout the body. Minerals are responsible for many functions in our bodies such as nerve physiology and keeping our immune system ready to do battle. A bottle of mineral water is an easily assimilable source of minerals, when used properly.

Many illnesses can be traced to mineral imbalances in the body (either an abundance or a deficiency). And mineral water or seawater spa treatments are a good source of increasing or decreasing minerals in the body.

Needless to say, water is our most important nutrient. Without it, we would die within half a day in a hot climate, and in cold climate we would probably die within seven days. We can survive much longer without food (as long as 40 days). Aging is a process of dehydration. At birth, a baby is 70 percent to 80 percent water, while at an elderly death we are generally only about 50 percent water. Losing 5 percent of your body weight in water can lead to dehydration (which is easily possible during vigorous exercise lasting more than two hours). So, how much water do we really need to drink each day? At least 8-10 glasses. People tend to worry more about replacing fluids in hot weather, when in truth, enormous amounts of water are exhaled during cold weather. Why? When air enters the respiratory pathways, it becomes 100 percent saturated with water that then leaves the body with each exhalation. And don't worry about drinking too much water. Consider the benefits of internal hydrotherapy: if a quart of water is drunk in a short period of time (within an hour or two) four-fifths will be eliminated in the next two hours. Though the urine will be less concentrated, it will contain a larger amount of wastes.

Rub-A-Dub-Dub in Spa Therapy Hydrotherapy Spa
Now let's look at the physical properties of a bath. Here, the hydrostatic pressure of water actually pushes against the body, literally helping "take the load off" our feet and legs as water stored in our lower extremities and the contents of our lymphatic vessels and blood vessels is pushed back to the heart and lungs. The dynamic results of bathing, such as the effects of bubbles, jets, underwater massage and lymph drainage, remove the laminaria protective layer of the skin, enabling better penetration of product. Hydromassages stimulate the production of histamines in the body and of course are also relaxing.

Recommended baths should be 20-minute in duration. Warm and cool plunge with our Low-Level Laser Light Therapy (LLLT ) is utilized for it's healing properties, and is only available at Spa Therapy Wellness Center for every 2.8-degree rise in temperature of a bath, you increase your metabolism two-fold.

The effect of buoyancy reduces the weight of our body below the neck by approximately 85 percent. This is the reason we feel so much lighter in water and also why water exercises are excellent for rehabilitation, general conditioning, limited mobility and the overweight.

When bathing in a mineral spring or using seawater, minerals have been shown to actually penetrate the skin and deep tissues. As you already know, the various minerals have different indications and functions within our body. In European spas, doctors prescribe specific minerals found at each spring.

Other additions to the bath, such as seaweed, offer tremendous benefits. The mineral salt composition of seaweed is 3 percent-6 percent (while the Dead Sea salts have a much higher concentration of salts -- approximately 27 percent-32 percent). As such, marine baths will improve circulation, remineralize the system, hydrate the skin, tone the body, relax the psyche, and promote good health and a restful night's sleep.
Skin Deep

Water possesses great curative powers through its ability to stimulate the nerve receptors in the skin, which act as transmitter organs. To understand and appreciate hydrotherapy, you need to understand the function of our skin. Our skin is an organ, just as important as our heart, liver and lungs. It is the keyboard of hydrotherapy as it is directly or indirectly connected to the functions of all other parts of the body. Did you know that if our skin fails to function for just a few hours, all of our internal organs break down--the nervous system becomes paralyzed and the kidneys, liver and heart poisoned? That's why in severe scalding or third-degree burns where two-thirds of the total body skin is destroyed, death follows shortly. Remember "Goldfinger"? The actress playing poisoned? That's why in severe scalding or third-degree burns where two-thirds of the total body skin is destroyed, death follows shortly. Remember "Goldfinger"? The actress playing James Bond's on-screen girlfriend was painted gold and subsequently died because her skin "suffocated."
The skin is an elastic and sensitive organ due to the presence of a network of elastic fibers and nerve fibers in its deeper parts. A patch of skin the size of a quarter contains one yard of blood vessels, four yards of nerves, 25 nerve ends, 100 sweat glands and more than 3 million cells. Great numbers of tiny glands are present and their openings on the surface are called pores. But more important than any of these are the fine blood vessels and nerves which are so numerous that it is impossible to pass the finest needle point into the skin without causing pain and bleeding. It is through these that the application of water can affect the entire system most profoundly. Skin functions as a protective membrane for all the deeper tissues and organs beneath it. It is also a sense organ that becomes either excited or relaxed in cold or warm water and passes this information deeper into the body. This is why water temperatures are so important in hydrotherapy. If the purpose of a spa treatment is to absorb minerals and extracts, then you need to be sure the temperature of the bath is 98-100 degrees for maximum therapy. If the water is hot, you perspire, you eliminate, if it's too cold, the skin and blood vessels constrict. Everything we normally excrete or metabolize can be increased or decreased by the application of water to the skin at varying temperatures.

