

SPA THERAPY NEWS

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PLANT OILS USE *in* OUR SKIN CARE

Plant oils have risen in the skin care ranks, not only as ingredients in treatment products but also as their own product category for massage or skin treatment. These oils can provide tremendous benefit, but not knowing which oils benefit which skin types can put an esthetician at risk.

Composition and the Skin Barrier

There is significant variability in plant oil composition, and some plant oils can cause problems for skin types with an impaired skin barrier. Plant oils consist of triglycerides and small amounts of free fatty acids.

Free fatty acids are known to disrupt skin barrier function. Oleic acid, an unsaturated fatty acid and a transdermal penetration enhancer, can disturb epidermal barrier function in children with eczema. Eczema is a chronic skin condition characterized by defects in the skin barrier function and impaired ability of the skin to hold water, causing decreased hydration. Detriment could be extended to all skin types with weak barrier function, in those who are genetically predisposed or those afflicted by external stressors.

Oleic and palmitoleic acids, present in plant oils such as olive and grape seed oils, have been shown to induce epidermal hyperplasia, clinically manifesting as scaly skin and abnormal follicular keratinization, implicated in acne. In the laboratory, molecular interactions between oleic acid and model stratum corneum lipids (consisting of ceramide, cholesterol and palmitic acid) has shown that lower concentrations of oleic acid preferentially mix with and disorder the ceramide-enriched domains. This is followed by perturbation of the palmitic acid-enriched domains and disruption of skin lipid domain separation at higher levels of oleic

acid. Oleic acid increases water loss and substance penetration 24 hours after a single application in a dose-dependent manner, as shown clinical research by Johnson & Johnson. Oleic acid can permeate deep to the skin, reaching the dermal/epidermal junction. The affinity between plant oil components and skin lipids determines the extent of their penetration and clinically measurable effects on skin barrier function.

Hydration: Sea Buckthorn

The use of any plant oil depends on its composition, the skin type, the targeted tissue and finally the concentration. Despite the presence of palmitoleic acid in sea buckthorn extract, this oil has been shown to have a positive effect on the skin condition of Asian healthy men. When applied as an emulsion over 84 days, the effects of sea buckthorn extract (5%) resulted in improvements in skin hydration and skin barrier function.

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Anti-aging: Marine Flower



No longer restricted to aquarium walls and sushi platters, algae are now breaking out as superstar ingredients in industries ranging from health to skin care. From high nutrition content to ultra-hydration and antioxidant delivery, people are buzzing about the benefits of algae, especially the popular blue-green and red varieties.

Our Eminence Marine Flower Peptide Serum is easily absorbed, potent, and delivers concentrated plant peptides and botanicals to diminish the appearance of fine lines and wrinkles for visibly smoother, plumper and more youthful-looking skin. Ideal for all skin types, especially aging skin, the Smart Collagen+ Complex rejuvenates the look of the complexion while unique algae extracts increase firmness and provide long-lasting hydration.

Barrier Strength: Argan

A recent review has deemed plant oils containing supplements beneficial for the skin barrier.⁶ Interestingly, a dual approach of daily consumption and/or application of argan oil has been tested in the challenged skin of postmenopausal women. In a 60 day period, both oral consumption and topical application of argan oil led to an improvement in skin barrier function and increased hydration in Morocco.



Argan oil is used in our Age Corrective Collection by Eminence Organics. Our Age Corrective Night Collection contains Argan Stem Cell Complex made from nutmeg seed and stem cells from the Moroccan argan trees. The stem cells can teach your skin cells to regenerate in the same way. Argan stem cells encourage the regeneration of dermal stem cells and thus increase skin density. The results are firmer, younger looking skin. Our products that have this incredible oil are; Lavender Age Corrective Night Concentrate, Lavender Age Corrective Eye Cream, Monoi Age Corrective Night Body Cream, Monoi Age Corrective Night Cream for Face & Neck, and Bamboo Age Corrective Masque, which I'm told is one of the most valuable product that Eminence Makes.

Baby Softness: Coconut

The benefits of topical virgin coconut has been reported in Asian children with mild to moderate eczema by clinical improvement in the skin condition, reduction of Transepidermal water loss and improved hydration. Its physical effects on the skin translate into biological effects simply through its mechanism of hydrating and occluding the stratum corneum from which many benefits are derived.

Your skin instantly tightens and lifts with our Coconut Age Corrective Moisturizer. Coconut, shea butter and grape seed oil combine with green apple stem cell technology that offers lasting age correction. Our Bamboo Firming Fluid's strengthening agents of bamboo and coconut deeply hydrates, with the help of a Natural Retinol Alternative and Swiss Green Apple Stem Cells.

Mainstream academic research from the UK has shown that topical oils on immature baby skin may contribute to the development of childhood atopic eczema. Full-term newborn babies were randomly assigned to olive oil, sunflower oil or no oil, twice daily for 4 weeks, stratified by family history of atopic eczema. Babies treated with oils had significantly improved hydration but significantly less improvement in lipid lamellae structure. Therefore, until further research is conducted, caution should be exercised when recommending

oils for neonatal skin. In Germany, the effect of sunflower seed oil on skin barrier development in premature infants has shown a delay in skin barrier maturation.

