



SPA THERAPY NEWS

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Muscle Cramps: It's Not Just a Banana Thing

By *Amanda Cronin*, Ca CMT, Ut LMT



What is a muscle cramp? The simple answer is a sudden, involuntary contraction of a muscle. But if this contraction is quick to come on and quick to go and does not cause pain, you are experiencing a muscle spasm. However, add some pain and sustainability, and now you have a muscle cramp. Most cramps fit into 3 categories: true cramps, tetany, or dystonic cramps. For time and space reasons, let's focus on true cramps, as these are the most common.

True cramps usually involve hyper excitability of the nerves that stimulate the muscles. What does this mean? All of your muscles (and most other tissues in your body) are controlled by your nervous system, with things called nerves. These nerves send signals to you muscles and tell them to contract (shorten) and relax (lengthen), which is what allows your body to move. However, when these nerves get overstimulated, they can cause the muscle to contract and hold that contraction. So why does it hurt? Pain is a signal from your body that something is wrong. In a cramp, your muscle is contracted. This takes energy. Your body makes this energy with the oxygen you breathe. If the contraction is held long enough, the energy is used up. Now the problem with this, is that your body also needs energy to relax a contraction. With no energy, the muscle cannot let go. Your nerves sense that something is wrong and sends a pain signal to your brain. It is actually a defense mechanism of your body.

What makes this happen? Several things can lead to this uncomfortable phenomenon. Vigorous exercise is a big issue with cramps. As you work out intensely, your body uses up energy quickly; faster than your muscles can recover oxygen. The lack of oxygen, and consequently the energy, causes the muscle to contract and not let go. The subsequent pain is an attempt from your body to get you to rest and recover. Tight tissue also causes cramps. This happens in similar fashion to vigorous exercise. The shortened tissue is much like a chronically contracted muscles, and therefore follows the same pathological pathway as a cramp caused by vigorously working out. Another common cause is an imbalance of electrolytes such as calcium, magnesium, potassium, sodium, and chloride. This is because these minerals directly affect the excitability of the nerves that cause muscle contractions.

Finally, what can be done? Rest, stretch, hydrate, eat right. It is important to rest between exercises and workouts. When your muscles are engaged for too long, your body cannot keep up

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with the energy demands, and cramps can result. Stretching is also important; lengthening muscles typically prevents chronic tension. Reduced tension means reduced risk of muscle cramping. This is where massage can be quite beneficial, as one of the biggest benefits of massage is to reduce tension in muscles. Regular massage is a great way to help prevent muscle cramps. Now, hydrate, hydrate, hydrate. When you work out, you sweat. If you sweat long enough you begin to lose electrolytes (usually after an hour of sweating). These electrolytes, especially sodium and chloride, are extremely important in muscles and nerve function. Most of the water you consume, does indeed have these electrolytes. Sports drinks also have electrolytes, but easy does it; it is possible to have too many electrolytes. Not to mention they have lots of sugar. For the same reason to hydrate, it is important to eat a well-balanced diet in order to replenish minerals important in proper muscle and nerve function. Despite what you might think, it not all about the bananas. In fact, sodium, calcium, and chlorine have a bigger effect on muscles than potassium. And side note, compared to other foods (i.e. white potatoes and spinach) bananas actually are not the best choice to increase potassium levels.

The next time, you get a “Charlie Horse”, remember: rest, stretch, hydrate, and eat right. And if you need help stretching and reducing tension, I know a massage therapist, and I’ll even give you a few glasses of water to help you hydrate as well.
END

FLEXIBILITY: ROM

By Ana Hernandez, Ca CMT



Flexibility is the range of motion that is possible around a specific joints or series of articulations. Flexibility is specific to a given joint or movement. A person may not be able to function normally if a joint lacks normal movement. The ability to move a joint through an adequate range of movement is important for daily activities in general, as well as

sport performance. For example, a sprinter may be handicapped by tight, inelastic hamstring muscles since the ability to flex the hip joint will be limited, thus shortening stride length. Activities such as gymnastics, ballet, diving, karate, and yoga requires improved flexibility or even the ability to hyperextend some joints for superior performance. Adequate range of movement may be more important for long term injury prevention. Individuals involved with physical activities who have poor flexibility (specific or general) risk exceeding the extensibility limits of the musculoskeletal unit. Once flexibility is assessed and flexibility insufficiency are identified, I can help you return the target muscle back to a healthy relaxed tonus. With my training, I can also give you some easy stretching exercises that you can apply to your daily activities. At Spa Therapy Wellness Center we offer clients the opportunity to try the Inversion Table. The Inversion Table places the client upside down while hanging from the legs, ankles and feet allowing the body’s weight to decompress the joints of the back and to fully expand and stretch them as well. This offers countless therapeutic benefits for the client. *END*

