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SPA THERAPY NEWS

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IONIZING DETOXIFICATION

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Most people have heard by now of Ionizing Foot Detox Units. There is some controversy if it works or not, not for me. I have had 5 years of experience with the technology and I know it works. Take a walk along the beach and you should experience a natural detoxification. Your breathing usually becomes easier, while anxiety disappears and pain is lessened. Scientifically as water molecules crash they release negative ions. Our bodies absorb these ions. This provides us the power to fight disease, improve organ function and eliminate waste regularly.

The main point of these detox units is to make the body's pH more "alkaline," but what exactly is the importance of being alkaline?

An alkaline body is crucial to a person's health. Diseases thrive in an acidic environment. So basically, the less acidic your body is and the more alkaline, the less prone you are to contracting a disease, such as osteoporosis or cancer.

The Center for Disease Control reports that up to 85% of all illness are caused by toxins and pollutants in our bodies. The human body functions best when the ions are balanced at 80% negative and 20% positive. So how do we achieve this?

What we put into our body, such as the foods we consume, have either acidic or alkalizing properties. Check out the food charts for yourself at <http://www.snyderhealth.com/foodash.htm>. The more of the higher alkaline foods you can

incorporate into your diet the better. An ionic detox, helps to facilitate the alkalization process through the process of ionization, which removes "free radicals" from the body.

How do ionic detoxes fit into Chinese medicine?

Traditionally, we think of acupuncture and herbal medicine as being the main components of Chinese medicine. The ionic foot detoxes we see today are a more modern invention, but magnetism itself, has been used to accompany traditional Chinese methods medicinally in China for over 2,000 years.

Acupuncturists use a variety of modern tools, that weren't invented yet back in ancient Chinese times. Tools besides the ionic detox machine, such as the electrical stimulation machine, work to accompany acupuncture. Both of these tools work with acupuncture to clear heat from the body.

Every physician has a set of tools in his/her tool bag; sometimes you have to branch out to find more tools.

So, the crucial question: Does it work?

A pH test says yes! We perform a pH test on you before and after your foot detox. Post detox pH

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levels are usually right in the middle of the spectrum, as they should be, and noticeably more alkaline than before the detox. The detox continues to alkalize the body up to 48 hours after the treatment, via urination and sweat, which is an added benefit. One should not eat/drink acidic foods after a treatment, to help better facilitate the detox process.

Ion foot detox therapy programs focus on the feet to recharge the body and increase well-being, overall health, and balance. Through a short 30 minute session of warm mineral sea salt water, the unit helps flush out the toxins in the lymphatic system and energizes the blood. The ionic therapeutic footbath flushes out through ionization. It has also been said, among many other things to relieve arthritis, help cancer patients increase energy, alleviate neck and back pain, and generally return the body to a more well-balanced state. A maintenance program of once a month will help keep control of toxins in your body. Results may vary, people with greater illness may take longer to detoxify and heal.

Detox foot treatments are a therapy aimed to improve among other things, liver and kidney function through an electromagnetic detoxification process carried out on the feet. The treatment is activated with an array placed in the water. The water will change colour. It's not the colour change of the water that holds any information about your interstitial waste; it's the debris that begins to form in the water that are the toxins and give information about the health of your organs. . It is the oily residue and flecks floating on top of the water that determines what your body is getting rid of. Independent clinical studies have been done that demonstrates high levels of heavy metals, fat and mucous residue present in the water after 30 minutes.

This array causes ionization of the water and allows detoxification through the feet by sending a small current that goes in a circuit through the body and generates positively charged ions, which attach to the negatively charged toxins neutralizing them. The body is then able to

discard them through the approximate 200 pores that are on the bottom of your feet. The ionization process alkalizes the blood and tissue thereby correcting the pH balance. It's important to aid in your body's alkalizing process; you can't just come in and 'get fixed'. You have to take ownership in your health. The work I do with a patient has to be part of a team effort, which is why the food alkalinity chart is so important. I suggest bringing the chart to the grocery store with you to help in purchasing alkalizing foods.

