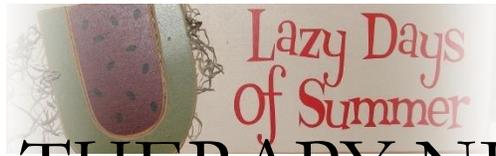




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SPA THERAPY NEWS

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MASSAGE: IT'S REAL MEDICINE

*by Jennifer Nagy-Cordray, BS
California Certified Massage Therapist*



New research suggests massage can ease insomnia, boost immunity, prevent PMS, and more. Maybe that's why hospitals are making it a standard therapy.

"All of our surgery patients are offered the treatment -- I call it 'service with a smile' -- and it's a mandatory weekly prescription I give myself," says Mehmet C. Oz, M.D., director of the Cardiovascular Institute at New York Presbyterian Hospital--Columbia Presbyterian Medical Center and a member of the board at LLuminari, a health-education company. It sounds like a no-brainer, but good massage treatments are especially effective for aches like low-back pain. Researchers at the Group Health Center for Health Studies in Seattle, Washington, found that massage works better than common treatments including chiropractic therapy and acupuncture. It's not clear why, but several studies show massage reduces levels of the stress hormone cortisol while boosting the feel-good hormones serotonin and dopamine. Those changes slow your heart rate, reduce blood pressure, and block your nervous system's pain receptors. Massage also increases blood flow to the muscles, which may help them heal. A bonus: Massage also seems to ease distress from migraine, labor pain, and even cancer, as well as the body tenderness seen with fibromyalgia, says Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami School of Medicine. Plus, the benefits may last as long as a year after just a few treatments, says Partap Khalsa, Ph.D., a

chiropractor and a program officer at the National Institutes of Health's National Center for Complementary and Alternative Medicine, the agency funding many major studies on massage. Fluctuations in several types of brain waves either relax you or wake you up. Massage increases delta waves -- those linked with deep sleep -- according to a study at the Touch Research Institute. That's why it's easy to drift off on the massage table, Field says.

The Touch Research Institute study that connected massage to sleep also found that a 15-minute chair massage boosted alertness. "Subjects reported that it felt like a runner's high," Field says. Tests also show that brain-wave activity stimulated by massage is linked to improved attention.

Massage helps ward off bugs by boosting your "natural killer cells," the immune system's first line of defense against invading illness. "We know that cortisol destroys natural killer cells," Field says. "Therefore, since massage decreases cortisol, your immune cells get a boost." Massage

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even seems to boost immunity in those people with severely compromised immune systems, such as breast-cancer patients.

Less cortisol and more serotonin and dopamine in your system may also mean less stress, anxiety, and depression. "We know that the right side of the frontal lobe of the brain is more active when we're sad, and the left side's activated when we're happy," Field says. "Our studies have observed that massage decreases activity in the right lobe and increases functioning in the left." The well-being people feel after a massage is a big reason why some hospitals offer it to anxious patients preparing for surgery and cancer patients going through chemo.

A small study of 24 women with severe PMS found that massage reduced symptoms such as pain, water retention, and mood swings. Try it with proven remedies such as exercise (and who-cares-if-they-work solutions like a little dark chocolate). END

THE IMPORTANCE OF EXFOLIATION

By Jennifer Nagy-Cordray, CMT, Skin Care Therapist

WHY SKIN LOOKS AND APPEARS BETTER AFTER EXFOLIATION

Regular cleansing helps to remove some of the dead skin cells from the skin, but some always remain which can give the face a dull, lifeless appearance. Once the dead and damaged skin cells are removed (exfoliated) the outer layer of new skin becomes visible. This new skin feels softer, smoother, and reflects light easier making fine lines harder to see. The age spots and unwanted pigment are also less noticeable because the dead skin cells containing the pigment were removed. Exfoliation removes plugged pores, prevents the pores from re-plugging, and allows for the release of natural oils. In addition, regular exfoliation decreases pore size and minimizes many types of superficial scars. All of the above contribute to making the skin look tighter, healthier, and more youthful.

