

SPA THERAPY NEWS

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What is Hot Stone Massage & How It Works

By Ana Hernandez
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The hot stone massage has become quite popular over the years. It is a great way of pampering yourself and boosts your overall health and well-being.

The way this technique is portrayed, and current popularity, might make it appear hot stone massage is a fairly new; however, it has been around for a long time. Hot stone massage has been used as a special treatment for several decades. The purpose of this type of massage is to treat different soft tissue issues without deep pressure (which could be painful), while achieving deep tissue release. The scope of the hot stone massage goes beyond simply providing relaxation and comfort. The client lies on his/her stomach while the massage therapist place warm stones on different parts of the body. The idea behind this approach is to transfer the heat from the stone to the body. The properly placed heated stone while manipulating the muscle fibers and myofascia is the key to success. Hot stone massage has proven to be an effective form of massage for treating different health conditions and could even help you to release stress. The heat soothes aching and tired muscles, making you feel much better after the massage.

Here at Spa Therapy Wellness Center we have developed our spin on the traditional hot stone massage, which we call 'Warm Stone Wave Massage'. I have immersed myself in this specialty over the past year because I love doing it and hear my client's sing its praises every day! We have a unique long stone with specific grooves that fit your body contours. This allows me to cover a larger area, generating more surface area heat for a more complete therapeutic experience.

In addition to deep relaxation, there are many benefits to having a hot stone massage. They include:

1. While all types of massage can help relieve pain caused by tense muscles, stiff joints or injuries, a hot stone massage may provide greater relief due to the intense nature of the massage.
2. Improves circulation and blood flow with in the body. As the heat from the stones penetrates into the deeper body tissues, your blood vessels open, resulting in improved circulation.
3. Regulates symptoms associated with painful conditions and improving range of motion, specially arthritis.
4. Calms the nerves and ensures optimum functioning of the nervous system.
5. Increased joint flexibility. Muscle tension can make it difficult and more painful to move the joints. Hot stone massage helps to relax muscles, which makes it easier and more comfortable for someone to move.
6. Decreased muscle spasms and tension. Muscles that are tense and spasm can cause a lot of pain and interfere with daily life. Reducing the inflammation and tension in the skeletal muscles eases both muscle spasms and pain.

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To get the best out of a warm stone massage, it is important for your massage therapist to acquire more detailed health history of all injuries to soft tissue. While massage therapy is not a substitute for traditional medical, it can be an integral part of your treatment plan.

SKINTERESTING: HORMONES & YOUR SKIN

By Jennifer Cordray
CMT, Esthetician



Many people associate hormonal fluctuations with women and teens, but these chemical messengers go up and down in all walks of life—male and female, as well as young and old. It is important for skin care professionals to be knowledgeable about hormones for a number of reasons. Being able to associate hormonal fluctuations with the phases of life will help skin care practitioners address certain skin changes regarding oil, hydration and loss of skin elasticity. Of course, if hormonal fluctuations are not tied to life's phases, being knowledgeable of the more common hormonal disorders and how they affect the skin will help skin care professionals guide clients to achieving skin care goals.

T3 and T4

The thyroid is part of the endocrine system, which is made up of glands that produce, store and release hormones into the bloodstream so the hormones can reach the body's cells. This gland utilizes the iodine in foods to produce two main hormones, triiodothyronine (T3) and thyroxine (T4). These two hormones affect the body's metabolism, temperature, blood, heart and nervous system, which can have an effect on the skin.

Effects on skin. Usually when this hormone is off, a physician will prescribe a drug that will attempt to bring the level back to normal.¹ Too little thyroid hormones can cause the skin to become more dry, cool, pale and brittle. There is also a skin condition named carotenaemia that causes the skin to turn more yellow in color. When a person has dry skin, they become more susceptible to inflammation and eczema. Too much thyroid hormone can lead to

warm, moist and sometimes rash-prone skin. Some more extreme cases of hyperthyroid may have Graves' disease, which may cause vitiligo, a condition characterized by irregularly shaped white patches on the skin resulting from the destruction of pigment cells.