Acne & Aging Skin: Evening Primrose Oil

In acne, abnormal keratinization of follicles is one of the first steps in comedone formation, which suggests an impaired skin barrier. Seasonal changes in acne treatments and skin care recommendations are important in the spa. Teenage boys, with and without acne, were monitored over the course of one year month by month. Sebum production [skin oiliness] was lowest in the winter and highest in the autumn. Skin barrier disruption was high across all seasons. Evidence for seasonality, with lower lipid production and reduced barrier function during the winter calls for a considerate approach when using plant oils topically in skin prone to acne. Evening primrose oil has been suggested to benefit acne patients due to its role in improving skin hydration and barrier function in healthy skin and eczema.



Evening primrose oil is rich in ingredients essential for many anti-aging problems like sagging skin, dry and rough skin. It is also used in the treatment of skin discolorations. This oil also shows enhanced results in treating wrinkles and fine lines on your skin. This natural skin care product is very beneficial for both men and women in preserving healthy skin. Using this oil makes the skin re-produce new skin cells. It has the ability to lighten dark circles, making them look younger and less tired.

Our Echinacea Recovery Cream from our Bio-Dynamic Line contains echinacea, yarrow and evening primrose oil help repair the visible signs of aging without leaving behind a greasy feeling on your skin. This soothing fluid cream is perfect dehydrated for irritated skin. Our Lavender Age Corrective Nighttime Eye Cream is a rich, nourishing eye cream will help diminish the visible signs of aging overnight. Lavender and evening primrose provide aromatherapy benefits while the unique Anti-Aging Stem Cell Complex fight the appearance of crow's feet and leaves skin looking

radiant. Our Monoi Age Corrective Night Body Cream is an ultra-rich night body cream with our exclusive Anti-Aging Stem Cell Complex, which leaves skin looking denser, firmer and smoother. Our Lavender Age Corrective Night Concentrate hydrates and replenishes your skin's appearance with this overnight treatment. Rich argan oil, jojoba oil, primrose oil and shea butter improve the look of your skin's density and aid in reducing the appearance of wrinkles. Our Monoi Age Corrective Night Cream for Face and Neck, nourishing and replenishing your skin's appearance overnight.

Follow the Research

Advances in research into the role plant oils can have in different skin types emphasizes the requirement for estheticians to follow new research, in order to understand the day-to-day and seasonal implications for their clientele.



You Are What You Eat: Hydrating Foods for Dry Skin

Dry, flaky skin is a major concern for many people, especially in the winter. While moisturizers, oils and creams are great for topical use, treating skin from the inside out can also help to introduce some hydration back into the skin.

- **Vitamin C** helps boost skin hydration while working to prevent wrinkles. Foods filled with vitamin C include: broccoli, brussels sprouts, cauliflower, pineapple, kiwi, oranges and avocados.
- **Vitamin E** protects the skin from free radicals, which can lead to early signs of aging. Almonds, sunflower seeds, spinach, avocados, trout,

walnuts, sweet potatoes, butternut squash and olive oil are some of the foods rich in vitamin E.

- **Beta-Carotene** works to protect the skin against damage from UV rays. Some foods rich in beta-carotene are sweet potatoes, carrots, leafy greens, spinach, winter squash, kale, pumpkin, red peppers, peas and broccoli.
 - **Healthy Fats** help to keep the skin moisturized and flexible. Avocados are one of the best foods containing healthy fats along with cheese, extra virgin olive oil, fatty fish, whole eggs, chia seeds and dark chocolate.
 - **Omega-3 Fatty Acids** can also work wonders on the skin. Foods high in omega-3 fatty acids include: seafood, wild salmon, mackerel, chia seeds, flaxseeds, walnuts, sardines, soybeans and olive oil.
 - **Zinc** can actually help with creating new skin cells. Seafood, dark chocolate, oysters, lamb, wheat, pumpkin seeds and spinach are all rich in zinc.
 - **Potassium** fights against another form of food that could be drying your skin out: sodium. Bananas, sweet potatoes, spinach, watermelon, avocados, walnuts, yogurt, dark chocolate, tomato soup, edamame and butternut squash are some of the numerous foods that are rich in potassium.
 - **Antioxidant-rich foods** have numerous benefits, but they specifically protect the skin from free radicals. Dark chocolate, blackberries, blueberries, cranberries, pecans, walnuts, spinach, strawberries and artichokes are all included in the antioxidant-rich food family.
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Canine Massage & Energy Work

*Performed by
Certified Canine Massage &
Energy Work Therapist,
Nicole Brown*



Canine Massage is excellent for:

- Modifying unpleasant behavior.
- Helps stiff, older dogs with arthritis by regaining strength and flexibility and ease of movement.
- Post-surgery rehabilitation or pre-surgery massage for anxiety.
- Bonding with your dog.
- Agility or Hunting dogs, or very active dogs that rely on their bodies.
- Maintaining an assessment of your dog's health throughout their life.
- Restoring flexibility in muscles thereby strengthening the body.
- Relieving physical and emotional pain and supports dogs in their time of crisis (passing on, losing another pet, moving to a new house, etc.)
- Un-winding hyper dogs who cannot calm down.