Healing by water can mean contact and use of water either internally or externally. Internally, we are hydrating, cleansing, lubricating and satiating. Externally, we are affected by the response and messaging between our skin and a tub or spray of water.

Most everyone would benefit from the relaxation components hydrotherapy offers. However, the real purpose is to increase circulation -- when you increase circulation you increase elimination. When you increase circulation you increase the oxygen supply to all tissues, this will promote health and healing. So the next time you at Spa Therapy Wellness Center, and you are considering adding to your standard treatment of choice, consider Hydrotherapy and increase your personal wellness program. Unfortunately, in the United States improper elimination, lack of circulation, loss of oxygen in the tissues, is the cause of many of our health problems. Hopefully, your renewed awareness of hydrotherapy will inspire you to enjoy therapeutic waters. END

PAIN MANAGEMENT

by AGNES CARTRY
Hypnotherapist

In 1986, while I was living in London, a friend of mine came back from the dentist whom he went to see to have a wisdom tooth removed and told me: Guess what the dentist told me just before extracting the tooth? He said, “Remember, resisting pain is 95% of the pain.” He paused and then added, “Just relax as deeply as you can and it’ll be over in a minute.” I am asking you to pause for a minute, too. Relax and ask yourself, what does the word ‘management’ evoke for me? Control. Eradication. Suppression. If any of these words are associated in your logical mind to pain management, here is some news for you.

The magic pill is sometimes necessary or preferred by some patients in distress or experiencing excruciating pain. It makes some of your pain go away instantly, the numbing of pain accompanied with numbed reactions, perceptions, and feelings. However, there are other options. Many of us are tired of side effects, tired of the recurrence of pain after a few days if not hours, tired of not feeling anything any more.

Before the development of allopathic medicine (not so much more than 100 years ago), people used natural herbs and talking to grandma or finding a shaman or healer to find relief and asked God for relief, in different religions all over the planet. A great part of the relief actually comes from being able to talk about your pain, to be heard, to feel in your whole being some empathy for your pain; somebody is there with you that will listen to how you feel.

In the last 50 years, there has been a growing awareness, including in the medical community that although allopathic medicine has enabled great progress and has provided great relief to many, it doesn’t have all the answers and can be complemented, if not replaced, by healing methods that have proven their efficiency for thousands of years, rather than 100+ years. It is now widely acknowledged, although not as long as 30 years ago, would make many members of the traditional scientific community smile, that emotions have an effect on the immune system and our capacity to cope with disease, pain and recovery (David Felten, Neurobiologist, and his team found receptors of neurotransmitters in the immune system).

Hypnosis was used for healing in Ancient Egypt more than 2,000 years ago. The word is Greek, it simply means sleep. Consciously, and with consent during a therapy session, a
hypnotherapist guides you to where you need to go to heal. This is performed utilizing the brain frequencies experienced during the sleep cycle. Accessing this other part of the brain, a place where you can feel peace, harmony and relief, is possible through hypnosis and affects your whole body's response to the otherwise relentless pain. Hypnosis gives you time out from the pain because it is a state of deep relaxation, some call it deep concentration where your mind has the ability to focus on what it's want to achieve, and if it happens to be relief from pain, you can achieve it.

If you experience chronic pain, you may take some pain medication. The medication may help, however, some have significant side effects, be financially cost prohibited, your body develops a tolerance to them, your pharmacy might change brands that become less effective, and the list goes on and on. You may have to go to the dentist and get a wisdom tooth extracted. You may have this back pain that doesn't want to go away. You may have carpal tunnel syndrome and not much can be done. In your mind is the power to find the source of the pain, to ease the pain, to decrease the pain, to dissolve it.