SKIN PRODUCTS WORK BETTER WITH REGULAR SKIN EXFOLIATION

After removing the dead and damaged skin cells through exfoliation of the skin, other anti-aging agents such as glycolics, alpha-hydroxys, antioxidants, and collagen boosting nutrients are better able to penetrate the skin and work more effectively. This holds true for acne medications (like Retin-A & topical antibiotics) as well as other types of skin lightening agents where penetration is important. This is an additional reason why regular exfoliation should be a part of peoples' daily skin routine.

WHAT AREAS OF THE BODY BENEFIT THE MOST FROM FREQUENT EXFOLIATION?

All areas of the body will benefit from regular exfoliation of the skin. However, the most obvious locations would be the face, the chest, the V of the neck (Decollete area), exposed scalp area, and the top of the hands. These areas show the most immediate affects of frequent exfoliation.

WHY IT IS IMPORTANT TO REGULARLY EXFOLIATE THE SKIN

Our skin is constantly exposed to different types of damaging influences. There are three main categories that damaging influences fall into. The first category consists of external factors, such as the sun, air pollution of any kind, and radiation (from the depletion of the ozone layer). The second category of damaging influences affecting the skin is natural influences. Some examples of natural influences are the affects of the natural aging process, normal fatigue that everyone experiences from time to time, and the affects of gravity. The third category of damaging influences that our skin is regularly exposed to is abnormal health influences. Abnormal health influences can be many things, such as dietary issues, stress, and smoking (including second hand smoke). Abnormal health influences are the most common and are also the easiest influences for an individual to have control over. Regular exfoliation of the skin counteracts the effects of all three types of damaging influences. Exfoliation removes the damaged skin cells and stimulates new skin cell migration from the skin's deepest layer.

Personal Skin Care Plan

Exfoliant for Oily Skin - Use an oil-absorbing scrub every other day; do not exfoliate acne. Oily skin tends to saturate dead skin cells and makes it difficult for these dead cells to fall off naturally. Dead skin cells are getting trapped in your pores because they are not sloughing off as they should be. If you are exfoliating your skin, you are removing those dead skin cells before they get trapped and cause more problems. Also, when pores are clogged with oily skin, the linings in the oil glands themselves can become irregular and prevent the flow of oil out of the pores. Exfoliants can help to restore a natural shape to the lining and prevent clogging.

Exfoliant for Combination Skin - Use a gentle scrub mask two or three times a week. Consult your skin care therapist to determine what products are best for you.

Exfoliant for Dry Skin - Use a cream based mild scrub once a week. Dry skin tends to let dead skin cells accumulate too quickly which can make skin look dry and dull. Exfoliation of dead skin cells will encourage more moisture filled skin cells to replace them on the skin's surface. This results in healthier, fresher looking skin. When dead skin cells are removed, this also allows moisturizers to penetrate more easily into the skin because they are not blocking the absorption.

Sun-Damaged Skin

Your skin begins to become thickened and can appear discolored, dull and more wrinkled than it really is. Exfoliating sun-damaged skin can remove this thick outer layer, leaving you with smooth, natural colored, healthier skin and will reduce clogged pores.

During the summer or warm months you'll want to exfoliate more than normal. This is because sweat is virtual glue as far as your skin is concerned, making dead skin cells stick together and coat your skin—additional skin problems can proceed from there.

After you exfoliate, you need to use a moisturizer—as with exfoliating, most skin types will benefit from moisturizing. How much should you moisturize? You can tell by how your skin

feels—if it feels tight, then it's time to moisturize.

Pre-Wedding Treatment

During the pre-wedding rush, many brides are so busy making preparations and tending to arrangements that they neglect to take care of themselves. Unfortunately, skipping meals and depriving yourself of sleep can have an ill effect on your overall health and the appearance of your skin. To make sure you look fresh and vibrant for your big day, you should take a little bit of time to pamper yourself and your skin.

