

SPA THERAPY NEWS

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New to Spa Therapy: Halotherapy

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What is Halotherapy and How does it Work?

Pharmaceutical grade salt is placed into a halogenerator that precisely grinds the salt into specific micro-sized particles and then disperses the salt into the air in a closed environment; our salt booth. As the salt travels in the salt booth, these salt particles of dry sodium chloride (NaCl) are inhaled into the respiratory system. The dry salt naturally starts absorbing allergens, toxins and foreign substances into your lungs and throughout your respiratory tract. The dry salt may then help to reduce inflammation and open airway passages. The micro-sized crystal structure of pure NaCl particles breaks loose and clears out all of the 'bad stuff'. This is the basis for how dry salt therapy can impact people suffering from respiratory such conditions.

The properties of dry salt also absorb impurities, provide anti-bacterial properties, and improves the skin's micro-circulation. The smaller particles can reach beneath the skin's surface and absorb moisture towards the skin. The larger salt particles land on the skin and absorb any bacterial and foreign substances. The dry salt then accelerates cell rejuvenation and improves skin rigidity providing benefits to people with skin conditions.

Benefits of Halotherapy

Today, more people are suffering from respiratory issues and skin problems than ever before. Pollution, smog, airborne diseases, pollen and toxins, are poisoning our bodies and creating a scale of problems we have never before had to face. While we have become almost accustomed to using medications (sometimes daily) in hopes of alleviating the symptoms, many unfortunately barely provide even just simple relief. Up until now we have had little to no natural options for these challenges. However, we now have an alternative; Halotherapy. Although a relatively new concept in the USA (roughly 150 in US and Canada combined), salt rooms have been used in the breathing of miners since the Roman and medieval times and in Europe for decades. Halotherapy offers a natural, non-invasive, drug free, and clinically proven alternative that aids with people suffering from skin and lung conditions. At SALTS, we believe in a natural therapeutic approach to caring for our bodies that works in conjunction with

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traditional medicine. It can be used as a complementary option to prescribed medications with the approval of your doctor or as a sole preventive alternative based on your preferences.

Halotherapy benefits adults, children as well as animals. It is natural and safe and there are no side effects. Safe for children 6 months and up. The most common medical problems of the childhood are respiratory problems. The most common symptoms are cough, sore throat, earache, blocked nose, sneezing, hoarseness, wheezing, chest tightness and breathlessness.

However, one does not need to have any conditions to take advantage of Halotherapy, since dry salt therapy is very beneficial for overall general wellness by helping remove toxicities from the respiratory system. People are exposed on a daily basis to pollutants, airborne diseases, bacteria, allergens and other irritating and harmful. Halotherapy is an excellent way to cleanse and detox the lungs as well as invigorate the whole body.

This may be new to the US and Canada, however this form of therapy is being used, covered medically and has been studied in many other countries for 100 +years.

Sports' Performance and Enhancement

Halotherapy is the latest trend in professional sports training. The primary goal of every athlete is to achieve their absolute, maximum potential. One of the most important skill improvements is to optimize lung capacity and breathing patterns. Halotherapy for sports can help you achieve your best performance, to get that edge over the competition by improving and increasing lung function, capacity and stamina.

There are several known respiratory conditions and pulmonary limitations that affect athletes. These include air flow obstruction; increased bronchial hyper-responsiveness; exposure to airborne allergens and other unwanted inhaled particles; respiratory illnesses and conditions such as asthma,

allergies and airway inflammation; all of which leads to a reduction in performance.

Halotherapy Research

Cystic Fibrosis

Halotherapy has proven to be an invaluable resource for sufferers of cystic fibrosis. The hydrophilic and mucokinetic action of inhaled salt particles thins unnaturally thick and sticky mucus, clearing accumulated secretions and unclogging passages in the bronchi and bronchiole.

Other benefits are the absorption of edema from the mucosa lining of the airways and the reduction of inflammation in the respiratory tract and sinuses. The extremely viscous nature of mucus secretions in patients with this disease often causes a buildup of bacteria.

Halotherapy naturally combats this problem, and can reduce the person's reliance on antibiotics to control frequent infections. According to a study published in the New England Journal of Medicine on the effects of Dry Salt Therapy on cystic fibrosis patients, "The results of our trial were revolutionary. We saw a sustained improvement in lung function, a major reduction in the number of lung flare-ups, a reduced need for antibiotics to treat flare-ups, and fewer days off school or work due to illness."