Dogs live longer now and as they age, dogs develop the same infirmities that many people experience as they age. Dogs are experiencing glaucoma, emphysema, liver disease, cancer and kidney disorders. In addition to osteoarthritis, dogs are afflicted by general joint stiffness and unexplained pain too.

My canine massage sessions include the energy work because some dogs just don't want to be touched. This indicates pain and major blockages in the chakras or energy fields. I also show you how to perform massage or energy work techniques to utilize on your dog so that you may continue the care easily.

A single session may take thirty minutes to an hour. We assess the dog's gait, posture and behavior. The dog must accept my invitation to be massaged.

Prices:

Initial Assessment including Massage and Energy Work - 1 hour = \$60.00

Follow-Up Treatment including Massage and Energy Work - 30 minutes = \$30.00

Dry vs. Dehydrated Skin: Causes and Treatments



I am always asked what the difference is in dry and dehydrated skin. It is important to know which one you have because the treatments care will overlap, but your skin care needs are different.

Dry skin may be one of the most common client complaints, especially when working with mature clients. The first step in addressing this problem is to differentiate between dryness and dehydration. It is important to separate these two issues initially in order to determine potential causes. Once this has been done, the whole picture can be evaluated to develop an effective treatment plan. There will often be overlap, and the two issues usually impact one another directly. Fortunately, there are a range of modalities available from traditional treatments to cutting-edge technologies to help comfort and treat both dry and dehydrated skin.

Indications and appearance of dry skin

Dry skin is a skin type that is related to oil production. Skin is genetically predisposed to inadequate oil production, which leads to chronic dryness, or skin may become dry as oil production decreases with age. Skin with normal oil production will have a light hydro-lipid film composed of oil, as well as perspiration and moisture from the air. The t-zone may produce more oil than other areas. Commonly, clients observe oil in the t-zone and believe that they have overactive oil production. Many believe that skin with no oil whatsoever is the healthiest and so, even those with normal oil production may resort to stripping their skin with harsh cleansers in order to remove all traces of it. It must be explained that they need this film to keep skin properly protected and hydrated.

Dry skin presents with a lacking or nonexistent hydro-lipid film. It may appear tight, dull or may show signs of premature aging. This dryness and lack of barrier function is a leading cause of dehydration because, with no protective barrier, skin is susceptible to *transepidermal water loss* (TEWL). In this case, even if enough water is being taken in, the skin will be unable to retain that hydration. According to international esthetic educator, Florence Barrett-Hill: There is a simple law of physics that can be applied to TEWL and that is: Oil sits on top of water. Logically, if we wanted to retain water within the epidermis or to slow down water movement, the oil phases of the skin are the key to achieving this.

Potential causes. Because dryness is a skin type, those afflicted are simply genetically predisposed to inadequate oil production. However, several factors can worsen this type of skin or make otherwise normal skin feel dry by reducing surface oil. Some of these factors include powdery makeup that absorbs the oil, using harsh products that strip away oil instead of those that are additive and protective, as well as certain medications.

Indications and appearance of dehydrated skin

Dehydration is a skin condition that is related to the water content of the skin. Dehydrated skin can include epidermal dehydration, dermal dehydration or both. Each has different causes and treatments and, much like dryness and dehydration, these two conditions often overlap and closely impact one another. Well-hydrated skin will appear smooth and dewy on the surface. The epidermis will be plump, supple and bounce back easily, indicating good elasticity. Epidermal dehydration is indicated by crepiness or small lines that form when the skin is manipulated during skin analysis. Scales may form in the case of more severe, chronic surface dehydration. Dermal dehydration causes depletion of the dermis and will ultimately result in deeper wrinkles that are visible on the surface of the skin, as well as elastosis and sagging skin.

Potential causes. Common causes of epidermal dehydration include lifestyle choices, such as smoking, medication or illness; a diet high in salt or stimulants, such as coffee; environmental factors, such as seasonal changes and the artificial indoor environments caused by both heating and air conditioning; or sun damage, which can cause moisture loss and lead to dermal dehydration. Additionally, those with redness-prone or rosacea

skin can often experience a higher rate of epidermal dehydration, because the heat present with their condition can encourage TEWL, especially in the instance of impaired barrier.

Although drinking enough water is vitally important to hydrated skin, this alone cannot prevent dehydration. Even if a client drinks the right amount of water, if the skin's barrier is impaired, the water is likely to be lost through TEWL.