Unique Body Polish Blend Treatment.

This is a deep cleansing & invigorating treatment for your body, using shea butter soap, infused with Vitamins E & C, and micro-dermabrasion crystals, rich jojoba, apricot, and almond oils, and fine organic sugar for a stimulating exfoliation. Your body is steamed leaving your skin hydrated, repaired, & feeling silky smooth.
END

WHY VITAMIN C IS ESSENTIAL FOR HEALTHY SKIN

by Jenny Jensen
Licensed Esthetician



Vitamin C

Vitamin C is critical for your body and plays an important role in maintaining healthy, resilient skin. While young skin is full of vitamin C, aging skin naturally loses this nutrient over time. Other factors like exposure to UV light, pollutants and cigarette smoke compound the decline of vitamin C, contributing to signs of aging. Because the body does not store vitamin C in its tissues, you need to provide it on a regular basis. We are all aware of the importance of vitamin C from our diets; good sources include oranges, lemons, limes, bell peppers, broccoli and grapefruit. But we shouldn't overlook the incredible power of vitamin c as a topical skin care treatment. The good news is that you can

fight back by replenishing your skin's vitamin C levels to help to combat and even reverse time's effect on your face.

Wrinkles

One of the most powerful functions of vitamin C is its role in the production of collagen, a protein that gives your skin its elasticity. As you age, collagen breaks down and wrinkles begin to form. Stabilizing your skin's levels of vitamin C can help to counteract wrinkle formation by increasing collagen production.

Age Spots

When it comes to treating age spots, you don't need chemical peels and lasers – it turns out that vitamin C can have almost the same results! Age spots are essentially sun damage, and vitamin C is a powerful antioxidant, shown to reduce the number of sunburned cells as well as reverse age-related damage to skin. While it's not a replacement for sunscreen, vitamin C protects against and may repair UV damage like discoloration and fine lines.

Your Anti-Aging Rx

Taking vitamin C through a supplement or food is beneficial to your health, but to specifically target signs of aging on your face, topical vitamin C is best. In fact, applying vitamin C to the skin can be 20 times more effective than taking it orally. Topical vitamin C is sold in a wide range of products from serum to lotions. Look for products that contain between 3% and 10% of vitamin C and include the active ingredient ascorbic acid or L-ascorbic acid. Pay extra attention to the packaging – all antioxidants, including vitamin C, are vulnerable to deterioration in the presence of air and light. Unless the product is in an airtight and opaque package, don't buy it!

Apply topical vitamin C once a day, ideally after you've exfoliated in the morning to utilize vitamin C's sun-protecting properties. On rare occasions, topical vitamin C can cause some mild dryness or flaking. Counteract this side effect with a moisturizer. This topical nutrient is safe to combine with all your other skin care products

and even works synergistically with other antioxidants. For a super powerful anti-aging punch, combine vitamins C and E together.

Citrus & Kale Potent C+E Serum

Eminence Organic Skin Care brings you the new Potent C+E Collection. In the Potent C+E Collection the activity of 16% naturally fortified vitamin C is preserved by the combination of additional antioxidants. Specifically, supporting ingredients that are high in bioflavonoids such as kale, spinach and broccoli sprouts work with botanical ferulic acid to protect the potency of vitamin C as well as adding further antioxidant benefits. They have also added a unique form of vitamin C called sodium ascorbyl phosphate which has stable molecules and gives you all the benefits of vitamin c in its most potent form for more effective absorption into the skin.

Feed your skin with the powerhouse combination of vitamins C+E for unmatched antioxidant protection. Vitamin E supports vitamin C by offering additional antioxidant properties as well as healing and repairing abilities that will result in uneven skin tone. Prevent damage from free radicals, boost your collagen production, reduce inflammation and the appearance of acne with the preventative and corrective forces of this collection.