Asthma, COPD and Smoker's Cough

Halotherapy consistently demonstrates a dramatic positive effect on symptoms of asthma and obstructive bronchial conditions caused by inflammation and harmful debris in the respiratory system. Naturally antibacterial and anti-inflammatory sodium chloride particles are carried into the deepest recesses of the bronchial system due to the unique aerosol dispersal system and the microscopic size of the particles.

Over a series of treatments, inhalation of dry salt aerosol will bring about the improvement of mucociliary clearance and decrease of bronchial inflammation, the decrease or elimination of

pathogenic microorganisms, and a reduction of bronchial hyper responsiveness.

This translates into better lung function, fewer spasmodic attacks, and clearer air passages with less use of drugs to control symptoms. Even chronic deep cough due to tobacco use, nicknamed “Smoker’s Cough” shows marked improvement with continued treatment.

Allergies

Halotherapy presents a unique treatment option for allergy sufferers that offer relief naturally and fast. Salt is a well-known decongestant; it reduces inflammation widening of the airway passages, restoring the normal transport of mucous secretion and free blockages in the bronchi and bronchioles leading to rapid elimination of the residual tar and foreign allergens.

Improved drainage allows for reduction in contaminants that may trigger or prolong allergic episodes. Additionally, salt’s ability to absorb edema from swollen mucosa linings in the sinuses and respiratory tract opens airways to bring about quick relief of symptoms. Long term studies with allergy patients in Russia who reported remarkable improvement over a period of ten years have led to Halotherapy being recognized as a certified allergy treatment by the Russian Ministry of Health and other associations in Europe.

Coughs, Cold and Flu

Sessions with Halotherapy have an immediate remedial effect on the symptoms of colds and flu. Breathing becomes easier as inhaled salt aerosol naturally absorbs edema from swollen air passages and thins mucus secretions so that drainage is easier. The dispersal system of microscopic salt particles used in this therapy allows the salt aerosol to be taken deep into these cavities, bringing the antibacterial and anti-inflammatory action to the root of the problem.

Relief from the irritation of sticky mucus secretions and debris, as well as the antispasmodic effect

produce by calming negative particles, calms and quiets coughs. Additionally, the deep cleaning of the sinus cavities and respiratory tract inherent in this type of treatment reduces the toxic load on the immune system, regardless of external exposure.

A series of Halotherapy treatments not only helps to relieve and heal a current cold or flu episode, but increases resistance to new infections for months in the future.

Sinus and Ear Infections

Halotherapy’s ability to reduce edema in passages and cavities not immediately accessible to other means of treatment make it the perfect solution for dealing with ear and sinus infections. Halotherapy is perfectly safe and comfortable for children as well as adults, and can bring not only relief in the short term, but lasting resistance to recurrence of such infections.

In the case of ear infections, aerosolized particles are able to penetrate deep into the internal passages of the ear, reducing inflammation, edema, and bacteria in the Eustachian tubes. Relief of edema from swollen tissues widens passages, improving drainage and increasing aeration behind the tympanic membrane, reducing infection in the pockets where bacteria often builds due to collected fluid.

Relief from sinus infections is also achieved through deep penetrating dry salt particles. The negative charge of dry aerosol particles causes them to be literally drawn into the essentially positively charged environment of inflamed and infected sinus cavities. Relief is achieved quickly as mucus secretions become thinner and are able to drain properly, removing trapped pockets of debris and bacteria. Microscopic salt particles also stimulate the immune system, increasing the body’s innate ability to resist further infection as antibacterial and anti-inflammatory properties reduce the current episode. This can significantly reduce the use of antibiotics in chronic sufferers of ear and sinus infections.

Helps Respiratory With:

- Allergies
- Smoking
- Asthma
- Bronchitis
- Cystic Fibrosis
- COPD (early stages)
- Sinusitis
- Common Cold
- Increase Lung Capacity

Dermatology

Halotherapy has a beneficial influence to the integument system (skin protective layer) and to hair. Halotherapy provides PH normalization and induces reparative and regenerative processes in derma, it increases skin rigidity and stimulates hair growth. The dry salt impacts the skin microcirculation and assists cellular membrane activity. The anti-bacterial and anti-inflammatory properties of Halotherapy treat skin conditions such as eczema, dermatitis and psoriasis.