Estrogen

Estrogen is another hormone that can affect the skin in a variety of ways when levels are varied. Estrogen is naturally produced in the bodies of both men and women. Its main role in the body is to help manage the reproductive system as well as help skin heal from bruises and protect the bones.

Effects on skin. As the body ages, the levels of estrogen decline and the skin can become more fragile, dry and loose. Loss of estrogen is a major cause of sagging, dry skin in women over 40. When estrogen levels are on the high end of spectrum, melasma (most common in pregnant women) can occur or even may cause premenstrual symptoms to be more severe. If a person's estrogen is not being metabolized in a normal manner, it can lead to a variety of cancers, including breast cancer. Estrogen can also signal sub-hormones to cause overgrowth of tissue that causes endometriosis. This disease affects up to 10% of women, which can cause painful and heavy menstrual cycles as well as issues with infertility.² Endometriosis can cause side effects in skin, including more oil and easily hyperpigmented conditions.

Testosterone

Testosterone is a hormone that is responsible for many of the physical characteristics specific to adult males. It is one of the principal androgen hormones, and it plays a key role in reproduction and the maintenance of bone and muscle strength. It is also a hormone that is present in females but predominately at much lower levels. Testosterone can affect the skin in many ways, both for men and women.

Effects on skin

For men, it can help to thicken the tissue surrounding the dermal and epidermal layers. The thicker tissues may promote more collagen production and more elasticity. Obviously, it helps in building larger muscles. Men also tend to have larger pores than women, as testosterone motivates the sebaceous glands to produce more sebum,

which makes the skin supple. Too much testosterone in men can lead to acne. The testosterone hormone in men also promotes hair growth all over the body, especially in the facial area. The hair offers a protection for the skin. When there is hair growth as well as normal sebaceous glands for a man, there also tends to be fewer wrinkles. In contrast, men experience hair loss when testosterone levels are low.³

Women can have issues with testosterone as well and should have those levels checked. When testosterone is too low, skin loses elasticity, tone and becomes drier, whereas high levels can cause the sebaceous glands to overproduce sebum and lead to cystic acne. The skin can become more sensitive in nature. Increased levels of testosterone in women may also lead to more facial hair. This is quite evident when the body overproduces testosterone at times to cause a woman to have Polycystic Ovarian Syndrome (PCOS). When a client has this, typical treatments for hair removal and acne are not effective until a physician can get the levels under control, as the symptoms will continue until that happens.⁴

Cortisol

Cortisol is a hormone that most attribute to weight gain when stress levels are high. It also can have an effect on the skin—as stress levels increase, rising cortisol levels can cause acne breakouts and even premature aging. In rare cases, clients can get Cushing's disease, which causes the skin to bruise easily and become thin and dry, along with acne and purple striation marks.⁵

Teens

Uneven hormone levels start in the preteen years. Girls may start puberty and their menstrual cycle as early as 8 years old (average is 12 years old), while boys can start puberty as early as 9 years old (average is 12 years old).⁶ It may take several years to go through the full cycle of puberty. At ages 8 and 9, the skin is still youthful rather than reflecting teenage skin. Many preteen girls are actually prescribed birth control pills to regulate their cycles, as they can be heavy or irregular. Many teens are also prescribed a variety of medications from dermatologists that work on the skin from inside out.

Treatment room

When working on teens in the treatment room, a combination of deep cleansing treatments, enzymes and light-to-medium peels are effective. Home care should include products that are antibacterial, antimicrobial, anti-inflammatory, soothing and hydrating. Vitamin A derivatives, salicylic acid, totarol and benzoyl peroxide-like ingredients such as Glycyrrhiza inflata root extract (licorice) can be effective for oil control. Take into consideration birth control or any other medications the teen is taking when deciding on home care and possible treatments in the spa setting to avoid any contraindications.