Working Through the Crisis

By Noreen Schweiss, LMT



Most of us suffer with upper shoulder ache that reaches pain up into our neck and the base of our skull, or dives down our shoulder blades with pain or a dull ache in the arms and often into the low back. The tasks we ask our bodies to endure looks completely different from just 50-years ago. As a civilized society, we force ourselves to sit and stare at computer screens for a third of our entire day. Or, we stand on cement and tile for extraordinarily long hours.

The luxuries our modern world offers to cut down work time for menial, but necessary, tasks like food storage and preparation, laundry, and bathing. However, these convenience strip away the physical effort and energy to complete a day’s workload

before evolving the natural processes developed throughout the millenniums. Moving through space with concerted effort stimulates cellular activity to rebuild muscle tissue, while reaffirming physical endurance. In other words, physical exertion maintains hormonal influences that rebuild healthy tissue.

The modern world also presents physical issues directly derived from our electronic technology and culture. The most common request for therapy focus from clients, especially women, fall into the upper shoulder and neck category. Each day the awe of witnessing clients physical results and emotional relief inspire me to continue working with the Myofascial Release (MFR) approach developed and refined by John F. Barnes, PT, LMT, NCTMB.

Is the shoulder a true joint? Everyone's achy, tight shoulder actually lacks traditional joint connectors. When two or more bones meet at a junction, this defines a joint. The shoulder uses three main bones connecting from three very different angles to create the shoulder, so three different connection, thus three different joints. The shoulder's precarious anatomy ranks it as the weakest joint in the body.

Traditionally, ligaments attach bones that fit into pocket-like areas of other bones forming joints. The humerus head of our upper arm, or top of the shoulder, lays on a shallow divot at the upper portion of our shoulder blade, the scapula, and creates the glenohumeral joint. The upper scapula also connects to the outer edge of our clavicle, also known as the collarbone, makes the acromioclavicular or A/C joint, creating that sensitive tip of our shoulder. The third joint connects the shoulder girdle to the torso at the chest plate, or sternum called the sternoclavicular joint.

Soft muscle tissue rips easily with minimal undue stress. Basically, four small muscles attach the humerus to the scapula with the deltoid assisting in the job making up the "shoulder cuff." Lifting that heavy fulcrum we call arm without traumatizing the delicate shoulder cuff, both rhomboids must engage to flatten each scapula against the back creating vital joint support. While contracting those back muscles, also experience the pectoral major muscle of the chest engage.

Use the larger back muscles to assist arm and shoulder tasks with heavy loads or long-term limb extensions. The latissimus dorsi attaches at the top

edge of our pelvis, the iliac crest, with fascial connections along the lower spine before it diagonally reaches across the lower scapula and attaching below the top of our upper arm bone. Practice lifting the arm without tightening the upper shoulders. Dancers spend countless hours training those muscles to engage with various loads, angles and positions to appear *effortless*. Sometimes, arms carve precarious positions held in space for minutes as a movement artist.

Fabulous Fascia: Fascial restriction means 2,000 lbs/PSI to the surrounding tissues, whether soft tissues like muscle, organs and vessels, or tougher tissues like bone and cartilage. Eventually, this constant tightening directly affects the tissue's health, thus the efficiency of the affected body parts. The connective tissue runs from the tip of our toes to the top of our head. It crisscrosses the body side-to-side, up and down, and diagonally. Fascia surrounds and wraps each of our vitally delicate systems, as a single unit.

Yes! One continuous super highway of communication tubules. Like Batman and Bruce Wayne, but without the disguise, these tubules double as our tensile strength and our lightening fast reactions, yet also provide the housing for our consciousness, our intuitive thoughts. A space where our body snares emotional memories. No disguises but a super trick!