Other scientifically measured effects of this detox, besides alkalization, are lower blood sugar levels and lower cholesterol levels.

Is the ionic detox good for anybody?

Yes! Most people can benefit from an ionic detox. It is especially good for those suffering from GI disorders, skin conditions, fungal or yeast infections, and cancer.

The ionic detox is contraindicated for those who have a pacemakers, electro-stimulators and open sores or lesions on his/her feet. People with Diabetes Type I should use this therapy with precaution.

The benefit of this form of detox is gentle and safe, and not compromising because it bypasses the gastro-intestinal system. The detox also works well when accompanied with acupuncture, to stimulate blood flow, in treating peripheral neuropathy.

Some mild symptoms of toxicity: include headaches, lethargy, obesity, constipation, bad breath, anxiety, poor skin, digestive disorders, forgetfulness, allergies, poor circulation, and cellulite. Severe cases: high blood pressure, arthritis, diabetes, heart problems, kidney failure, cancer.

Some Reported Benefits of reducing the toxins:

- Increases Energy levels
- Relieves Allergies
- Support healthy blood pressure
- Relief of Joint Pains
- Reduces water retention
- Boosts the Immune System
- Increases Blood Circulation
- Relieve muscle aches

- Increases blood flow
 - Pain relief
 - Faster Healing of soft tissue injuries
 - Assist in inflammatory issues
- Who should use this machine?*
- Persons using high quantities of tobacco or alcohol.
 - Persons with chronic illnesses.
 - Persons with low energy.
 - Persons with pain.
 - Persons with low immunity.
 - People who have high stress.
 - Person with diabetes, hypertension, high blood sugar, rheumatism, or arthritis.
 - People who care about trying to rid environmental toxins from their bodies.

The best time to detox for people who are not suffering a specific ailment is during the transitional seasons or for health maintenance, I recommend monthly 30 minute treatments. Try it! You'll feel better overall. If you suffer from plantar fasciitis, our protocol is 30 minutes of reflexology and 30 minute foot detox.

**NEW EMINENCE
PRODUCT LAUNCH
for APRIL: Arctic Berry
Illuminating Peel**

*by Tracie Monthaven,
Licensed Esthetician*



What if you could target aging, hyperpigmentation, sensitive, rosacea, and acne prone skin in just 3 steps? Transformation begins with an active exfoliation from an enzyme exfoliant, followed by the Professional Advanced Peel Activator MA20 (multi-acid 20% at 2 Ph), a naturally-derived activating peel. Finishing Peptide Radiance Cream to reveal the skin's true healthy glow; said to be a natural Botox with Gotu Kola & Gardenia stem cells to synthesis 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. It's your time to discover smooth, even 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. With a monthly spa service and weekly at home treatments this system will provide in 4 weeks:

- Restores radiance 80%
- Reduces dark spots 80%
- Reduces fine lines and wrinkles 80%
- Improves dullness 100%

New ingredients feature Gotu Kola & Gardenia stem cells to synthesis collagen and elastin fibers. Gardenia stem cells stimulate the synthesis of new collagen and elastin fibers, they restore its unavoidable loss associated with aging while strongly inhibiting collagenase. This process limits collagen degradation, prevents skin damage and loss of firmness. Advanced skin care research on Gotu Kola stem cells has shown that it is an effective ingredient for: collagen and elastin synthesis to significantly reduce fine lines and wrinkles, improve skin tone, reduce stretch marks, heal scar tissue, and for wound healing support. Its ability to treat skin conditions, heal wounds, improves mental clarity and promotes longevity were important reasons for its extensive use in Ayurvedic medicine.

Wrinkle reduction after 4 weeks!*



Dump the Junk With Trigger Point Therapy: Rid Your Body of Toxins

by Nicole Brown

California Certified Massage Therapist



Trigger Points, infamously known as “knots”, do not let in blood, oxygen, water, nutrients, and other important bodily fluids the muscles need to not only survive, but to thrive. When Trigger Points form they trap in toxins that are not excreted from the body.