Years 20–40

Most hope that acne breakouts end after the teen years, but many women still have hormonal breakouts between ages 20 and 40. It is most helpful to treat these as a breakout rather than all over the face. This age range often is when women typically decide to have children. Pregnancy can also cause issues with the skin and nails. Some get melasma (pregnancy mask), where melanin is overproduced, and a hyperpigmented mask develops on the face. When treating someone who is pregnant, the less aggressive the better. Use natural brighteners like daisy, bearberry or licorice root rather than traditional, more aggressive hydroquinone and heavy peels until after pregnancy when hormone levels go back to normal.

Years 40+ and Menopause

Clients in the 40+ age group are going through hormonal changes as well. Menopause can happen naturally as women age or it can be induced prematurely due to illnesses, surgeries and medications. Because the main source of female hormones, the ovaries, shut down at this time, many side effects can be seen in the skin. Every woman experiences menopause differently, and treatments may need to be altered to address what is going on with their skin at different periods of time.

A client's skin can be affected by a variety of issues during menopause, such as thinning, dryness, excessive hair growth in odd places and even hair loss. When a person ages, the skin also becomes more sensitive, so traditional aggressive treatments and products used during youth may need to be altered because they are too stimulating for skin during these hormonal changes. Clients will still

want anti-aging ingredients, such as peptides, alpha hydroxy acids (AHAs), forms of retinol and antioxidants, but they need to be cautious when dealing with more sensitive skin.

An example would be to use retinaldehyde, which is a gentler derivative of vitamin A versus Retin-A or retinol, which cause redness and peeling to the skin. As clients age, more medications will come into play due to illnesses that come with aging. They will also play an important part in your consultations. The skin care professional needs to create treatments to avoid a reaction on the skin, but still give the results of rejuvenated, healthier-looking skin the client desires.

Encourage Hormone Checks

Hormonal issues can happen to both the male and female client. Hormonal skin issues are easier to deal with if the client and skin care professional are both aware of what is really causing problems on the skin—that is why it is so important to have a good intake form. Asking questions about health and medications will give a better overview of a client, so one can create a good treatment and home care plan.

When the client is having issues with their skin that you suspect could be associated with hormonal fluctuations, encourage the client to get their hormones checked. This could be at any life stage. If levels are off, they may be given a prescription to help balance out hormones or even take the more natural route with supplements. Either way, it will be much easier to help the client achieve their skin care goals.

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SAVE YOUR SOLES!

By Krystie Nordmann
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The feet are perhaps the hardest-working and most neglected area of the body. The foot itself is a sophisticated piece of anatomical architecture. It is literally the body's support and foundation, yet most often do nothing more for their feet than slick some colorful polish over the toenails during sandal season. Feet deserve and need more than just cosmetic prettifying. In fact, educating yourself as a skin care professional, and then educating your clients to care for their own feet, benefits the individual's head-to-toe health.

Pedal extremities

Foot treatments are always popular, with the massage step being the most pleasurable part of any pedicure. Beyond the feel-good factor, why the feet? They may seem less intimate than the face or trunk area of the body, and people, in general, are less intimidated by having them worked on. Of course, we will need to assess your 'ticklish level', but feet can be sweet.

The physical foot: Fragile strength

Why do your feet hurt at the end of a long day? For one thing, feet are bony: A pair of human feet contains 52 bones, many of which are prone to breakage, making up approximately 25% of the total number of bones in the entire body. Each foot is supported by 33 joints, 107 ligaments, and 19 muscles and tendons. Feet are extremely sensitive and receptive to touch, due to the wealth of nerve-endings present. Also, because many keep their feet covered and protected most of the time, they may be more sensitive than the hands, which are similarly constructed. And, as is true of any machine with many moving parts, a lot can go wrong mechanically.

As people age, their feet are simply more prone to degeneration. Apart from trauma, such as breaks and tears, simple wear from the passage of time may cause pain in the feet. A common source is plantar

fasciitis, which is a painful inflammation of the connective tissue on the sole of the foot. This condition is common among people who stand for long periods of time each day, which is why it is known as policemen's heel—but anyone who stands on a concrete floor for eight hours a day is at risk. It is also common among aging weekend warriors, such as tennis players and runners, especially if they are overweight.