Treatment options

Oil infusion. When steam is not contraindicated by any other skin concern, an oil infusion can be an effective way to help correct barrier impairment to address dryness. This will generally improve epidermal hydration. In order to perform an oil infusion, a noncomedogenic oil should be applied to the skin after a thorough-yet-gentle cleansing, toning and exfoliation. The oil should remain on the skin as steam is applied and left in a comfortable position for 10–15 minutes. The heat and moisture from the steam will allow the oil to facilitate barrier repair. We offer professional organic oils here at Spa Therapy for this treatment. Our Rosehip Triple C+E Firming Oil is an effective facial treatment comprised of a blend of results-oriented actives and ingredients that provide intense hydration and protection.

Red LED light therapy. Use of the red LED light can improve all aspects of dryness and dehydration. The red LED light can improve barrier function by increasing oil production and skin perspiration to enhance the hydrolipid film. Although an adequate barrier will not ensure proper hydration; generally, proper hydration cannot exist without a functional barrier. Additionally, red LED light will help improve function in the dermal layers. Red LED light therapy has been shown to trigger repair mechanisms that stimulate fibroblast activity and new cell growth for tighter, rejuvenated skin. This increase in activity boosts collagen and other proteins that are critical for the skin's ability to retain hydration. This increase in important skin proteins simultaneously improves elastosis caused by chronic dehydration.

Niacinamide. This potent form of vitamin B-3 takes a multifunctional approach to hydration by addressing several aspects of dryness and dehydration simultaneously. By dramatically boosting ceramides and fatty acids in the stratum corneum, topically applied niacinamide has been shown to have an overwhelmingly positive impact on barrier function. In one study, niacinamide was

shown to reduce TEWL by 20% throughout 24 days. Additionally, niacinamide has been shown to improve microcirculation in the dermis, which provides numerous benefits, especially for mature skin. Look for niacinamide in a wide range of topical skin care products. Our M'Li's nutrient supplemental line offer a Daily Multivitamin and a topical Tissue Repair Cream, both with B3 in the form of niacinamide.

Multi-weight hyaluronic acid. Hyaluronic acid is well-known as one of the most effective skin-hydrating ingredients. However, it is not always used to its potential when only one type is included in a formulation. By featuring multiple weights of hyaluronic acid, different aspects of hydration and skin health are addressed. Normally, when hyaluronic acid is discussed, medium weight is the type talked about, which helps draw moisture to the skin for general hydration. The introduction of a low-weight hyaluronic acid allows hydration to penetrate deeper and more quickly in order to aid in improving elasticity. Additionally, a high-weight hyaluronic acid sits nearer to the surface of the skin and acts similarly to a dermal filler, helping improve surface hydration, and make fine lines and wrinkles appear less visible. This technology can be put to use by choosing serums and moisturizers that incorporate multiple weights of hyaluronic acid. We offer Strawberry Rhubarb hyaluronic acid in our Eminence Organics line, which will allow a cell to absorb 1,000x its weight in water. That's Hydrated!

Acetyl hexapeptide-37. As the "buzz" associated with peptides winds down, they have now earned their place as powerful skin care tools. One peptide in particular takes a novel approach to improving hydration, even for the most sensitive of skin. Acetyl hexapeptide-37 works with aquaporin, a protein found naturally in the skin, to regulate the way hydration moves between the basal layers of the epidermis and the stratum corneum to improve overall hydration. Acetyl hexapeptide-37 has also shown promise in collagen production. This powerful anti-ager was shown to boost the synthesis of collagen I by 61% in vitro. One important consideration when working with acetyl hexapeptide-37—and all peptides—is repetition. In order to see the best results possible, any product containing these ingredients should be applied to the skin repetitively so that the peptides can signal the skin consistently.

Keeping skin healthy

The best approach to dry or dehydrated skin is to look at the situation as a whole by performing a thorough skin analysis, and asking detailed questions about lifestyle and skin care habits. Only by piecing together multiple potential causes can the correct treatment be determined. Whether new technologies or more traditional treatments are chosen, the key to correcting dry or dehydrated skin lies in determining the initial cause and helping the skin to compensate, balance and repair.

A Year Later

by
Noreen G Schweiss,
BA, CMT, MFR



Most skin experts agree that collagen loss in the face leads to wrinkles as their basic synopsis for effects of aging or damaged skin. How does this happen? Why does this happen? As part of the connective tissue group, three main components, fascia, collagen and ground substance make up the fascinating fascial system, our main communicator to every other system that makes us mammals.

A traumatized fascial system, whether from injury, overuse or repetitive use, experiences a dehydrated, thus sticky, covering of the fascial tubules. Clear communication directing nutrients and moisture to the fascial system stops, over time surrounding tissues lacking adequate replenishing of nutrients thicken and stiffen.

Collagen production slows considerably and ground substance thickens, while fascia tubules stick to each other literally causing 2,200 pounds of pressure per square inch to every tissue in that area. And in our face, a ton of pressure to any area causes havoc seen, felt and unforeseen. Synthesizing this idea using Dr. Pischinger's discovery noted in his book, *The Extracellular Matrix and Ground Regulation, Basis for a Biological Medicine*, the great and unrelenting force of dehydrated connective tissue and crosslinks causes unnatural molecular bonds that create wrinkles.