Our fascial system gives our body its tensile strength. Because of its protective, endurance, and brute qualities this tissue requires a different cellular and chemical make up. The chemical process of our connective tissue, thus, protocols and principles must look different from traditional muscle theory taught in gym class. Stretching 90 - 120 seconds creates a complete soft muscle tissue release. However, the tougher connective tissue requires a non-hurried 5-minute stretch or compression just to begin the process towards lasting structural changes.

Stretch fascia for how long? Insight of how our body orchestrates its multiple and layered task oriented systems protected and covered by fascia creates a basic understanding of a healing crisis and its simple complexities. Understanding fascia provides a permanent foundation in patiently waiting 5 minutes and longer at the barriers with stretching away from and/or compressing into the tight, tender or thick areas.

When dehydrated from injury, the strong connective tissue loses its natural glide past other

fascial tubules and becomes sticky like a spider web. As the body performs tasks, the tubules in close proximity cling to each other, like strands of a sticky spider web. These fascial tubules cling to each other creating a tight band or “knot.” Unlike muscle and organ tissue, increased water intake alone does not re-hydrate this heavy duty scaffolding.

Where to treat: Treating the affected area and its surrounding tissue makes logical sense. Our mind rationalizes, “I feel pain here, so I must receive treatment here for relief.” The strand theory of the universe states that we are all connected in our vastness, when crossing different switches of the dimensional strands we each experience. Apply this concept to our fascial system with its miles of tubules crisscrossing throughout the body and an excessively tight low back. Constant and consistent tension over time eventually causes conditions into other areas like the feet, knees, ankles or conditions may show up in the skull and jaw.

Unlike all the other systems of the human body, and all other mammals, our connective tissue forms in every nook and cranny of the body as a protector and communicator. One still recognizes the original external form after stripping away all other tissues but the fascial system. Sometimes referred to as the energetic body, this sacred system storehouses the natural wisdom of the body where vital fascial and emotional unwinding occurs to heal traumas and correct dysfunctions.

Lets look at this using the onion theory of peeling away the layers. As one restriction releases, the next one arises giving sensory cues of pain or tenderness, which result in the body’s natural defenses that shows up as tissue tightness. While waiting for its opportunity to release, discomfort often occurs in a slightly different area with a slightly different level of discomfort or pain or restrictive motion. Feeling the subsequent tight, tender or restricted spot tells the therapist where to treat next.

What is therapeutic pain? Therapeutic pain refers to the discomfort one may experience while being treated with bodywork, like trigger point therapy or in a deep tissue massage session. Therapeutic pain ranges from slight sensitivity to intense sensations. While working painful, stiff or tender areas, referral sensations or pains often show up in other areas of the body.

To effectively engage the fascial healing triggers, one must patiently feel into the restriction

or pain. Fascia creates the foundation for muscle musculature endurance and stamina during high-pressured conditions. Therefore, treating this system, this tissue, one must patiently work into the natural barrier allowing sufficient time for softening and releasing the traumatized tissues.

What is a healing crisis? Each bodily system in our complex organism uses some type of highly organized tissue. Accidents, over-use or repetitive motion causes chaos to the affected areas and disorganizes the predictable matrix each system possess. A healing crisis signals that while the fascia in flux reorganizes its structure, the postural body must also shift. Healing time depends on the severity of the injury, the injury’s age and the time spent treating the traumatized tissue.

Sometimes a healing crisis lasts for weeks. Working the affected area(s) during this tissue reorganizing phase proves essential for deep, lasting relief with permanent healing results. Impetus rules our existence, which means its easier to maintain forward motion after the initial push than restarting each time from a stand-still. Remember to honor the body’s needs and ease up or hold pressure, without letting go if still able to accept treatment. The longer pressing into or away from the barrier, the deeper the healing.

My healing crises: Personally, a few hard falls off horses through my childhood created several traumatic injuries. Weeks after my first Myofascial Release seminar with John f. Barnes, I took his MFR pelvic fascia technique class and focused on my right hip that bothered me since a teen. In technique seminars, each participant works as the therapist and as the patient, allowing personal healing to occur.

After the second day of class, I began feeling a deep aching pain in my right hip region. Before reaching class the next day, I wanted to only treat my partner, not receive treatment. Talking to other participants, I heard similar opinions; all referring to onsets of healing crises. Mine lasted for nearly a month. I manually lifted my right leg to put on pants for weeks because of a crazy pain in my groin area whenever I tried lifting my leg off the floor.