Shoes also often create drama for the under-appreciated foot. Of course, the narrow pointed toe and high heel of the coveted Louboutins and Jimmy Choos can crush toes, create corns and bunions, and cause painful, long-term muscular shortening. Flip-flops are frowned upon by orthopedists, because they offer the foot no support. And even sensible closed-toe shoes, including the ubiquitous sheepskin boots, may invite toe fungus if the feet frequently get sweaty during the day.

Many other issues may threaten the well-being of the feet, affecting the overall well-being of the person. Foot treatments given in skin care facilities must not address serious medical conditions, but instead should be positioned as part of overall wellness, well-being and a source of therapeutic touch.

The metaphysical foot

In the modern industrial world, feet tend to be viewed as dirty and somehow less than noble. This was not the case in the ancient world, including classical Egypt, Greece and China, where foot-bathing and foot-anointing had a sacred element.

Throughout Asia, enlightenment is symbolized by the iconic footprint of Buddha. Not coincidentally, the word dharma often translates to mean "path," a key concept in Buddhist practice that often discusses the steps and footprints of Siddhartha, the founder of Buddhism. In many ancient healing systems, including ayurveda, an understanding of the feet was considered essential to understanding and treating the overall health of the individual. This led to the current concept used in reflexology that every zone of the feet, as well as hands, corresponds to an internal organ, system or area of the body. By applying pressure to the appropriate area or point along a meridian, inner imbalances may be corrected for improved function and health.

Today, reflexologists reference a very complex map of the soles of the feet, where each area of the foot corresponds to organs and systems. Many with a

specifically Taoist focus believe that contact with these areas alters the flow of the concept of life energy, qi or chi, and thus can prevent illness and support healing. Even more traditional Chinese beliefs assign esoteric meanings to the length of the toes and more.

The West weighs in

Not all Western professionals acknowledge reflexology as viable. However, here's the good news: More conventional medical environments are taking an interest in the role and benefits of reflexology, and massage in general. This is thanks, in part, to the recognition and integration of complimentary alternative medicine (CAM) in many major hospitals, as well as consumer demand and the hard clinical data now available via fantastic web portals, such as www.spaevidence.com.

Give Yourself Permission

by

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It's okay and necessary at times, to allow the body to be still. To be quiet with a resting period honors our precious and organic vessel. Constantly on the go has their drawback. Too little activity, though the results or symptoms, typically shows up in different ways. Sometimes, predisposed and current conditions or illness, along with age, determines the body's stamina or chemical levels.

Intense activity levels impact our bodies in similar fashions. Our societal expectations seem to send a message driving us to believe that high impact exercise creates the most important platform for optimal health. However, an appropriate balance between both ends of the spectrum always ensures propagation; whether fertilizing eggs, producing hormones or reproducing cells. A major chemical released in our brain, dopamine, sends signals to nerve cells, controls the release of many hormones and plays a major role in the reward-motivation behavior.

In a recent “60 Minutes” interview with Pope Francis, he said, “We are not machines,” emphasizing the importance of rest, relaxation and enjoyment in our lives. Creating a standing massage schedule, whether every 4, 6 or 8-weeks, sets up a mindful change in the production of our calming hormones. And if tighter or tender areas of the body need to be addressed with a little deeper work, the intensity during the massage usually decreases because the body began responding with releasing the relaxing chemical, dopamine, just in anticipation of the massage.

Proper dopamine levels in the system increases focus, productivity and motivation. This neurotransmitter and hormone assists in weight loss, sense of grounding, improves memory, actually counteracts depression, and increases resistance to impulsive behaviors. Give yourself permission to slow down and treat yourself to a relaxing massage. Give your therapist permission to gently soothe your body with long, lighter strokes that incite production of dopamine the body’s natural chemical to relax major systems of the body, like the neurological and hormonal systems that cause unwanted and unnecessary anxiousness or anxiety. Other ways to stimulate one’s dopamine levels includes spending time lovingly touching and holding your family and/or pet, spending reasonable time in the sun; adding probiotic food intake; drinking tea and coffee; limiting fatty and sugary foods; eating dark chocolate, blueberries and cranberries; or increasing folate with foods like kale, spinach, nuts, fruit and poultry.