Helps Skin with:

- Acne
- Psoriasis
- Eczema
- Cell rejuvenation
- Improves skin rigidity
- Recovering from Cosmetic Surgery
- Salt is absorbent
- Salt is anti-bacterial
- Salt is anti-inflammatory

Trigger Point- *How do I know if I need it?*

By Nicole Brown,
CA Certified Massage Therapist



Have you ever looked over your shoulder and couldn't? Sat at a desk to look at your screen and said ouch? Been in a car accident? Played sports then or now? Have you ever had surgery? Tripped or fell? These would all be very good reasons to consider Trigger Point Therapy. In this newsletter I would like to discuss Trigger Point Therapy and why you would need that modality in the treatment room.

Trigger Point Therapy is NOT a massage; it is a therapy, a treatment, a modality. Trigger Point Therapy utilizes direct pressure for a sustained amount of time to relieve a trigger point. Each time you experience an event like described above you form trigger points. A trigger point is a hyper-irritable nodule found within tight bands of muscle. It prevents muscle fibers from moving and it locks the muscle preventing you from the getting the range of motion you need to fully function. As you may know, when one part goes out, the next part in the chain of command will be next.

Trigger Point Therapy is great for any occasion. When muscles are tight nerves are pinched. This causes pain and lack of movement. If you are having trouble moving your neck or a limb, bending over, experiencing any kind of unexplained pain (new or old), with headaches or even walking then you probably have trigger points. Even if you have tried traditional massage and the pain keeps coming back, there are trigger points that have not been addressed at all or for long enough.

Even if you have a trouble spot that you know is prone to locking up or experiencing pain once in a while, Trigger Point Therapy is a great preventative measure for relieving those knots.

Here are some examples of needing Trigger Point Therapy:

- Removal of new or old scar tissue.
- Pre-surgery, to loosen and make supple the affected muscle.
- Post-surgery, to aid in healing time, to reduce pain and inflammation.
- Relief of all stages of headaches.
- Sports injuries, tennis elbow, including working out.
- Trauma or accidents, whiplash.
- Inflammation on an area.
- Removal of excess cytokines in the body after exercising.
- Low back pain during pregnancy.
- Athletes that need to perform better.
- Tinnitus, eye twitching, tooth/jaw pain, spasms.
- If you feel a grabbing, stabbing, deep or dull ache, numbness, weakness or a burning sensation anywhere.
- Weakness of a body part.
- Lack of range of motion of a joint or body part.
- Plus much, much more.

11 Simple Ways to Improve Your Somatic Health

By
Noreen Schweiss, BA, LMT, MFR



For structural changes or deep therapy, implement the MFR (myofascial release) principles for fascial release. These include softening into the body and actively stretching for over 5 minutes allowing the body's physiological processes of four distinctive stages to occur. Therapeutic stretching typically lasts 6-8 minutes, and up to 15+ minutes. When complete with the stretch, slowly return to a neutral position, while experiencing the muscle lengthening and/or increased joint space.

To NEVER force the stretch means NO tissue

injury. If pain, discomfort or emotional awareness becomes too intense, continue the stretch but ease up or hold the current position. Breathe deeply and remind the body to soften into those challenging areas. And... listen to the body's natural wisdom if wanting to move into a slightly different position, into a new position or if one needs to stop the stretch. When finished with the stretch, slowly return to neutral to prevent traumatizing those affected tissues. Think of releasing a stretched rubber band.

As a muscle warm up, cool down or general stretch, maintain position for 30 - 90 seconds. It takes 90-120 seconds to completely exhaust a muscle from its "all or nothing" contraction activity. Once a muscle passes this phase, the lengthening process occurs. However, structural limitations from injury or over-use may influence these benefits, thus requiring fascial releases before stretches amply affect the soft tissue.