I am not talking of control, or a magical wand, or resistance, or ignorance. I am talking about finding why the pain is there. It's there for a reason, you know, like a little person nagging you, are you willing to hear what it wants to say. If you have a 3 years child having a tantrum in front of you at the supermarket, do you shout to him "Stop it right now?" Does it work? What happens next? Does he get quieter? Not in my experience. He gets louder because he wants ATTENTION. Pay attention to what your body is trying to tell you. The body doesn't lie. We can invent all sorts of lies, mainly to ourselves with words, attitudes, "I am fine!", and all is good". When I was a child in France, there was this comic singer that was regularly invited to shows and he kept singing "I am not talking of control, or a magical wand, or resistance, or ignorance. I am talking about finding why the pain is there. It's there for a reason, you know, like a little person nagging you, are you willing to hear what it wants to say. If you have a 3 years child having a tantrum in front of you at the supermarket, do you shout to him "Stop it right now?" Does it work? What happens next? Does he get quieter? Not in my experience. He gets louder because he wants ATTENTION. Pay attention to what your body is trying to tell you. The body doesn't lie. We can invent all sorts of lies, mainly to ourselves with words, attitudes, "I am fine!", and all is good". When I was a child in France, there was this comic singer that was regularly invited to shows and he kept singing the same one song, “All is well, marquis, all is well” and then whispered, “the stable is burning, the cooks are running, the river is overflowing, BUT, all is well.” You can find the source of your pain, that’s not control, nor suppression, nor management, but understanding. Stand under your pain.

Do you have friends? What do you expect the most from your friends? I don't know about you, but in my case its understanding. I feel they understand me and I can talk to them without being judged, laughed at, ridiculed, despised. No, they listen with patience and compassion and try to understand even when it doesn't make sense. What about being a friend to you FIRST? Try to understand YOURSELF.

First step. Not so easy, but the good news, is that in the state of deep relaxation reached though hypnosis, that judging part, controlling part, logical part, connected to the left brain, it’s politely asked to sit at a distance and audit. Your feelings, sensations, memories, true insights can come out during hypnosis. You can see your attitudes in a fresh way. When you UNDERSTAND your pain, have talked to it like a friend, not an enemy, not somebody that walks off and slams the door, then you can find other ways to deal with the real issue, you can reprogram the pain response of your neurotransmitters to some other response. Pain is a transmitted response. Once you listen to the question, you can respond differently, your brain can respond intelligently rather than react.

What about just plain not feeling that pain anymore? I don't care where it's coming from, I just don't want it anymore! The good news is your brain is PART of your body, it produces hormones. Heard about a computer box without a processor? Not me. The box doesn't do a thing without the processor, that’s what life is, all those transmitters circulating within your body, sending millions of messages every millisecond.

For plain old pain, your knees hurting from running on the asphalt the wisdom tooth, the cutting your finger with the kitchen knife, this is referred to as "mechanical pain". Hypnotherapy shows you how to apply self-hypnosis. All hypnosis is self-hypnosis; it is the therapy of consent, meaning you need to be WILLING to heal. This involves trusting the right part of your brain to lead your body's response. It is the method of learning to let go of resistance to pain and the fear of pain. Through hypnosis you can relax and associate different thoughts to the pain, you can actually diminish the pain. That method is used a lot in dentistry, for example; you can visualize a clock dial where 12 represents the most extreme pain and 1 no pain at all. The hypnotherapist during a procedure can offer a suggestion to you to associate the pain with a lower number so that indeed, you will experience minimal or no pain at all. Magic? No. You intercept your neuro-transmitter's response and witch it.

You focus completely, wholly, from the depth of your being on how you want to feel, and your body responds.

Research indicates approximately 80% of the population respond to hypnotherapy positively. The majority of success relies on trusting your hypnotherapist and above all, trusting yourself that you can let your logical overactive analytical mind take the role of observer.

END
Five benefits of Athletic Massage  
by Jennifer Nag’y-Cordray

Do you remember when you were a child and your mother would tell you to go to bed so your body could grow? Well that was true then and is still true. Your body actually grows and heals most when it is resting, and recovering.

What this means to you in the sports arena is, you must give your body time to recover between workouts to get the maximum result from your workouts. One of the best ways to enhance this rest and recovery phase of training is sports massage. The following are all benefits of massage in relation to sports.