Achieve firmer, brighter and younger looking skin with the Citrus & Kale Potent C+E serum and masque.



WHICH FACIAL SHOULD I GET?

By **Audrey Moore**

Spa Manager

Licensed Esthetician

California Certified Massage Therapist



That is a question many people ask, whether it is their first time receiving a facial or not. With so many choices, it is difficult to know what is best without some help from your esthetician. All of our services are customized to address your skin needs, and all our facials are goal-oriented. They are meant to get results, and will not just be focused on relaxation (although you will be able to relax too!). We are focused on both your short-term and long-term skin care goals. I will go over all the facials we offer at Spa Therapy to help you to choose what would be right for you.

For All Skin Types:

1st Timer's Facial

This will be your first facial at Spa Therapy. We will establish and target your skin care needs and goals. We have an impressive and extensive inventory of professional products that we will draw from to match your skin requirements. We will identify your skin type, reactions to products, best facial treatments for the future, your skin care goals, and the right home care. In addition, this facial includes a one month take-home skin care kit! This facial must be done before any more aggressive facials are performed.

The Spa Therapy Organic Facial

You will immediately see and feel the difference in your skin from this facial, featuring organic products from Eminence Organics. They feature an extremely high fruit, vegetable, and herb content, and therefore, a high level of active ingredients. Vitamins are captured in their all-natural fresh base, offering dramatic results as actual seeds, pulps and peels impart regenerative and healing powers.

Arctic Berry Peel

This is our newest facial we are offering. It is beneficial for all skin types, targeting aging, hyperpigmentation, sensitivity, rosacea and acne prone skin in just three steps. Transformation begins with an active exfoliation from our Enzyme Exfoliant, followed by the Professional Advanced Peel Activator, a naturally-derived activating peel. Finishing with Peptide Radiance Cream to reveal the skin's true healthy glow. All products feature Gotu Kola & Gardenia stem cells to synthesize collagen and elastin fibers. Featured in this collection, an exquisite blend of arctic berries, lingonberry seed oil and hibiscus seed extract target all skin conditions. You will experience smooth and luminous skin. For optimum results, four professional treatments are recommended over a sixteen week period, in combination with the Arctic Berry Peel & Peptide Illuminating System at-home kit.

Oxygen Facial

Oxygen acts as a carrier for vitamins and minerals vital to the skin. Power all treatments into the skin- intensify the results! Oxygen also contains natural healing effects, making this facial perfect for smokers and those who spend a lot of time exposed to the sun. Your skin will look bright and refreshed after this facial.

For Sensitive Skin:

Our Biodynamic Facial is for your most sensitive skin issues. The ingredients of the products are focused on reducing and repairing inflammation. Our Eminence certified Biodynamic®, products must contain at least 95% organic and up to 95% Biodynamic® ingredients. Biodynamic means your products have the highest standards of organics on the planet and hold to strict farming views.

For Firming Your Skin:

Microcurrent Sculpting Facial

This is a 50 minute skin rejuvenation program using gentle electrical stimulation. Your skin is detoxed through the dermis, then our products will penetrate rapidly into the skin. Results are dramatic! Outlines of the face are

strengthened and naturally lifted, muscle tone is improved in the face and neck, jowls and eyebrows lifted. Great for rosacea, mature skin, and acne.

For Exfoliation:

Hydro-Microdermabrasion

This is the newest technology advancement in the skin care industry. This treatment will lift your skin with 3 levels of dermabrasion combined with our unique hydro-infused system. Your skin will be hydrated and feel amazingly smooth after just one treatment. This feels very gentle compared to conventional microdermabrasion, therefore, if you have sensitive skin, you can have this treatment too!

Deep Therapy Facial

This facial combines our Microcurrent facial and our Hydro-Microdermabrasion facial, and is my personal favorite! First we will smooth and exfoliate your skin with Hydro-Microdermabrasion, then we will use Microcurrent's deep product penetration to hydrate and plump your skin. Your skin will glow!