Feel into the stretch and wait for several minutes for the body to soften in that area. As the body releases fascial tension, the pain often moves either deeper or slightly to the side. Stay in the stretch, but maybe ease up the intensity, to follow the body's lead to the next waiting point. Sometimes the body, the treated tissue or the treated body part needs to rock, jiggle or roll. Unlike a static stretch that one creates and holds in a single place in space, Liquid Stretching flows through the body, even with slight shifts in space to the treated area.

The participant uses the natural attributes and textures associated with moving or disrupted liquids. Imagine your hand and/or fingers pressing away from or pushing into the body with energetic waves, rings, dips, drips and splashes. Liquid stretching also employs a soft jiggling throughout the entire body by softening and rocking in the knees, while sitting or standing. Jiggling and rocking aids in soothing the mind and spirit, while syncing the tissue to vibrate as one, which facilitates soft and connective tissues to release and heal.

Consistency remains a key factor to structural changes with any type of bodywork, whether

implemented by the therapist or by the individual. Traumatized connective tissue generates 2,000 PSI to all surrounding tissues, including blood and nerve vessels, bones and joints. As the body seems to rebel by displaying signs of discomfort, pain or increased stiffness during these periods of treatment, it actually speaks its need for continued fascial stretching.

The MFR professionals call this phenomenon a Healing Crisis. Sometimes lasting for several weeks or a few months in highly traumatized areas, guaranteed pain relief and increased joint mobility reward the faithful who consistently treat (stretch or compress) the impacted fascia, ground substance and collagen.

I Hope this info and these few tips open doors of inspiration to excite exploration of your uniquely defined form and uncanny soma. Equipped to shift and adjust as it heals or strengthens, the body desperately desires balance and stability by distorting it's shape like the curved spine in scoliosis, or lay down extra material to prevent further destruction, like arthritis. I compiled a few simple tips from my decades of learning absolutes in the anatomical realm and of gaining insight in the intuitive realm through the art of healing. Enjoy the eternal journey of your personal health.

5 Stretches to Commonly Tight, Tender or Thick Areas:

1. Spinal Spiral: On the edge of the bed or couch feel equal pressure against back of the knees to balance and level the pelvis. In a chair or car seat press the low back and sacrum squarely into the back of seat. Sitting square on both sitz bones feeling weight equally distributed, gently rotate your body to either side and decide which side feels easier to turn. Rotate into the direction of ease with the head balanced in neutral, look over the shoulder. Avoid lifting or dropping the chin. Repeat to other side.

2. Neck & Shoulder Stretch: Sit tall with feet flat on the floor in a chair, on a stool or in the car and grasp under the seat with the arm on the affected

side. Gently lean away to create a slight pulling sensation to the shoulder felt into the neck or scapula (shoulder blade). Flatten the opposite hand and place the middle finger tip on the head just above the ear on the affected side. Slowly drop the head towards the opposite shoulder by getting heavy in that elbow.

Sometimes, I sit on my hand of the side needing treatment, palm down, as another way to access the stretch in these areas. Palm down reaches the pectoral minor, the muscle responsible for shallow breathing if too tight. The front of the neck, the shoulder and the chest benefits from this stretch. Remember, a painful neck by the spine or on the side, often mean excessively tight throat, chest and collar bone (clavicle) regions. To increase the stretch, slide the hand under the opposite sitz bone (bum). Try palm up, too.

As with any myofascial release technique, stretch or compression, if the discomfort or pain becomes too intense, stay in the stretch and simply ease up the stretch maintaining fascial activity. Breathe and take a moment to soften into your body before gradually stretching away or compressing towards the affected area.

3. Chest & Scapula Stretch: Sitting on the floor place both hands behind the body. Allow the chest to open wide while bringing both shoulder blades (scapula) toward each other. Feel deep, connect and contract into those tight and tender areas around and under the scapula. This stretch affects the front of the shoulder by opening and lifting the chest. Vital for shallow breathers, yet great for those with rounded shoulders.

Also engage this stretch while seated by reaching behind and use the chair or couch to support arms. Stand in front of the counter for arm support and slowly walk forward or sit in chair to increase stretch. Sitting on the edge of the bed or couch, reach behind with long arms while slowly sliding off edge to increase stretch. Always ease into the stretch...NEVER force the stretch.

4. Forearm Flexor & Extensor Stretch:

Flexors - With the palm up and a flat hand, place other hand over the fingers and thumb. Grasp fingers and gently periscope away from wrist. Bend the hand towards the forearm, while extending the forearm.