The first thing a massage will do for you is to bring your awareness into your body. You will become aware of the places you are holding stress when you work out and the places that are unusually tight. You will learn to feel the difference between normal muscle soreness and injury soreness.

The next thing massage will do is to help your flexibility. The constant muscle contractions of sports cause microtrauma in the tissue which promotes adhesion. The massage will make the muscles and tissues more pliable, and will encourage flexibility, resilience and better circulation.

Another advantage is that massage speeds up the recovery from workouts by removing lactic acid and other by-products from the muscles. Doing this helps the muscle tears to heal faster so that you can be ready for another workout sooner.

In the case of injury massage will also help. The injured areas can be massaged to encourage blood supply to the injured area and aid in the healing process. Increased circulation to the area will speed the healing process, especially in the case of overuse injuries.

The last benefit is the fact that a good sports massage therapist can spot areas of weakness or stress that could lead to injury. Many times athletes are so involved in their training that they tend to tune out their body talk. The body always whispers before it screams. A good massage therapist will be able to help bring your awareness to the areas that need attention and prevent injuries.

END

THERE’S BEAUTY IN HEALTHY SKIN

By TRACIE MONTHAVEN
Skincare Therapist

Spa Therapy introduces the revolutionary new beauty tool, the Clarisonic. This new wonder is from the creators of the Sonicare toothbrush.

Sonic technology first changed the way we clean our teeth, and now it’s changing the way we cleanse our skin. The Clarisonic is so gentle and effective, it can be used twice daily. The Clarisonic’s soft, gentle brush oscillates back and forth more than 300 times per second. It cleanses so well that products are better absorbed. Your skin will be softer, oily patches and dry patches reduced.

Your pores on your skin will appear smaller. The Clarisonic is proven to remove 6 times more makeup and 2 times more dirt and oil than manual cleansing. Your skin will be left soft, healthy and radiant. Using the Clarisonic as a part of your daily cleansing ritual prepares your skin to better absorb skin care products. A recent study showed 61% better absorption of vitamin C. The Clarisonic effectively cleans without abrasion or harsh chemicals, making it really gentle for all skin types. The micro-massage action works deeply to unclog pores sweeping away impurities for healthier, softer, younger looking skin.

The Clarisonic is waterproof, rechargeable and customizable. You can use it in the shower, tub or at the sink. Customize the Clarisonic to your specific skin type with multiple brush heads, cleansers and speeds. Here at Spa Therapy we carry the professional version of the Clarisonic, the Clarisonic Pro. It offers the ability to attach a body brush for all your body care needs. The Clarisonic Pro also offers an additional speed for your customization. The CLARISONIC Pro is only available to Physicians or skin care professionals. The Clarisonic Pro retails for the same amount as the original version, but this version offers so much more. The Clarisonic Pro comes with a charging base and one brush head. The brush head should be changed about every 3 months or so, and you can pick those up at Spa Therapy.

I will be using this revolutionary new beauty tool during your facial treatments. Please call and ask for Tracie for a free skin care consultation and experience the best the skin care industry has to offer!

Ask about my Skin Care Special!
‘Andropause’ better known as the Male Menopause

By JEFF WEBER, C.M.T.

Do men really go through a change in life? You bet. Andropause is the male menopause. Yes, we men do loose hormones as we age much like women but in a different way. In this article, I will explain what Andropause is, the complimentary treatments and what you should expect.

Andropause occurs as a result of plummeting levels of testosterone, the dominant male hormone. This hormonal function starts to decline gradually as men age. Just like Andropause, when decreasing levels of estrogen (the most dominant female hormone) play havoc on the female body – it can apply to men as well. Because of this condition, symptoms such as the loss of libido, impotence, and depression may present themselves.

Below are a few of the most common symptoms of Andropause:

- Loss of libido
- Depression
- Hair loss
- Hot flashes
- Loss of energy
- Mood swings
- Muscular strength
- Night sweats

Men typically do not talk about feeling well, and particularly about life transitions such as male menopause. On a personal note, I have been going through Andropause for around 1 year. For myself, I just thought it was depression, since certain things in my life changed. For sometime I felt depressed, overwhelmed and quite tired. Once I started researching my symptoms, I came across Andropause, better known as male menopause. We men thought we were exempt, well think again. Your midlife crisis doesn't have to be so difficult, and with some research and effort, you too can claim back the quality you so richly deserve in your life, your good health.