You will find more information on all our facials as well as links to additional articles and videos on our website, yubacityspa.net. We also offer free skin consultations to help you choose which facials and products will best address your needs. END

ONCOLOGY MASSAGE

*By Tammie Dixon
California Certified Massage Therapist*



Hi again, It is now time to tell you about the first class that I will take in October of 2014, Oncology Massage Blending East with West. This class will allow

me to enhance my work with cancer patients by integrating reflexology and acupressure skills to the oncology massage protocol, in regards to pressure adjustments, sites that need to be avoided and client positioning.

While looking at the body from an Eastern Medicine point of view, I will learn how to support the internal organs during disease, treatment and recovery, how to address symptoms more directly by understanding how the organs network, how to mitigate the side effects of treatment and symptoms of disease, such as low blood count, nausea, fatigue, neuropathy, weakness in the limbs, and GI tract disorders, how to strengthen the immune system, the importance of Ayurvedic oils for cancer care, and the psychological aspects of living with a potentially fatal disease and how it may impact the immune system.

As a culminating class I will learn how to utilize these skills by providing a full body massage session to another student, after a thorough intake, using system management tools that I have learned in class and with the instructors help will create a massage plan that will address any symptoms that my clients may have.

REFLEXOLOGY

*By Ashley Geldine
California Certified Massage Therapist*



Foot Reflexology Basics

Foot reflexology is a simple, non-invasive method to assist in total body balance. It involves applying pressure to the feet with thumb, finger and hand techniques, based on a system of zones and reflex areas that reflect an image of the body on the feet. The reflex areas correspond to each organ and system of the body and are worked in specific manipulations and order. Foot reflexology is generally pleasant and relaxing.

How It Works

One theory is that reflexology works with the central nervous system. This theory builds on research done in the 1890s by Sir Henry Head and Sir Charles Sherrington, who began to show through their research that a neurological relationship exists between the skin and the internal organs, and that the whole nervous system adjusts to a stimulus.

According to the theory, the reflexologist's application of pressure to feet, hands, or ears sends a calming message from the peripheral nerves in these extremities to the central nervous system, which in turn signals the body to adjust the tension level. This enhances overall relaxation, brings internal organs and their systems into a state of optimum functioning, and increases blood supply (which brings additional oxygen and nutrients to cells and enhances waste removal). It positively affects the circulatory, respiratory, endocrine, immune, and neuropeptide systems in the body.

Benefits

The benefits of reflexology include:

- Relaxation and stress relief
- Promotion of restful sleep
- Assistance with elimination or reductions of digestive challenges
- Overall wellness and improved mental health
- Pain management for chronic and acute pain
- Reduction of reliance on prescription or over-the-counter drug remedies
- Healthcare expense savings
- Greater enjoyment in life by alleviating some of life's common stressors

Because the hands and feet set the level of tension for the body, reflexology is an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

What To Expect

I offer reflexology in 30 minutes sessions, as well as 1 hour sessions. You can relax on the massage table or ask for an on-going assessment

as I work. Expect the pressure to be in your comfort zone. A treatment should not be painful, though there may be uncomfortable or tender areas if your body is highly stressed. Communicate your preferences to me. You should feel relaxed at the end of the session. How long relaxation lasts is a good indicator of the session. Take note of this and communicate your response to me so that I may tailor your next session specifically to your needs. Expect technique application to be "dry" (without oil or cream), although I do include a foot massage with cream in my reflexology sessions, generally at the end. END

WELCOME ASHLEY!