Extensors- With the palm down and a flat hand, grasp the hand and gently periscope away from wrist. Bend the hand towards the forearm, while extending the forearm.

5. Balls in a Sock: Other than stretching joints or limbs, two used tennis balls in a large sock remains one of my favorite home treatment tools. For example, push both balls into the toe of the sock and place directly over the spine to soften the muscles and connective tissue of the back that derive from the spine. The spherical shape of the balls create a natural arch that bridges pressure from affecting the spinal vertebrae. Use this tool on the floor, against the office or home chair, or in the car for commuters.

For another example, keep one ball in the toe and the other in the heel of the sock and place each ball on either side of the lower back or next to each scapula. Get creative and use this tool on any part of the body needing attention. Lay face down and place them between the shoulder and tight chest to soften the shoulder and pectoral fascia. Or, use the hand to press a ball into that tender area on the top of the shoulder, around the scapula or gently into the neck and base of the skull.

5 Postural Tips to Practice:

1. Head Balance: Balance the head over shoulders during neutral time, either standing or sitting. Practice lining your earlobes over the top of the shoulders by using a gliding method of jutting the head forward and back, like opening and closing a drawer. This helps to alleviate major neck and upper back tension.

I offer an old trick to help find the place in space for one's head taught by my first mentor. Press

your back against the wall lining up the key balance landmarks of the human body, like in childhood height measurement routine. Standing tall, feel your heels, bum, upper back and the center of your skull just above the occipital node lightly pressing against the wall.

2. Even Weight with Legs Under Hips:

Practice a proper stance with parallel feet and legs directly under the hips.

How to find your unique stance: With an emphasis on parallel feet, adjust your feet by pointing the toes directly ahead as if standing on miniature railroad tracks. Make a loose fist with both hands and press both index fingers and thumbs together. To determine where to place your feet for this stance, slide the fist configuration into the inner arches, just in front of the ankles. Place your fists between the parallel feet creating a snug fit between your feet.

Place weight evenly in both feet while standing. First, slowly rock side to side feeling weight in each foot a few times. Balance in the center feeling equal weight in both feet, legs and hips. Next, slowly rock back and forth between balls of feet and heel a few times. Balance weight between these two landmarks.

3. Long Arms Driving: Adjust the back of the car seat to create space for long, relaxed arms, while grasping the steering wheel. Driving with bent arms constantly pulls on the shoulders and elbows. Our arm consists of three large bones that add considerable weight to its two main joints. Over time, this hanging position affects the wrist, also. Professional racers always drive with long arms, while firmly pressing their body into the car seat.

4. Chair Pillows: Good pillow support for low back in car and office chair. If a short or small person, also place a stool under the desk. This eliminates the constant pull on the low back with hanging legs.

5. Bed Pillows: For side-lying folks, consider placing a small pillow against the low back to support the weight of the pelvis; a soft bolster between the knees and lower legs to the ankles to

minimize the pull on the pelvic and hip ligaments and muscles through the long night; and hug a small pillow or soft bolster to support the weight of the arm pulling on the shoulder and elbow. For back sleepers, a pillow or soft bolster under the knees alleviate low back stress.

Like most Chiropractors and Physical Therapists, I strongly discourage belly sleeping for adults. Our body drastically changed as adults with additional weight and many bumps and curves that rarely plagued our child's body. This position increases low back and neck distress because of the positional distortion between the vertebral and pelvic joints, along with excessive strain to the involved soft tissues in these regions.

6. Soften at Night: At the end of the day when finally in bed, practice slow, deep breathing and softening into the body, especially those tight or tender places. While resting on the pillow, gently rock the head a few times and let go of those places in the neck that seem to hang on. Soften into the entire body. Gently roll your shoulders up, back and down while flattening each scapula.

Allow your mind to truly experience the chest and stomach gently rise a fall with a few deep inhales and relaxing exhales. Feel the stress of the day melt away as the body softens into the bed. Find a comforting place in nature to imagine, while slowing the breath and calming the mind. The body begins to feel heavy as the burdens of the day melt into the mattress, yet, it also feels like floating on a thick layer of air conforming to every dip and curve. Sleep well...