Now let's talk about DHEA

The effects of Andropause can be effectively reduced by using DHEA as a hormonal supplement. Produced in the adrenal glands, Dehydroepiandrosterone is responsible for producing chemicals that influence the growth of testosterone in the body. Used as a dietary supplement, DHEA can do wonders for you. The enhancement of memory, stamina build up, and increased levels of libido can restore a man back to his natural state. It is a great treatment for men with erectile dysfunction, a common symptom of Andropause as well.

There have been plenty of tests using DHEA and placebos where libido and erectile function improved significantly in the men using this hormone than those that didn't. It has been said that low levels of DHEA is linked with a speeded up aging process.

Before research efforts were placed into discovering more about this hormone, it was associated with helping in weight loss. Soon after, it was associated with a slew of other health benefits.

There is so much available to us now that can help alleviate the uncomfortable symptoms of going through this transition. Here at Spa Therapy, we can help. We carry, DHEA from M'lis. An all natural vegetarian supplement. Discover this all-natural formula provided by M'lis. This supplement will enhance and bring back what all of us men thought we have lost. DHEA has complimented my life.

The top notch supplement is DHEA.

Other Related Articles:

- Hair Loss During Andropause is Caused by Declining DHT
- Vitamins, The Difference Between Pharmaceutical Grade Vitamins vs. Regular
- How Testosterone Affects Male Menopause and What you can do to Stay Vital
- Healthy Erections and the Truth About Garlic
- DHEA Levels and Andropause - What Men Need to Know

Ask me about!

Buy DHEA in March-April from Jeff & receive a Acupressure Organ Balance Therapy as my gift!
Spa Therapy introduces ‘Prune Kernel Oil’: 
The Everything Oil by Audrey Mc Cready
Skin Care Therapist
Massage Therapist

Prune kernel oil also known as plum kernel oil, is an incredibly rich and intoxicating oil which gracefully shares it benefits in numerous food and cosmetic applications throughout the world. Prune oil is a recent addition to the exotic oil scene and it has been incorporated into some of the finest food dishes in France and it can be found in some of the most exquisite cosmetics in Italy. Having a flavor and aroma similar to Apricot kernel oil with a fruity top note, this oil is sure to embellish itself or balanced with other flavors to create original culinary partitions. But the use of prune oil goes beyond sweets and also capitalizes on the growing trend for new oils pioneered by chefs as a substitute for almond oil, mixed with neutral tasting oils or balanced with other flavors to create original culinary pairings. The magic of prune oil

Prune oil was first used in the food service industry in France for its ability to replicate the taste of almond oil and provide a rich almond flavor to sweets. It does not have a "plum/prune aroma" but a rich and typical almondly, marzipan like flavor, more complex than that of almond oil. Because of this, it was first used by chefs as a substitute for almond oil, mixed with neutral tasting oils or balanced with other flavors to create original culinary pairings. But the use of prune oil goes beyond sweets and also capitalizes on the growing trend for new oils pioneered by restaurants and food companies looking for original tastes in food. Rich in vitamin E, plum oil has no trans fats and can be heated to 180ºC during frying. From entrees to baking

It can be drizzled over entrees, incorporated into marinades, used as an ingredient in baking, salad dressing, vinaigrettes and sauces or employed as a finishing oil to bring an "accent" to hot meals. Such is the richness of prune oil aroma that a subtle balance between sweet, salty and other flavors is essential for its successful inclusion in recipes. Prune oil can be mixed with other oils (as an example, with olive oil and green lemon juice for vinaigrette) or used as such sprinkled on a fresh lettuce. The flavor is very rich so you will need only a few drops.

An explosion of flavors
When frying with prune oil, marinating fish and poultry or balancing it with other spices, you will notice how its perfume delicately mixes with other ingredients and brings you a new culinary experience that has inspired more than one.

Here is an example of one of the latest press releases on this awesome oil. Cherry, Sweet, Almond-like, Aromatic, Very rich, Unique, Fragrant, Intense body, Delicate and smooth, Balanced, Delicious after taste, Pleasant, Original, Well rounded aroma...What else?

As you can see the uses of this oil are endless! Visit Spa Therapy and pick up this awesome oil and use your imagination to create a one of a kind dish today.