Using the MFR techniques daily, I stretched and compressed my upper leg and hip. Sometimes I felt pain when working into the tightest sections. Days passed as I patiently held my leg in the treating positions, while reminding myself to let go and soften into my body, until the debilitating pain

dissolved weeks later. I unexpectedly experienced a freedom in my hip and leg mobility that previously eluded me through decades of intense dance training. A surprised and welcomed change.

At some time in our life, each one of us experienced rolling off an ankle, stressing the low back or pulling too much with an arm. Whether cycling, running or riding, injury related accidents eventually catch up to the serious athlete. Like many young people, moving through space captured my focus and filled my time. My path fortunately crossed with a family who owned horses. Also, blessed with parents who wanted fun, they eventually financed my equestrian passion.

The two equestrian injuries that affected me the greatest happened at 12 and 14-years old. First, falling off with arm outstretched to stop my fall fractured my upper left arm, jammed my left elbow and pushed my first rib and clavicle out of whack. Two years later, a gentle giant's hoof unfortunately met my right face with great force, adding to the trauma to my lower neck.

Years of looking down reading and doing homework for school, especially in college. Years of stress and anxiety as a single parent with decades of constant physical responsibility of running a household and raising children on my own led to constant pain on the left mid to lower neck, left shoulder and upper back and at the base of my skull. Adjusting the way slept for my left elbow's comfort became second nature.

MFR magic: Over four decades later, several separate healing crises and constant attention to stretching, pulling, pushing and compressing my neck, I currently live with a new found freedom from nagging, piercing pain with increased neck mobility that continually astounds me. Working MFR magic and releasing my left elbow joint led to my ulna correcting itself in the joint junction. The joint support I once required for comfortable slumber, now irritates my arm.

Enhance the MFR effectiveness by consciously feeling the treated area(s) without judgment. The body does not need to know why it hurts there to receive healing, or the reason for the decision that led to the injury to soften into the body and let go of the restrictions. Even the body's emotional releases truly require awareness of the release, not

the traumatic cause. Often, the emotional releases show up after the client's treatment.

Proactive: Implement frequent reminders through long days or long drives. As trained dancer for over 25-years, one might think this very simple for me as a massage therapist. I work in a field that not only trains and emphasizes proper mechanics, but includes its value as questions on state tests.

Happily, I find myself internally voicing reminders of squaring up over my hips or to move my body to keep my arm near my center. Neglect of these basic requirements cause strain and pain to the body. Eventually, pain forces change in my techniques and shortens my schedule, thus affecting my income. On long drives, I check in and square up my low back and pelvis with the seat. As a small person, additional back supports always need to partner my seats for proper body mechanics.

Supporting one's fascial changes extend beyond the therapists reach. Learn healthy postural habits that sustain personal needs. Postural changes take time, so make it a life-style change. Enhance your experience by practicing a more healthy way to sit, stand, walk, etc. Self-supporting tools like self-awareness of sitting, mindfulness while moving through space, mini adjustment to the physical approach of achieving occupational responsibilities and tasks.

Through the MFR treatments and its basic principles, restored hope follows many who thought constant, severe pain was a life sentence. Not a cure, but certainly a pain reliever, tissue healer and joint mobilizer to hundreds of thousands of people in the past four decades. END

Are Probiotics the New Treatment for Stress?

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



Stress seems fairly inevitable on a day-to-day basis, but the University of Colorado recently conducted a study that links beneficial bacteria to long-lasting, anti-inflammatory effects on the brain. These

properties help to make the brain more resilient to the physical and behavioral effects of stress.

Stress, the Brain and Probiotics

The immune-regulatory and anti-inflammatory bacteria was used and tested on adult male rats who were experiencing anxiety-like behaviors to see what effects the bacteria would have on the neuro-immune regulation and the stress-induced neuro-inflammatory processes.

What's the Verdict?

The male rats who received the three injections showed higher levels of the anti-inflammatory protein in the brain. After the immunization took place, these rats experienced lower levels of stress-induced protein, called HMGB1, which is believed to partake in sensitizing the brain to inflammation. “We found that in rodents, this particular bacterium actually shifts the environment in the brain toward an anti-inflammatory state,” explained Matthew Frank, lead author and senior research associate in the Department of Psychology and Neuroscience.