Ashley is our newest member of the Spa Therapy team, and we are happy to have her. From Ashley:

My name is Ashley Geldine and I'm a national and state certified massage therapist. I earned my massage therapy certification in Lexington, Kentucky in 2007 and was eager to begin my practice. A few short years later my husband and I were relocated to Ohio, where we spent the next 4 years. Feeling the need for both professional and personal development, we made the move to Yuba City. I am an enthusiastic and care-driven therapist. I excel at creating therapeutic treatment sessions for individuals with widely varied needs and circumstances. I have a passion for listening to needs and addressing any challenges. Reflexology, trigger point therapy and pregnancy massage are a few modalities I love.

When I'm not working, I enjoy time outdoors with my husband and chocolate lab. Traveling, hiking, archery, fishing, and hunting are some of my hobbies.

Ashley is available for massage Monday & Tuesday, and Thursday-Saturday, and would love to see you soon!

EveryBODY Deserves A Massage

By Nicole Brown
California Certified Massage Therapist



Every person of every size, creed or color, active or inactive, young or old, modest or shy, weak or strong, quiet or boisterous, well or ill, able or injured, painful or pain free, deserves to receive the gift of massage at least once in their lifetime.

Life is rough. Sometimes we do not treat our bodies well. Sometimes our bodies are just not well. Sometimes age or injury renders us and our parts immobile.

You are human. We are all human. We all have muscles, aches and pains. We all have body issues, weather it is self image or internal functions. We have seen it all and nothing bothers us. We just want to help with your concerns.

Massage and touch are natural instincts. When something hurts we rub it, if it itches we scratch it because we know that treatment will work. Massage is one of the oldest healing arts and is non-invasive, proven effective, and in some cases, works better than medication or surgery.

Massage helps reconnect the body and mind and helps you remember what it means to listen to your body. Massage can aide in depression and help balance the chemicals in your system while relieving stress and tension of every aspect of you.

Massage can move sluggish lymph, remove trigger points or knots and lower blood pressure. Massage helps with arthritis symptoms, fatigue, pain, immobility, diabetes, immunity suppression, TMJD, headaches, plantar fasciitis, and many more conditions. The best part is that it curbs the need for pain medication which ruin the kidneys and liver and the effects of massage last a lot longer. Plus, it just makes you feel good inside

and out.

In honor of EveryBODY Deserves A Massage Week I am offering 10% off of a 30, 60, or 90 minute massage the entire month of July. July 13th-19th I will be offering 15% off massage. (this offer cannot be combined with other discounts.)

THAI YOGA MASSAGE

By Sylvie Henry
California Certified Massage Therapist
Usui Reiki Master



Thai Yoga Massage is coming back to Spa Therapy in August!

Rooted in ancient Vedic traditions, this unique combination of body and energy work brings body, mind, and spirit in harmony – the state for wellbeing and health.

One of the core tenets of Thai bodywork is that lines (sen lines) circulate prana, the intrinsic life force, throughout the body to maintain vitality. Interruptions or disruptions in the flow of energy along these lines eventually result in sickness. Thai massage combines the application of pressure with manipulation, adjustment, and muscle stretching to restore the optimal flow of energy.

To activate the energy flow along sen lines, the Thai practitioner uses her feet, forearms, knees, and elbows to stretch and compress muscles, all in a flowing, rhythmic movement. Pressure points are also activated.

This combination of physical and energetic work produces highly therapeutic effects at many levels. The endorphins released by the gentle muscle stretching promote immediate relaxation. Thai massage also heightens awareness, improves circulation of blood and lymph, and increases flexibility. More specifically, Thai techniques have been noted to help in the relief of headaches, migraines, arthritis, whiplash pain, numbness, and back pain.

For athletes or active people, the stretching helps make muscles more flexible and less prone to injury, while joints benefit from a greater range of motion.

Each session is a personal and unique experience that takes place in a space of metta (unconditional love and compassion) and vipassana (awareness of the present moment). In times when most feel disconnected and rushed, Thai provides a deep sense of relaxation while allowing body and mind to heal.

Look for my Thai Massage Special in August. Sessions are conducted on a mat on the floor. Please wear loose, comfortable clothing.