*END

FACE SPRING

Now that daylight savings time is here, we can all breathe a sigh of relief that spring is on its way. As we say farewell to our coats and boots and welcome t-shirts and sandals, we should also take time to examine our skin. Winter takes a toll on your skin and spring is a great time to do damage control - especially since people will see more of your skin in those warm weather clothes!

According to Dr. Rene Martin Earles, a dermatologist in Chicago, "Winter weather decreases the circulation and perspiration of the skin. The skin's naturally shedding outer layer does not turn over in cold weather as fast as in warm weather. This results in a decrease of suppleness in the skin; it is drier and it feels rougher."

Fortunately, there are several easy ways to get rid of the telltale signs of winter on your skin before spring is in full swing...here's some good advice:

- **Exfoliate** to remove dry skin cells that clog your pores. A simple mask made from cooled instant oatmeal can be applied for ten minutes to slough the surface of your complexion without stripping it.
- Use a light moisturizer on your face that is suitable for your particular skin type. As spring approaches, you perspire more and heavy moisturizers tend to clog your pores.
- **Moisturize** your entire body. A good trick is to liberally apply white petroleum jelly on your hands and feet, put on gloves and socks and go to bed. When you wake up, your skin will be noticeably softer.
- **Avoid tanning** salons that strip your skin of essential moisture and damage it with harmful rays.
- **Be cautious** when first gardening outdoors. The sun is stronger and your skin is still sensitive from winter damage, making it even more susceptible to sunburn. Apply a sunscreen to protect your skin whenever you go outside.
- **Wear gloves** when doing outdoor work to protect the delicate skin on your hands.
- Drink six to eight glasses of water every day to hydrate your skin from the inside out.
- **Try soaking** your hands and feet for about fifteen minutes in a solution made from two parts milk to one part honey - it really works!

With a little extra attention applying the advice above, you will have smooth, attractive skin and be ready to face spring.

*END
ALL MINERAL MAKEUP IS NOT CREATED EQUAL: VALUABLE INFORMATION YOU NEED TO KNOW!

AUDREY & TRACIE
Skin Care Therapists

✓ Department store brands may contain synthetic dyes, talc, fragrances, synthetic waxes, and drying alcohol.
✓ These ingredients can clog pores, dry the skin and cause skin sensitivities and allergies.
✓ Many of the makeup that is marketed as “minerals” are makeup that contains “micro-minerals”

The small amount of minerals that these products actually contain is also present in a number of liquid foundations that have been on the market for quite some time. Furthermore, these foundations contain all the chemicals and preservatives that are typical of many liquid foundations. They are not pure mineral makeup, only traditional formulas with some “micro-minerals” added.

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✓ Our makeup is a skin healthy formula from natural mineral pigments, including Vitamins A, E, and D
✓ Essential nutrients replenish and protect, neutralize free radicals, soothe and smooth skin for a natural, flawless complexion
✓ Long-lasting weightless coverage that minimize appearance of fine lines and wrinkles
✓ Chemical-free, broad spectrum sun-protection
✓ Anti-microbial and anti-inflammatory properties are ideal for rosacea and acne prone skin
✓ No harmful chemicals, talc, dyes or alcohol
✓ Non-comedogenic, will not clog pores, oil-free and very water resistant

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Life Coach Group
by Horacio Roa
Life Coach

The power of self-healing is an innate capacity in all human beings. It is an expression of the connection with oneself; it is related to our faith in something higher and more intelligent that can bring a solution into our lives.

Common sense has its roots in nature and its law of cause and effect. When we withdraw from nature we lose our common sense. For instance, if we remove an animal from its natural environment and we place it into an artificial one, it will lose touch with its instinctive intelligence. After a while, it won’t even know how to survive in its usual habitat. This common sense understands the purpose behind pain and illness, and is therefore able to use them. The act of healing requires us to learn self-healing, to promote the growth of our instinctive intelligence, emotional balance, physical strength, and full use of our potential.

We must clearly understand the wide difference between knowledge and true understanding; between knowledge and being. Our understanding is the result of over 20 years of practice.

Ideas have the power to generate positive or negative attitudes which result in positive or negative actions. In our Life Coach Group we share new positive and creative ideas that will bring positive and helpful attitudes. Once given the right tools, being present to our difficulties, always brings real solutions.