The Meaning Behind it All

While there is still plenty of research that would need to be conducted to form any concrete conclusions, this research has the potential for helping in numerous ways. If these findings were to be replicated in clinical trials, it could lead to a potentially new treatment for post-traumatic stress disorder (PTSD), anxiety, depression and other mental illnesses.

Plus, with the research showing how the adult male rats were no longer impacted by the brain becoming sensitized in certain stressful situations, it means this immunization, with further research, could assist in treating people who have experienced a trauma, illness or surgery.

END

What Is Best For My Skin?

*By Jennifer Nagy-Cordray, BS
California Certified Massage Therapist
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All skin types need to be exfoliated; it helps to keep the skin functioning normally, and prevents dullness due to build-up of dead skin cells, as well as many other benefits. However, there are different types of exfoliation the benefit different types of skin. Someone with dry skin will see better results from a physical exfoliation such as microdermabrasion. Where an oilier, or acne prone skin type will benefit from a peel containing salicylic acid. For the pregnant, breast feeding, or sensitive skinned patients the Indermica Infusion Facial treatment is a great option as the gentle crystals and activators exfoliate the skin without feeling too harsh. Also, it doesn't contain any ingredients that could be potentially harmful during pregnancy or breastfeeding.

Know What You're Having Done

Terms like “dermabrasion” and “chemical peels” tend to give people the mental image of Samantha Jones in that memorable episode of Sex and The City where she has a peel that will make her look 10 Years younger, but not before a rather painful looking recovery time. That is not the case with this level of exfoliating treatments.

Microdermabrasion and Chemical peels only affect the epidermal layers of the skin. It's a deeper level of exfoliation that you could achieve at home, but not aggressive enough to have any considerable amount of downtime afterwards. They work to remove dead skin cells, and excess oils and impurities giving the skin a brighter appears, a smoother texture.

Microdermabrasion is a physical exfoliation which means that it is manually removing dead cells from the surface of the skin. Think of this as buffing your skin, much like sandpaper. While a chemical peel uses a mixture of alpha hydroxy acids to dissolves

dead skin cells, allowing them to be washed away with the peeling solution.

Preparing For The Microdermabrasion or Chemical Peel Treatment

If you're an exfoliating junkie like me this step might be hard! About 3-5 days prior to your treatment you will want to stop using any sort of exfoliator on your skin. This includes scrubs, enzymes, retinols, or any acids. This is important to ensure your skin is not too sensitive on the day of the treatment. If you have already exfoliated away the dead skin cells, there is not much left for the microdermabrasion or the chemicals to work on, and they will attack the healthy cells which may irritate or even damage the skin.

Be Cautious of Your Sun Exposure

Sun exposure is very damaging to your skin, and you should protect your skin on a regular day. It's important to ensure you avoid direct sun exposure prior to an exfoliating treatment, and even more important for days afterwards!

You want to be sure the skin is in a healthy state prior to treatment, and that it is not sensitive as the chemicals and microdermabrasion could irritate the skin, causing further damage.

What To Do After Microdermabrasion or Chemical Peel Treatment

Now that you have removed the unwanted layers of dead cells the skin is in its freshest and more natural state. This is the best time to introduce a new skin care regime, because without that barrier of dead cells your products can penetrate the skin more easily allowing them to work more effectively. Products only treat the skin superficially, so giving them a chance to penetrate even deeper will give you more dramatic results, as well as getting your monies worth!

Also, same as before the treatment you must be VERY cautious of your sun exposure you have even less protection afterwards. And take a break from your exfoliates for a few days after. Your skin has been exfoliated enough already!

What is Hydrodermabrasion

Hydrodermabrasion has taken over in popularity from microdermabrasion, this is due in part to the

fact that the treatment utilizes the natural healing powers of water and oxygen to effortlessly, and painlessly exfoliate the skin without the use of hard microcrystals or abrasive textured wands.

Hydrodermabrasion treatments provide deeply hydrated, firmer, smoother, and healthier looking skin. Hydrodermabrasion is an amazing step forward in skincare technology with highly effective results seen after just one treatment.