Is a Reflexology session the same as a foot massage?



No, reflexology using a very targeted and often sustained pressure. If you do not have any complaint, reflexology still follows certain zones of the foot to activate the body's organs and corresponding processes. A foot massage follows a more broad pressure technique unless otherwise requested. They will both garner benefit, but reflexology can be thought of as going to the library for a specific book versus scoping out Netflix for something to watch; a treatment can give insight into certain blockages and conditions and zero in on specific areas of the body to help assist healing. For example, a client may come in suffering from constipation, to then find relief less than an hour later as the body received the signal to 'let go', as it were.

Is reflexology only for physical symptoms?

Absolutely not! So many physical symptoms have deep roots in stress, and stress is sometimes the root cause! Addressing stress can minimize physical symptoms associated with conditions like insomnia, anxiety, and depression and if stress is the root cause, can help to eliminate it all together. Reflexology can be used as an anchor to gain better awareness of what is happening in our bodies and minds. In fact, addressing stress in any condition, whether physical or non-physical in nature, can have profound effects that reach beyond the session and into day to day life.

Is there anything I should be looking for in a session?

During a typical treatment, the reflexologist looks for tenderness and other symptoms, usually on the feet but also on the hands and ears. By manipulating these areas, blockages are released, allowing for proper blood flow and energy flow to occur. Sometimes if calcium deposits are involved, one may feel a 'crinkle' sensation akin to little tiny

granules of sugar that dissolve under the therapist touch. A session should never be painful. Some areas may be tender though. For instance, if you are suffering from back pain, the arch of the foot may play a key role in treatment.

Hopefully this has opened the door to understanding some of the ways reflexology can help you attain optimal wellness and get you in touch with YOUR body!

Re-Thinking Retinoids

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



In a market that is flooded with so-called miracle products, it has become increasingly difficult for people to separate the scientific wheat from the marketing chaff. However, despite the product fads and buzzwords, one ingredient family remains the gold standard in anti-aging, and with good reason. Retinoids are some of the most efficacious ingredients, proven to stimulate fibroblasts, promoting collagen and elastin production to significantly reduce the appearance of lines and wrinkles. Backed by decades of clinical research, retinol and its derivatives remain the closest thing skin care products have to a fountain of youth.

However, there is a catch. So powerful and reactive is this wonder ingredient that it is often its own worst enemy, degrading rapidly in light and oxygen, and causing irritation in large doses. Fortunately, as researchers continue to unravel the mechanisms of how retinoids work, they are able to offer product developers inventive new solutions to many of their inherent challenges. By rethinking retinoids, science comes ever closer to creating a true skin care miracle.

Retinol and the body

The human organism is made of multiple interconnected organs, each communicating with each other through messengers and direct connections, such as vascularization. This complex and fragile system needs protection from harmful environmental aggressors, such as UV radiation, toxic substances and oxidation. As the body's first line of defense against external threats, the skin assumes this protective role. Unfortunately, being a very active organ, it is also the first to suffer from these aggressions, as is seen in the formation of wrinkles, loss of elasticity and even—in extreme instances—skin cancer. There are various components within the skin's layers responsible for modulating and regulating these processes. Among them, retinol and its derivatives are essential in the destruction of free radicals and maintaining the skin's healthy look.

Retinoid

Retinol (vitamin A), and its natural and synthetic derivatives, are collectively known as retinoids. Retinaldehyde—also known as retinal, retinoic acid and retinyl esters—is part of the retinoid family.

Retinol is a 20-carbon molecule that consists of a cyclohexenyl ring, a side chain with four double bonds (all in trans configuration) and an alcohol end group, hence the name “all trans retinol.” The oxidation of the alcohol end group in retinol results in the formation of an aldehyde (all trans retinaldehyde), which can be further oxidized to a carboxylic acid (all trans retinoic acid or tretinoin).

Of all the members of the retinoid family, only retinoic acid is biologically active. Retinol, the most common form of retinoid in skin care, is obtained either directly from certain foods, such as fish oil and liver, or indirectly from carotenoids, which are found mainly in fruits and vegetables, such as carrots, melons, apricots, mangoes, spinach and tomatoes. With the help of enzymes, it is then converted to retinal for membrane transport. To be effective, retinal is then converted into retinoic acid for targeted cell delivery.