Some of the common symptoms of low dopamine levels include, fatigue, lack of motivation, inability to experience pleasure, insomnia, mood swings, forgetfulness, memory loss. So, be good to yourself and allow regular periods of rest and relaxation, other than a good night’s sleep. Treat yourself to a TLC massage session only expecting a softening in your tense body. Let your body’s natural wisdom take charge as motivation and creativity flourish in your daily life with its increased dopamine yield.

Psst! Athletes, It’s Not the Lactic Acid

By *Amanda Cronin*
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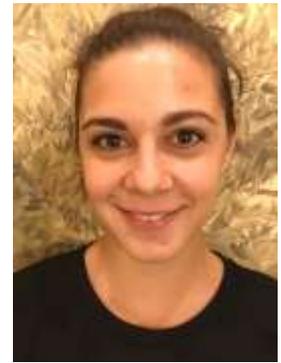


You hear it all the time.

“Muscle soreness is caused from a buildup of lactic acid.” “Massage will work out all that lactic acid buildup, and water will flush it out.” Sorry, wrong on both counts. So, what is lactic acid? And if it’s not the cause of soreness, what is? *Pages and pages can, and have, been written on this subject, but let’s just give a quick summary:*

Your body uses oxygen, in a long series of reactions, to break down the food you eat and convert it to energy to carry out functions, i.e. talking, walking, breathing, etc. The oxygen used for these reactions is found in your muscles (from blood, that came from the lungs that come from the air). But sometimes your body uses so much energy at once (working out, running, biking, swimming), that you use up all the oxygen in your muscles, and even your increased heart rate can pump out enough to keep up. Luckily our bodies have a back-up plan. The human body can actually continue to convert energy from our food in the absence of oxygen. Amazing right? With or without oxygen, our cells turn glucose (sugar) into something called pyruvate. With oxygen, many more reactions occur to produce much more energy. But in the absence of oxygen that pyruvate is converted into lactate, or the famous “Lactic Acid”. It is that lactate that helps to continue to convert energy, slowly but steadily, without oxygen. So, during strenuous workouts, when the muscles run out of oxygen, they can still continue to work due to the lactate.

Lactate, by nature is acidic which is why, you eventually feel a “burn” in your muscles. But, this is a good thing. This burn happens in order to prevent permanent damage to tissue. It basically tells the body to stop the activity before getting hurt. Once the muscles are given a break, and oxygen returns, the lactate is converted back to pyruvate and regular energy conversion continues. That’s right, the lactic acid is no longer circulating. Then what is the



reason for the muscle soreness? Muscle soreness happens due to the micro tears in the muscle cells. Yep, pretty simple. When you overwork your muscles, tiny tears are created in the individual cells. And just like a cut on your arm, it hurts. But just because the lactic acid is not the culprit, don't write off massage just yet.

Massage has some great benefits for everyone including the athlete. It can help to prevent injuries, due to increasing flexibility and range of motion. Flexible muscles decrease the chances of big tears in muscles. Secondly, muscle fibers can often adhere to each other, especially in athletes. When this happens, the muscles cannot move as well as they should. This can decrease performance. Also, even without lactic acid being the cause, massage can help speed up the recovery time of sore muscles by increasing the blood flow to the muscle, to heal the micro tears. Massage also can have either a sedative or stimulating effect. Sedative or relaxing massage is great for in between events, so that athletes can rest

and recoup. Stimulating massage is great for a day or two before the event to get the muscles pumped with blood and limbered.

While there is nothing to fear of that evil Lactic Acid, and massage is definitely not working any of that out of your system, massage is still a great compliment to any athletic program or workout regimen.

Balance: Health & Wellness Vs Mind & Body

*By Jennifer Cordray
CMT, Esthetician*



There is an increasing awareness about the role health and wellness play in our lives and the importance of establishing a balance among one's mind, body and soul. Although many skin care & massage professionals want to embrace wellness, and especially good nutrition, they struggle with how to go when offering information and advice. The spa is a perfect setting for wellness, as people typically come to the spa for relaxation and treatments to enhance their skin and bodies through facials and massage. Even though the spa has not traditionally been viewed as a place to receive nutritional advice, people tend to turn to their esthetician and/or massage therapist as a source of information in this area.