Last February 2017, I initiated the development of my Fascia Release Face-LiftSM by

treating the right side of my face, leaving the left as the control side, and lead with intensive treatment to the cheek and nose region. Once the fascia tubules release, a noticeable softening occurs. Concerned at first, wondering how long the firming process takes to show any improvement. Facial softening needs the firming component, collagen, to truly plump and rejuvenate the tissue.

By the time I held my first Fascia Release Face-LiftSM workshop May 27, 2017, life overtook my daily to bi-daily skin rolling to support the 4-wk intensive treatment throughout February 2017. I only skin rolled the right side of my face and neck through the month of March. Because life's demands overtook me 8-weeks before the workshop, I virtually stopped skin rolling and barely managed daily moisturizing care.

I resumed skin rolling two weeks before the workshop and noticed an improved skin tone on the treated side, especially to my cheek region. This was an even more noticeable difference from weeks earlier. Surprised by the pleasant discoveries as the workshop quickly approached, I checked improved integrity of the skin by testing its hydration level with a very simple test.

The skin turgor test visually measures dehydration to an area. Many of us remember that nurse or our mother pinching the skin on the back of the hand or the arm to check dehydration levels in cases of severe diarrhea or when suffering with that wrenching stomach flu.

As I tested areas that I treated, improved elasticity gained remained true to the cheek, neck, eyelid and eyebrow, and the mouth areas actually improved in response time. Excitedly noting this marked improvement, a renewed inspiration flowed through my spirit.

During the summer and fall, periods of self-treatment and skin rolling ebbed and flowed. I focused on my neck and jaw line for a period and then my eyelid and brow area, while skin rolling the entire right side of my face, neck and upper chest. Wow!! What a tender tissue surprise I experienced working on my upper chest. I do believe the work softened, yet firmed, that sun damaged, thinning tissue that clearly showed aging.

However, my eyebrow, upper lid and lower forehead took the main focus of treatment this late autumn and early winter. This area showed the obvious thickening of scar tissue where the horse's hoof actually cut to the bone just above my right

eye; the scar partially hidden in my brow. Tired of squinting from chronic tension for over forty-five years, I repeatedly worked the scar tissue in the brow-line down to the outer corner of my ill-fated eye.

Oh my... during my Fascia Release Face-LiftSM treatment. Sometimes the constant, dull ache traveled deep behind the eye, which caused me to feel a little light headed and occasionally nauseated. However, after the very short lived discomfort during each session, the softening of the tissue and the lightening of that chronic pressure motivated me to continue treating the brow region. Determined to actually lift the upper eyelid from drooping over the lower lid, I return to this area to soften another layer, like an onion.

Now mid-winter and a year later, I found very tender areas around my nose and upper lip at the nostril. My first pictures in *The Fascial Effect* clearly show noticeable results with the nostril lift just two weeks after my initial, intensive treatment while developing this method.

These results maintained the nostril lift months later, but I discovered an incredibly tender and tough spot where the nostril flare joins the upper lip. After intensive focus working to release the fascia in this area, the increased nostril lift astounded me; not only for this change, but for the deep releases in my right sinuses, in my cheek and behind my eye.

Another key area of intense focus invites the mature jowl and jawline to release and soften, while the skin firms with rejuvenated collagen. Most people understand the basic role collagen plays in the youthful appearance of the skin. As a key member of the fascia system, collagen loses its plumping effect when the surrounding connective tissues becomes traumatized, thus dehydrated and unable to effectively communicate with rebuilding vital components of sensitive tissue.

The tissue of the treated side of my face continues to seemingly reverse the effects of injury and aging without machines, surgery, invasive procedures or expensive products that temporally soften wrinkles and add plump. Each time I see increased skin response to the skin turgor test, I shriek with joy followed with a great, big smile.

Just the other day I excitedly showed a staffer after checking my neck for improved hydration at home. As she watched me gently pinch skin on both the right and left throat, she actually expressed,

“Wow! The right side just snapped back, while the other side slowly returned. And the skin on your jawline under chin is so much tighter than the other side. You can see how much tighter and pulled up the skin is under the right.”

Listening in the office, Jennifer Cordray, the spa's owner and an expert esthetician, began calling out the magazines that I need to send my initial article, *The Fascial Effect*, to get the word out about my Fascia Release Face-LiftSM. She encourages me to speak at local groups like the Soroptimist Club and The Dolls. She also suggested enlisting doctors who treat stroke victims to consider the benefits that this method may present.

That very sensitive and thick spot on my upper lip softened leaving it a little tender from the work, yet, that tenderness quickly dissipated. The beauty of fascia release flourishes while discovering the next area that needs work; not just cosmetically, but in treating chronic conditions, like consistent aches and pains, auto accidents, kicked in the face by a horse or other prior injuries causing TMJ, which certainly compromises the TMJ and its unique jaw articulations.