Hydrodermabrasion is the latest in skin care, utilizing the healing powers of oxygen and water to exfoliate, no "sandpaper" wands are required. It is virtually pain free and suitable for all skin types for ultra-hydration. The crystal free dermabrasion wand uses a high velocity of water and oxygen at a high speed to remove dead skin. The blood circulation from the treatment encourages collagen production and the production of elastin. Not only is this the holy grail to anti-ageing it can help banish blackheads, dark shadows, and scarring. This is the technology we incorporate with your professional skin care here at Spa Therapy. END

Hugged By a Rainbow

Noreen Schweiss
July 2018

Growing up in Hawaii, life flew like a dream,
As we drove through a rainbow, my mother and me.
The rainbow could not touch me, so the heavens
above

Knew they needed to send down a spirit of love.

When asked up in heaven within this crowded
room,
A young, beautiful girl, who held the simple truth,
Wildly raised her hand shouting "Pick me, please,
pick me!

I want to lead with love and let her mother me."

Sky's best friend, her partner, said, "I'll go with you,
too.

Together with everything we shall give her such
love"

Beyond her wildest dreams that she could ever think
of."

They looked at each other and locked arms, a strong team.

The heavenly body in charge of that group warned:
Be aware of your challenges before you depart.
Sent as a matching duo, a rare gift for this mom.
They grew in my belly with no hurry for prom.

The eldest by a minute, a cut-up of sorts;
That most of her teachers would lovingly report.
Now eighteen and growing with wisdom and love;
Time for a potent lesson Sky brought from above.

The baby of four, my “Big Eyes,” born as a pair.
Alone, she sets out into the dark and unknown,

Like a gentle lamb amongst wolves, pirates and thieves.

No call... I wanted her safely under my eyes.

Suddenly, grief jumped out and took hold of my view

With the sense of desperate times that so many fear.
Now standing with that look on my face and a tear.
Despair asked what might happen to Lahna out there.

Without even thinking, Sky held her arms out.
Walking towards me, pulling me closer, her energy to share.

Embracing me, while stroking my back and my hair.
All the colors she relished, infusing my bones.

She gently cooed phrases of her loving care,
and told me, “It’s okay, there’s nothing to despair.
Things may seem grim now, but will play out as need be.”

Amazingly, my daughter, these things she’s telling me.

I’ve been hugged by a rainbow, a sweet treat that I’ll share

With all who will listen, full of love and you’ll care.
Growing up in Hawaii, life flew like a dream,
Driving through that hopeful arc, my mother and me.

I wanted to share this with my clients, and everyone.

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-scarred) 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.
END

YOGA at Spa Therapy with Krystie



What do I need for my 1st Beginner Yoga Class?

Yoga is done in bare feet on a yoga mat. Even the most basic yoga stretches require clothes that can stretch or move, so wear the most comfortable outfit that allows you to move around easily. If you're doing a gentle, slower class, then dress warm (sweat pants, long sleeve shirt) and if it's a more rigorous class wear shorts and a t-shirt or a tank top. Krystie will often suggest you to wear what makes you feel good.

Some classes use additional equipment or props, such as straps, blocks, bolsters, blankets and chairs. You don't need to purchase any of these to begin doing yoga. If you're going to attend a class at our studio we will provide everything that you need. If you're going to purchase anything, you should buy a yoga mat. We treat our mats with anti-bacterial, anti-microbial, and anti-fungal spray after each class.

How do I know if yoga is for me?

Yoga is accessible for everyone, no matter what you look like, how old you are, how you dress, how much you weigh, what you do for a living, where you live or what religion you practice. Yoga is in no way exclusive. It's possible that you have a certain condition or a recent injury that makes it challenging or dangerous to do certain types of yoga, specific poses or breathing techniques, but there will likely be safe alternatives that Krystie can help you with. If you are 55+, out of shape or extremely inflexible, begin with a gentle class until you feel it's safe to move onto something more challenging. Never be ok with pain. A certain amount of discomfort is ok, but pain is your body's way of telling you to back off.

Why Should I Do Yoga?

There are so many benefits of doing yoga. Yoga can help you:

- improve and maintain the health of muscles, joints and organs
- keep your mind healthy
- get a better night's sleep
- improve performance and prevent injuries in sports
- speed recovery from training
- prevent conditions such as diabetes, heart disease and auto-immune disorders
- slow down the negative effects of an office job
- increase your sense of happiness and well being.