Encounter: During Initial Consult

During the process of a typical skin or wellness evaluation, the professional will ask the client questions about their lifestyle, including questions on their typical diet, water consumption, smoking habits, exercise, daily SPF use, sleep habits and stress levels. Many times, the answers to these questions are literally written all over the faces of the clients. Chronic, inflammatory skin conditions are often tied to poor sleep, stressful lifestyle and poor diet; all of which create a fire bubbling beneath the surface of the skin. When an esthetician notices these things, they may offer a recommendation to wear a mineral sunscreen every day to prevent further photo damage, suggest getting adequate rest

each night, and trying things like meditation or essential oils to aid in stress relief. These wellness-related recommendations are all acceptable suggestions to make and fall within the scope of practice of the skin care professional as they attempt to evaluate the client from a holistic perspective (holistic = whole person: body, mind and spirit).

How do estheticians and massage therapists know where to draw the line when it comes to offering specific nutritional advice? Most professionals have not been trained as clinical nutritionists or registered dietitians; therefore, giving nutrition advice falls outside of their scope of practice. That said, there are so many connections between skin health, gut health and nutrition. From acne to rosacea to aging as a result of glycation, there are proven associations that can be made between nutrition and skin. Usually, when you eat food, the body breaks down carbohydrates into sugars like glucose and fructose. It then uses these sugars to fuel everything you do. Sometimes, however—particularly as we age, and when we consume too many sugary or high-glycemic foods—these sugars react with proteins and fats in an abnormal way, producing harmful molecules called “advanced glycation end products (conveniently acronymmed: AGEs). This process is called “glycation. Other effects of AGE formation include:

- Age spots
- Fine lines and wrinkles
- Hyperpigmentation
- Hardness of skin
- Dull skin
- Uneven skin tone
- Sagging and bagging
- Degradation of collagen
- Inflammation
- Tumors

Misinformation

I was looking at an esthetician’s chat site on *Facebook* a few weeks ago, reading a thread about treatment for a particular acne case for which photos were posted along with some very basic information about the client. There was all kinds of

specific nutritional advice being offered, and while a lot of it was good, some was not so great. I read that to manage acne one should not chew cinnamon flavored chewing gum, use only basic toothpaste and avoid eating nuts. This is not sound advice in my professional opinion. Maybe in a particular situation for a person with a specific set of circumstances this made sense, but certainly not as a general guideline for any person with acne. Many nutritional supplement recommendations were being made as well. As well-meaning as these skin care professionals were, they were not necessarily helping. In some cases, they may have even caused harm.

The Law

It helps to understand what the law says about who can and cannot offer nutritional counseling to the public. This is a tricky area because the laws vary from state to state from extremely restrictive laws regulating nutritional counseling to absolutely no regulation on the books. It is not within the scope of practice of an esthetician to ever prescribe nutritional supplements and treat disease states.

To understand nutrition licensure laws in a specific state, refer to the Center for Nutrition Advocacy (CNA), which works to promote policy and regulations that allow diverse practitioners to practice nutrition to the level of their training, and gives consumers access to the practitioner of their choice. They keep an eye on regulations and policies that matter to what you do and whether it’s legal for you to do it. Their goal is to build avenues for nutrition to transform healthcare. Refer to their website, www.nutritionadvocacy.org, to find out what the laws in your state say about what information your professional is permitted to share on your nutritional status. In general, estheticians can make general healthy eating recommendations and present nutritional studies for education.

General healthy eating

It is usually legal for someone to provide nutrition recommendations that do not target an individual’s existing medical condition. For example, it is fine to state that a healthy diet includes five to seven servings of fresh fruits and vegetables per day, with limited amounts of refined carbohydrates and added

sugars, as opposed to suggesting something like, “people with eczema should take 1.8 grams of omega-3 supplements per day to lower the inflammation associated with the skin condition.” The first is a general guideline for good health, whereas the second statement is a specific recommendation related to a health condition or disease state.