Along with adult life, its challenges cleverly lead to TMJ conditions, like clenching teeth, while either making serious decisions or during tough times. Different reasons for different folks but all leads to achy faces, tight jaws and headaches, eye strain and brow tightness, broken teeth and compromised sinuses, to list a just a few jaw related conditions.

Let me help free you from nagging jaw pain, achy eyes or narrowed sinuses, while softening and rejuvenating the skin and deeper tissue of your face, neck and chest. Let me teach you how to soften tight areas, open restricted spaces and tighten drooping skin.

All treated areas with the Fascia Release Face-LiftSM method eventually lead to increased collagen production that ultimately restores and plumps the facial tissue by healing the traumatized connective tissues, by relieving the skeletal muscles and by reviving the surrounding ground substance. Join me in exploring and learning about our incredible, living fascia system.



Do you know What Gives You Energy?

By
Krystie Normann
California Certified Massage Therapist

What gives you Energy??

Hint: It's not your morning cup of coffee.

Traditional Chinese Medicine (TCM) teaches us that our bodies can be divided into twelve primary meridians, also known as Principle Meridians. These channels are like super highways where energy, or Qi (pronounced chee) runs most abundantly. Imagine a fast flowing river, it is not only powerful but highly concentrated energy, so much so that I can generate an electrical current; this is our bodies power as well. Our meridians are like the river, where concentrated energy flows where it is needed most and is interwoven with every organ system in the bod in order to deliver reliable sources of energy. Through dis-ease, we can encounter blocks in this Qi energy, slowly chipping away at our overall energy and contributing to a wide range of issues, including but not limited to, headaches, lethargy, low sex drive, insomnia, and periods of depression. What is happening within us is now reaching to the level of our awareness, our bodies are attempting to let us know what is going on within. This is where acupressure and reflex points can be a pertinent asset. It can open up the gates to our health.

Acupressure is a therapy developed over 5,000 years ago and used within TCM to address points along our meridians. Acupoints, or acupressure points are activated through pressure to stimulate the flow of our energy, in essence driving the river along, eliminating any areas of blockage. Energy is very subtle. Ever experience intense joy from seeing an old friend, or feel *instantly* drained entering a room that has just experienced conflict? This is the level of sensitivity our bodies are capable of. Therefore, we do not need intense pressure to active these points, but we do need precise knowledge of where to access the meridians and systemically open up these subtle yet powerful energy 'rivers'.

Reflexology is the perfect adjust to acupressure. Armed with the same knowledge of meridians, this modality focuses its attention on the hands, feet, and head. Now imagine receiving a treatment that uses acupressure on the body, while also paying particular attention to the often neglected points on the feet. Reflexology is increasingly vital to our health because not only have we activated our overall healing abilities by opening up our meridians through acupressure, but now we can send that flow to the vital organs! Talk about a one two punch. My treatment consists of melding two time tested practices into one to enhance and to revitalize our bodies curative abilities. Together we can cultivate greater awareness of where our energy may be 'stuck' and get back to flowing and feeling good.Who knows, you may not even *need* that morning cup of Joe. Let's get you there!

Spa Therapy's Photo Facial 'Blue Light Therapy' for acne!!

by **Vivian Ewald**
*Licensed Esthetician
Certified Massage Practitioner*



Along with red light therapy treatments, for anti aging, blue light treatments are a great option for acne. "Blue light therapy effectively helps alleviate this common skin condition affecting 30 million Americans and 94% of all females, according to Judith Hellman, MD, a board certified dermatologist, in practice, in New York.

Blue light therapy kills the acne-causing bacteria known as Propionibacterium acne, or P acnes, which can cause inflammation. P acnes are sensitive to the blue light. Using the blue light eliminates the bacteria found in the oil glands in the skin. The added presence of blue light causes the oil glands to shrink in size. The result is less oil in the skin and less bacteria, leading to the acne.

Eliminating the bacteria from the skin, with the help from the blue light, decreases the inflammation with red pimples (papules) seen in acne. After a number of treatments, the blemishes disappear and skin regains its normal healthy glow appearance!!

I recommend the blue light treatment for my clients with red pimples (inflammatory acne) or Acne facial that uses the blue light therapy. Celluma device delivers a UV-free low-level light energy through an FDA cleared, high-intensity LED light. Blue light destroy bacteria within follicles and pores beneath the skin's surface, treating mild to moderate acne and helping to achieve brighter and clearer skin of all skin types! I've seen clients with a decrease in acne lesions, both pimples and cysts. Not only do you get better skin but a better self-confidence. It can be used for 30 minutes, 2X a week for 4 weeks. Celluma light therapy not only helps with acne, but with anti-aging! Red light therapy is a non-invasive, cost-effective alternative treatment to all sorts of skin problems, skin appearance and is very effective a natural pain reliever. Red light easily penetrates the skin, boosts circulation and brings more blood and nutrients to the area. It also stimulates vital collagen and elastin production, leading to plumper and stronger and firmer skin. Fine lines and wrinkles are lessened, giving you a more glowing radiant complexion with a reduction of age spots and freckles!