It's a practice that is both physical exercise, helping improve toning, stamina, posture, strength, balance and flexibility, as well as a discipline that helps you de-stress, relax, feel healthier and more energetic.

The best way to know if yoga is for you is to give it a try. We will let you know what classes would suit you best and give you any advice you need before practicing. If you are someone recovering from an injury or are of poor health we recommended to see a physician before practicing. Especially if you think there may be risks associated with practicing yoga.

What do I need to know before doing my first class?

Many of the expectations of a yoga studio are similar – arrive early, don't wear perfume. Questions are always welcome, but you may want to ask at the beginning or end of the class, depending on how many students are present

A yoga class is meant to be a place where you feel comfortable and cared for – a space without judgment. Don't worry if you are unable to keep up with everyone. It's more important to go at your own pace to ensure that you do everything safely. You don't need to know the names of poses to participate. Krystie will provide clear instruction throughout and tips for alignment and positioning.

What About Yoga and Weight Loss?

Yoga is not a good cardio workout, so it is generally not an effective way to lose weight. However, it is a whole body workout that can make you work very hard, sweat and, in some cases, exhaust yourself. Its strength is in toning the body through challenging

physical exercise and improving overall health through increased flexibility, body awareness and relaxation.

How do I know which style of yoga to do first?

If you have never done yoga before, the best place to begin for most people is with a beginner yoga class. Our Beginner's Yoga generally spends more time on physical postures, as opposed to mantra, learning Vinyasa poses for sun salutations, and moves slow enough for anyone to keep up while focusing more on safe alignment. If you are 55 or older, this is a class you can do!

If you consider yourself to be very inflexible, don't feel discouraged! You will benefit just as much as anyone else but you may need to give it a little more time to realize the effects. You may want to consider trying our Restorative Yoga class. Restorative Yoga is gentle, meditative, and deeply relaxing. Experiencing Restorative Yoga is true relaxation and is a deeply rewarding experience. If you are quite fit already and enjoy a really challenging yoga workout, our Power Vinyasa Yoga may be for you. Our Power Vinyasa is energizing and strengthening overall. Power Vinyasa will teach you to move into extremely challenging poses effortlessly, with a calm mind and steady breath, which is invaluable to us all in our busy lives.

What should I expect from Spa Therapy's Yoga classes?

Our classes are anywhere from 1 hour in length and the class size can be 2 to 8 students. You can book online same day for Wednesday classes, which is great if your schedule is unpredictable, whereas our Sunday classes require that you register and pay prior to the class date. If you have called-in on Saturday to reserve your spot for Sunday, please bring cash to your class.

Depending on the class size, Krystie may be able to give you individual guidance and adapt the poses to your needs. If you have difficulty doing certain poses, you can be shown an alternative. Krystie may also include the benefits of many of the poses you are doing in class.

How often should I do yoga?

If you're able to practice yoga 2-3 times or more per week, you will likely see significant improvements in areas such as flexibility, joint range of motion,

strength, balance, ability to manage stress, quality of sleep, happiness and overall well-being. Everyone's bodies are different, so this of course is relative and specific to you. Practicing a beginner yoga routine once or twice per week will help you maintain things as they are, while possibly seeing some smaller improvements over time. Like anything fitness-related, the more time you can dedicate to it, the more beneficial it will be.

The Yoga Mindset

At the root of yoga is self-inquiry. Everything we do, whether it's a yoga pose, a meditation, a mantra or a breathing technique (pranayama), has the purpose of encouraging us to connect to our bodies and our life experience in a more meaningful way. For example, understanding the balance of effort and release in your yoga practice requires constant attention and sensitivity and has profound meaning in our everyday lives as a meditation on balancing stress and relaxation.

Yoga's origins come from a deeply-felt drive for self-understanding, physical and emotional release and total well-being. It's much more than the physical experience of a yoga pose. It digs deep into the reality of who you are, what you want and why you are here. As you spend more time doing yoga, you will likely dig deeper into the layers that make up who you are as a person. Yoga helps you let go of old patterns, feel more open and happy and connect with friends, family and your world in a more meaningful way.

I hope, that this article has provided you with all of the information that you need. If you do end up taking your first class, send us an email and tell us about your experience.

We wish you the best in whatever journey you're on.
END