Retinoids are required for a vast number of biological processes. In particular, they are involved in embryogenesis, reproduction, vision, growth, inflammation, cellular differentiation, proliferation,

apoptosis, the immune system, reproduction, and the proliferation and differentiation of the epithelia. Applications in dermatology and cosmetology

Retinoids have been used for many years in the treatment of actinic keratosis, seborrhea, acne vulgaris, ichthyosis, psoriasis, lichen, precancerous lesions and skin melanomas, and UV-induced skin aging. The mechanisms of action of retinoids on the skin are still the subject of research, but certain facts have been clearly established. Regarding the epidermis, retinoids play an important role in the proliferation of epidermal cells, keratinization and desquamation. At the dermal level, they influence fibroblast proliferation and collagen metabolism. During the inflammatory response, they show immune-modulatory activity and may prevent tumor growth.

Although retinoids—and retinol in particular—are among skin care's most popular ingredients, they nevertheless pose certain problems to product developers. Quick to degrade, difficult to deliver and irritable in high concentrations, retinoids require additional considerations to ensure optimal performance and minimal irritation.

Formulating with retinoids

Besides irritability, retinoids bring many challenges to skin care formulations, including water insolubility and chemical instability. Retinol and its derivatives are hydrophobic compounds that are liposoluble. They come in the form of crystals or oily solutions that are insoluble in water, but soluble in organic solvents, such as alcohol. They are also highly unstable in the presence of oxygen and other oxidants, and are highly sensitive to light. Although they are stable in alkaline environments, retinoids are very sensitive to acidic conditions.

Chemists have proposed several solutions to improve the stability of retinol and its derivatives. Among them is the use of UV-protective packaging and the addition of antioxidants, such as tocopherols, ascorbic acid, butylhydroxyanisole (BHA) or butylhydroxytoluene (BHT). Regarding the problem of solubility, other solutions include the use of different vehicles, such as emulsions and

microemulsions. Other solid supra-molecular structures, such as microspheres and microcapsules—which are generally made of polymers—allow the incorporation of retinoids by improving their stability, solubility and, at the same time, their delivery.

Getting the best from retinoids

When it comes to developing new retinoid formulas, some skin care manufacturers have risen to the retinoid challenge, applying bold new techniques to temper the negative aspects of this essential ingredient. One particularly promising avenue is encapsulation.

Chemists have also found that combining retinol—or even more active retinal—with certain lipoproteins, glycoproteins, glycosaminoglycans (GAGs) and other natural plant-based amphiphilic compounds, can help overcome the challenge of permeating both water- and oil-based cellular barriers, as well as the issue of problematic irritation. In this case, multiple water- and lipid-soluble layers act as alternating keys, each allowing the transported ingredient—the retinoid—to pass deeper into the skin with less irritation.

Such encapsulation techniques have also been shown to reduce a retinoid's trademark irritation. By minimizing the risk of adverse reaction, product developers can now increase retinoid concentration and, subsequently, product efficacy, without discomfort.

Combined with intelligent encapsulation, the addition of GAGs, glycoproteins and lipoproteins has helped to create a new generation of retinoid that's more effective and stable than ever before, while rendering irritation a thing of the past. Thanks to innovative thinking, the future of retinoid is now in our BiON line. In addition, our Eminence Organic offers a Natural Retinol Alternative line of products with active ingredients from chicory root oligosaccharides and tara tree gum.

Fall product Focus:

Buff it Out!



THERE ARE 2 TYPES OF EXFOLIATION. PHYSICAL OR CHEMICAL

Physical Exfoliators mean you have to do the work. They can be done using facial brushes, sponges and mildly abrasive scrubs. Try the Eminence Strawberry Dermafoliant or new Detox Oxygen-infused Fizzofoliant for a gentle scrub that can be used daily. Or for a more aggressive scrub, try the Eminence Pear and Poppy Seed Microderm Polisher, which can be used once to twice weekly.