After taking into consideration lifestyle factors such as drinking, smoking and diet or even hormones, the blue and red light therapy that we offer with Celluma here at Spa Therapy can take our amazing organic facials to the next level and on to amazing, beautiful skin.

Massage: A Great Way to Detox



When most think about massage, they determine it to be a rare luxury to relax. They write it off as a "treat" and nothing more! I laugh, because for me, it was never perceived as a luxury, it was a means to recover. In order to avoid painkillers and other traditional means of medicine after a horseback riding injury, I turned to massage to get me back in the game.

One of my favorite aspects of massage is how it stimulates the body to heal itself. The secret to expedited recovery is stimulating detox. There is probably no other time in history where the available food quality was so poor, lifestyles were so sedentary, and subsequently, bodies became so toxic. If even extremely healthy, powerhouse bodies benefit from a massage, how much more for the rest of us!

So how does massage actually detox?

Glad you asked.

The continual strokes, pressure and rhythm applied to the body activates the lymphatic and circulatory system. Slow and stagnant blood as well as metabolic waste is pushed out of hiding and squeezed out of tissue into the bloodstream. When detox is slow, toxins get backed up in the system, contributing to inflammation, disease, swelling, sluggishness and more. The healing process is slow, and overall function is subpar. A detoxed body is a happy body!

What's the best way to end your massage? A tall glass of water. Or two. Drinking adequate water helps the body continue to flush toxins and will combat any detox symptoms, especially after your first massage or if it has been a while.

As more and more research is confirming the health benefits of massage, more people are understanding why they feel so much better after, especially with consistent work. The bottom line? No need to justify that massage you're dreaming about, it's vital to your wellness!

5 Tips to Improve Your Mental Health



When a new year starts, we too often put other priorities ahead of ourselves and our mental health.

Focusing on mental health can be one of the easiest activities we do in a day, and we never seem to give ourselves any time to do it. These achievable steps discussed in an article from Mental Health First Aid can help anyone to focus on and improve their mental health in the coming year.

Accept Yourself

New Year's resolutions can very easily become a game of what we can fix in ourselves for the coming year. However, this constant feeling of having to change different aspects of oneself can do far more damage than good. This year, take time to acknowledge what you love about yourself. The key to self-acceptance is not only acknowledging what you already love about yourself, but also working to love those parts of yourself that you've always struggled with.

Build Relationships

Form new relationships through activities that you have never tried before. However, don't ignore the relationships you already have and work on strengthening them as well. Having close relationships makes people happier and thus healthier.

Work Your Body

Exercise is proven to increase a person's happiness. This year, exercise for your mind, not to try and fix different parts of your body. Get a boost of exercise whether it is going for a mid-day walk or spending 10 extra minutes at the gym. This boost of exercise can help your mind and body ease stress, reduce

anxiety and increase relaxation levels. This extra bit of exercise is also a great way to gain some you time.

Go to Bed

Sleeping is crucial to the body functioning properly. Most doctors recommend that a person receives an average of seven to nine hours of sleep per night. If you find that you are having trouble falling asleep at night, turn off any electronics, including the TV and other screens before heading to bed. If you still find yourself tossing and turning, consider seeing a professional to ease your sleepless nights.

Be Selfish

Don't de-prioritize yourself. Whether you have to remove toxic people from your life or just make sure you give yourself time to do something nice for yourself, create limits and hold true to them. Taking care of yourself is not selfish, so do whatever your mind and body needs you to do to keep yourself recharged and blooming.

Don't let yourself get stuck in a bubble of trying to commit to goals that no longer seem to fit what you want and need. Be sure to listen to your mind and body on what is best for you and celebrate doing that however you can.

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Jar Deconstructed: Artichoke



I have a favorite vegetable, it's the artichoke. I was hoping it had superpowers so I would feel better eating it..and more often. I was happy to find out it does!

Aside from its name, artichoke has a lot going for it. Also known as *Cynara scolymus* L. or globe artichoke, this ancient Mediterranean plant was used historically in folk medicine to treat conditions including hepatitis, hyperlipidemia, obesity and dyspeptic disorders. Clinical studies have also shown its large basal leaves improve digestion and liver functioning, as well as cholesterol levels.

Artichoke's primary health benefits are thanks to its rich polyphenol content. Demand for such plant-derived actives has grown³ in the topical skin care and cosmetics sectors. Indeed, artichoke's bioactive constituents have proven antioxidant effects for UV recovery, anti-aging, nutricosmetic and prebiotic benefits, as recent research demonstrates.

Antioxidant Superpowers

Antioxidants are the name of the game for not just health in general, but for skin's recovery from UV.