Published studies. On the other hand, it is legal to provide copies of studies and published information about addressing health conditions (like inflammation or acne) in the vein of “studies have shown that taking 1.8 grams of omega-3 supplements per day have shown improvements in eczema.” The esthetician cannot make a specific recommendation, but s/he can reiterate what the literature reports, period. They should then suggest that the client consult their physician before taking any supplements to be sure it is a safe choice for them personally.

As our rule, we provide supporting material with nearly every treatment we perform. We post this information on our website of all to review, as well as our ‘press page’ quarterly newsletters. The entire professional staff contributes to all our articles. This is testament to our dedication to your holistic health and wellness, specific to our scope of practice.

Super Skin

By *Vivian Ewald*
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“There are 6 superfoods that can revive your complexion and Eminence Organics has most of them!”

What we eat has a direct effect on our skin, and eating a healthy diet full of good fats, antioxidants, and vitamin C can mean the difference between a glowing complexion and a tired one. Here are 6 superfoods packed with nutrients that directly benefit you skin, as well as some favorite ways to enjoy them.

Fatty Fish

Oily fish, like salmon, sardines, and tuna, are packed full of omega-3 good for you fat that also does wonders for your skin. These polyunsaturated fatty

acids protect the skin from sun exposure, repair damaged skin, and keep skin cells hydrated, allowing you complexion to look supple and soft. Not a fan of fish? No problem; consider adding in an omega-3 supplement instead.

Pomegranate Seeds and Juice

Antioxidants are one of the most important factors in maintaining beautiful skin, and eating pomegranate seeds (or drinking their juice) is a yummy way to get them. Antioxidants help neutralize free radicals, which contribute to aging skin by damaging collagen, causing dry skin and wrinkles. Throw 100 percent pomegranate juice into your morning smoothie or toss pomegranate seeds on salads and yogurt.

Turmeric

Turmeric is great for skin due to its potent anti-inflammatory properties. Inflammation in the body can lead to puffy skin in the short term and wrinkles and aged skin in the long term. Adding in a daily dose of turmeric (either fresh or dried) can help relieve inflammation, keeping skin looking fresher and younger. Swap out your morning coffee for turmeric-infused golden latte as a daily dose of the superfood.

Avocados

Avocados are high in poly- and mono-saturated fatty acids, which help regenerate damaged skin cells and reduce redness. Their omega-9s add moisture to the epidermis, giving you a noticeably hydrated-looking complexion. Avocados also contain carotenoids, an antioxidant that helps you skin maintain water content and elasticity. For a healthy-skin swap, enjoy avocados almost anywhere you’d enjoy butter or cheese: on toast, on salads, in quesadillas, in chocolate mousse, and as a chili topping.

Lemons

Lemons, and all citrus fruits, are packed with vitamin C, which can neutralize free radicals and help make collagen and elastin. Although lemons taste acidic, once ingested, lemons help alkalize the

blood and balance our bodies' pH level. For the average person, the body is too acidic, thanks to a diet heavy in alcohol, sugar, coffee, and processed foods. When pH levels aren't balanced, skin can become sensitive and dry. Add a squeeze of lemon juice to water, salad dressings, and to brighten the flavor of most dishes.

Mangosteens

Mangosteen contains xanthenes, powerful antioxidants, which appeared to fight infection, fungus, bacteria, histamines and cancer. Over 40 different xanthenes have been found in the fruit. Mangosteen can heal skin diseases, repair the damaged cells in your body and protect them from further damaged. The fruit has the natural ability to attack fungal and viral infections and helps get rid of certain carcinogens. Mangosteen may help shield the brain from the toxic effects of amyloid beta, a substance that forms the brain plaques associated with Alzheimer's disease.

These powerful superfoods are also found in most of Eminence products! Citrus & Kale Potent C&E Masque and serum has most of these powerful ingredients! Not only do I use them in my treatment room, I use them myself because of the powerful ingredients. The newest of Eminence in the Mangosteen Daily Resurfacer line, powerful in antioxidants that help repair the damaged cells, lactic acid to resurface and pore refiner.