Chemical Exfoliators do the work for you. You apply it, leave it on your skin, and it works to dissolve the dry dead skin cells. These exfoliators include ingredients such as Glycolic Acids, AHAs and BHA, and enzymes such as Pumpkin, Papaya, and Pineapple, and Retinol. Our BION skin care line offers a variety of different Glycolic products. When choosing a product with AHA or BHA, AHAs tend to be applied to skin dealing with skin sun damage, dryness and thickness and should have a concentration of at least 5-8% and a pH level of 3 or 4, if the packaging doesn't say, look for an ingredient listing placing it 2nd or 3rd. BHA is actively used to deal with blemished and acne, and need to have a concentration of at least 1-2% and a pH level of 3, look for an ingredient listing placing it at the middle. Please ask me for my recommendations for your skin type. If you feel like your skin is a little sensitive then try the Eminence Yam & Pumpkin Enzyme Peel 5% which can be used once to twice weekly by leaving on skin for 10 minutes. For severely sun damaged skin, a Retinol product will work at a much greater depth of the skin. It operates at a cellular level and actually, has the capacity to modify irregular skin cell behavior. Try BIONs A-C-E cream to use daily after cleansing and under moisturizer/SPF application.

Which Professional Spa Exfoliating Treatments Are Beneficial?

At Spa Therapy we offer a variety of different Exfoliating Treatments for any type of skin. If you are looking for a deep physical exfoliation, try our Microdermabrasion treatment, which offers a deep exfoliation crystal-free. If you have sensitive skin, but still looking for an effective treatment, upgrade your Eminence Facial with our professional strength Yam and Pumpkin Peel 20%, or the Arctic Berry Peel. Our Glycolic peels will give you the greatest result. This is best done in a series of 6, performed once a week. Our Glycolic Peel is 30% with a pH of 3.0. It is best for sun damaged, dryness, thickness or blemished skin.

What Skin Care Problems Does Exfoliation Resolve?

BLEMISHED OR ACNE SKIN

Exfoliation should be the main focus of blemished or acne skin. So often, we are told to dry out the skin with harsh acne products. Although this will destroy acne-causing bacteria, it tends to dry out the skin, and then results in not only irritated skin but also in future breakouts. Why? Because as you over-dry the skin, you create surface dry skin cell buildup. This buildup then acts as a barrier to trap oil in the skin, then starts a cycle of new breakouts.

POST-BREAKOUT RED/DARK MARKS

Often, the real concern is not so much the actual blemishes, but rather the red, dark marks that remain on the skin long after the breakout has healed. The key to fading those post-breakout marks is to increase your exfoliation. The more you remove the surface damaged skin tissue, the more you are ridding the skin of the dark marks and encouraging the formation of new healthy (non-scared) skin tissue. The result is more even-toned skin with less scarring.

CLOGGED PORES

Clogged pores aren't infected blemishes, but rather blackheads, small whiteheads, and little clogged bumps on the skin. The same rules apply as with blemished skins. The more you remove surface dead skin cells (usually caused by using harsh, drying products), the less oil will stay trapped and congested in the pores.

HYPERPIGMENTATION

These are the brown spots that come from age, pregnancy, hormonal changes, and genetics. These spots tend to become more apparent and darker as the skin ages. Exfoliation is beneficial for breaking up the pigmented cells to allow them to fade. Combined with a skin lightening agent, such as Vitamin C, exfoliation will help accelerate the fading process.

DRY SKIN

Especially in the winter, exfoliation is very important. So often when the skin is dry, we tend to load up on heavier creams to compensate for the dryness. But dry skin means you have dry skin cell buildup. And the more you layer on the heavier creams, the more you are trying to re-hydrate dry dead skin cells! This makes no sense! Instead, increase your exfoliation to remove the dry skin cells, and then moisturize the new skin cells, resulting in a moister skin.

THOSE WHO DESIRE SMOOTHER SKIN

One way to instantly smooth the skin is to exfoliate! When you rid the skin of the surface dry dead skin cells, you create a smoother appearance.

THOSE CONCERNED ABOUT ANTI-AGING

The skin's natural exfoliation process slows as the skin ages, resulting in an accumulation of dry dead skin cells. As you increase your exfoliation, you are tricking the skin into acting young again. In

addition, when you exfoliate according to your skin needs, you have more success with all your other products; better absorption, better results.

The Bottom Line on Exfoliation is to exfoliate your skin as much as possible with minimal irritation. It is always best to schedule a consultation before you choose to try any of the Chemical Exfoliators.
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