Phytochemical action. Researchers from Kyushu University in Japan discovered cynaropicrin to be one of the major bioactive phytochemicals in artichoke extract. The production of reactive oxygen

species in UVB-irradiated keratinocytes is significantly down-regulated by cynaropicrin; although the researchers note the potency of cynaropicrin in artichoke is weak compared with those of soybean tar, or *Opuntia ficus-indica*, *Houttuynia cordata* and *Bidens pilosa* extracts.

Another study from Fooyin University and Yuan's General Hospital highlights the polyphenolic flavonoid silibinin from artichoke seeds as an antihepatotoxic agent and a supplement for its antioxidant, anti-inflammatory and anticarcinogenic properties.

Silibinin also demonstrates photoprotective effects prior to, or immediately after, UV irradiation by increasing DNA repair and inhibiting cell proliferation and cell death. The authors noted that due to these effects, silibinin is often included in anti-aging as well as sun-protective skin care; in high-end moisturizers to prevent oxidative damage and photoaging; and in creams to decrease the appearance of redness in rosacea-prone skin, soothe reactive skin and even out skin tone.

Protective effects. Recent research from the University of Lisbon focused on the beneficial activities of artichoke's polyphenol content. Incorporating samples into topical applications, the researchers tested the extract for microbiological control, cytotoxicity and free-radical scavenging. They concluded the extracts provided excellent antioxidant and photoprotective activity, and the final formulas were safe for topical use.

Anti-aging benefits. In a related patent, Procter & Gamble researchers tested a synergistic blend of artichoke leaf and carob fruit extracts to improve signs of skin aging such as texture, wrinkles, fine lines and bumps; loss of elasticity and sagging; loss of skin recoil from deformation; and combinations thereof. According to the inventors, artichoke leaf extract derived from the long, deeply serrated basal leaves of the plant, and contains high concentrations of caffeic acid derivatives, flavonoids and sesquiterpene lactones.

Another patent disclosed methods for preparing and using botanical antioxidant compositions, including artichoke, to improve the appearance of skin. Here, an extract blend consisted of: one or

more hydroxycinnamic acids from artichoke or other sources; and an extract chosen from *Camellia sinesis*, *Vitis vinifera*, *Euterpe oleracea*, *Curcuma longa* and/or *Theobroma cacao*. This blend was incorporated into creams, lotions, serums, gels, sticks, powders, etc., for skin benefits.

Above and beyond. In relation, researchers have shown that hydroxycinnamic acids and their derivatives exhibit not only antioxidant, anti-collagenase and anti-inflammatory benefits, but also antimicrobial and anti-tyrosinase activities; as well as aforementioned UV-protective effects. Previous research identified caffeoylquinic acid as the major hydroxycinnamic acid in artichoke: 3,890 mg/kg in the plant heads and 3,269 mg/kg in the pomace, compared with caffeoylquinic acid (cynarin) in the juice. This suggests artichoke or other hydroxycinnamic acid-containing materials may act as topical anti-aging and anti-inflammatory agents, preservatives and even skin lightening ingredients.

Inner Beauty



Taking an opposing, inside-out approach, a study published⁸ in the *Journal of Agricultural and Food Chemistry* considers the chemical composition of Chinese artichoke (*S. affinis*) and its ability, upon ingestion, to protect the body against oxidative damage. Researchers analyzed constituents in the extract's macro- and micro-nutrients and isolated several compounds, as identified by nuclear magnetic resonance spectroscopy and mass spectrometry. Nutrients included oligosaccharide stachyose, succinic acid, as well as phenylethanoid and iridoid glycosides.

Overall, the macronutrient profile was dominated by carbohydrates (36.9%) and the micronutrient

profile, by potassium (2.36%). The extract efficiently protected human cells against oxidative damage.

Prebiotic Action

Interestingly, the carbohydrate content in artichoke also has prebiotic implications for skin, as disclosed in a recent GOJO Industries patent. Here, the inventors describe a method to reduce pathogens by first cleansing skin, to remove pathogens, then applying a topical composition containing a prebiotic to support the growth of healthy microbes.

This approach competitively prevents the binding of pathogens by overtaking the available nourishment and real estate with healthy microbes. The researchers used prebiotic inulin, which is a naturally occurring polysaccharide produced by Jerusalem artichoke and chicory.

In the Spa

While artichoke's topical benefits for skin have been proven, its use in spa skin care is still in its infancy. Currently, spas across the country recommend eating artichoke to balance one's diet, regulate digestion and to protect the body from oxidative damage.

For example, noted artichokes are nutritionally beneficial for the liver and gallbladder. They stimulate bile production and help break foods down to improve digestion. They also are shown to speed liver cell regeneration and guard liver cells from damage.

Although artichoke isn't found in many topical products as yet, this is about to change. Noting its antioxidant benefits, this natural active ingredient is also known for improving cell density, which helps improve skin firmness, reduce enlarged pores and minimize the appearance of lines and wrinkles.

Conclusions

Mother Nature and other moms in our lives have several tricks up their sleeves to encourage our veggie intake and uptake—and artichoke is no exception. Besides the health benefits it provides, the beauty implications alone are enough to inspire us to eat it and wear it

END