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6. Educational Seminars

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Self-healing Yoga Class

by Horacio Roa
Life Coach

Come to Renew Yourself
In our era of new and rapid technological developments, we have forgotten how to slow down and relax. These days, attention, relaxation, and inner life, are survival matters.

See when at our calendar of events
COMING SOON, PRE-NATAL YOGA
Regenerative Exercise give you the flexibility, the oxygenation and the sensitivity to heal yourself that comes from any conscious workout, allowing you to learn, for example, how to:

• use the movements of the lumbar vertebra to increase your digestive system balance
• produce serotonin and endorphins, hormones for creativity and wellness

If you want to get the most out of your days and to feel more alive and joyful, you need to know how to treat your body well.

Do you know you can heal your skin through relaxation?
Do you know you can loose weight by teaching yourself to be positive and confident?
Do you know that you can rid yourself of headaches and constipation through nasal breathing techniques?
Do you know that your depression can be a symptom of lack of

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✓ Natural Juice Bar for cleansing and Food for healing treatments.
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Find out more details about each of these practices by searching holisticeye.com

SPECIALS & UPDATES

❖ STARTING IN MARCH: EVENING YOGA & LIFE COACH GROUP TRAINING
❖ MARCH & APRILS SPA SPECIALS!!!
   FEATURED TREATMENTS
   1. MAKE-UP ARTISTRY SERVICES WITH MAKE-UP KIT PURCHASE
      BUY A MAKE-UP KIT & RECEIVE PROFESSIONAL MAKE-UP ARTISTRY FOR ANY EVENT WITHIN 6 MONTHS!
   2. UPGRADE YOUR RAIN MASSAGE TO INCLUDE A WALNUT EXFOLIATION TREATMENT AS OUR GIFT!
      FEATURED PRODUCT
      «SKIN RX BODY LOTION: TWO TYPES TO MEET SKIN CARE YOUR NEEDS:
      1. TRIPLE VITAMIN C&E for sun damaged skin & repair
      2. Q10 & AVOCADO for enzyme and anti-oxidant power great for skin maintenance

DON'T THINK TWICE WHAT TO GET MOM OR DAD!

❖ MAY AND JUNE SPECIALS WILL BE FEATURING
      MOTHER’S DAY ‘RAIN THERAPY’ SPA PACKAGE
      RICE OR WALNUT BODY EXFOLIATION IN THE RAIN ROOM, STEAM & HYDROTHERAPY
      AND FATHER’S DAY ‘IT’S A MAN’S WORLD’ PACKAGE TO INCLUDE STEAM ROOM, RAIN MASSAGE & PEDICURE

GET READY FOR THE SUN

❖ “BODY POLISH & BRONZING PACKAGE”
   GREAT GIFT FOR A BRIDE, PRE-VACATION BODY TREATMENT, OR JUST GETTING YOUR BODY READY FOR SUMMER!

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SPA THERAPY PRESS ROOM

Girls Night Out
February 27th, 2009

This was our second annual fundraiser, now known as ‘Girls Night Out’. Raising money for breast cancer survivors, food, friends, SPA treatments, music, this is Girls Night Out! If you have not heard of it, let me tell you how fun it was!

Guests arrived and instantly received gifts and a big Thank You for supporting Geweke Caring for Women Foundation and raising money for breast cancer survivors. All Spa Therapy professional staff and the Girls Night Out committee donated their time and expertise to provide 10 state-of-the-art spa treatments! The entrées donated by Ruthy’s were excellent, while local Firefighters served the food & wine. The MARKS, a local string quartet, donated their time to entertain our guests and support the fundraiser. We had a very successful night and raised over $7,500.00!

Thank You Sponsors!

Premier Sponsor
Dr. Narinder Bajwa

Pink Sponsors
Lori Denney
& Janice Nall.

Go to Pink-October.org or YubaCitySpa.net to see all the generous sponsors and offer Support to Pink October by attending fundraisers, donating time, or sponsoring events. Hope to see you next year!

Date set for February 26th, 2010.

March Art Exhibit & Social
March 5th, 2009

This was our 5th art show and one of our best! The artist is a local landscape photographer, Joe Reusser. He has displayed beautiful photographs in our studio since January 1st, 2009. On March 5th Joe transformed the studio into a window to our great Sutter Buttes.