Toxins are everywhere and we all have Trigger Points, we cannot escape either of them. Toxins are in, around, and on our bodies. We find them in lotions, make-up, detergents, the air we breathe, alcoholic beverages, smoking, medications, foods, etc. Our own bodies produce toxins like metabolic waste which are excreted in the form of water. We also have solids and gases. There are other toxins that our body naturally produces like ammonia, urea, and uric acid. A lot of water is needed for ammonia excretion, which is a very toxic substance. Urea, like uric acid, is less toxic, but uric acid will form crystals.

The Pain-Spasm-Pain cycle always associated with Trigger Points can bring on chemical reactions in the body that produce more toxins that collect in the tissues.

Trigger Point Therapy is a very effective and result oriented method to get rid of those Trigger Points through light and direct pressure, creates blood flow, restores your range of motion, gets rid of waste and toxin build up in the tissues and muscles, allows for greater flow of bodily fluids both locally and through the entire body.

When Trigger Point Therapy is applied, a physiological change occurs, releasing the knot, the tissues and muscle relax and fluids are rush to the area to help heal it, all while releasing the old “junk” that was caught in the Trigger, restoring the flow. A Trigger Point is like a blockage, a kink in the hose, release it and everything flows. If you are ready to ‘dump the junk’ in your soft

tissues and recover & restore the health & flexibility of your muscles and joints, schedule my new Dump the Junk Package with 15% savings.



New Dump the Junk Package:

3 Trigger Point treatments, with complementary steam upgrade on each appointment, with self-care enhancements of our proprietary Heat Therapy Wrap and M'lis Soothe anti-inflammatory gel. Regularly \$310, but for a limited time, you can recover your body for \$265.

Skin Care Tips for Brides to Be

By Jenny Jensen

Licensed Esthetician, 15 years



Bridal season is around the corner and I am sure many beautiful women are waiting for their “big day”.

We all want to look special on our wedding day and one of the best things you can do to help you achieve this goal is to implement a good skin care routine in the months prior to your big day.

First of all, if you do not have a proper skin cleansing routine, now is the time to start, make sure you use a good quality cleanser twice daily and moisturize regularly. It is recommended you cleanse in the morning and before going to bed every day.

Exfoliate your skin twice a week, you can use a facial scrub or face mask to do this, it helps clear

the pores of bacteria, which can lead to blackheads and pimples.

Hydrate your skin, there are two basic ways to keep your skin hydrated and to get the best results you should incorporate both into your daily routine. The first is to drink plenty of water every day; this helps flush toxins out of the skin. The second is to moisturize daily with a moisturizer that is suited for your skin type. The wrong moisturizer can actually do more harm than good. Combined these two steps will help you achieve a glowing complexion.

Sleep, our skin needs sleep, getting plenty of sleep is not only beneficial the night before the wedding but also in the weeks coming up to the big day, to avoid bags under the eyes, aim for at least eight hours of sleep every night.

A healthy nutritional diet with lots of fruits of vegetables also plays a vital role in the complexion of your skin.

A great way to get a jump start on your best looking skin is to get a facial at least 3 months before your big day. This will allow a facialist to evaluate your skin and prescribe the proper skin care products that are suited for your skin. Your facial will include a consult, deep cleansing, exfoliation, steam and extractions to remove any clogged pores. A masque is applied to hydrate and soothe the skin and then you will finish off with a neck and shoulder massage to de-stress. You should return for a facial every 21 days to achieve the your best looking skin, having your last facial a few days before your big day.

Also, if there is any hair removal that needs to be done, you should also start this process 3 months before your special day. You must grow any body hair out for at least 3 weeks to get the greatest result. Waxing 3 months prior will allow your hair to get on a steady routine and prevent any negative reaction before your big day. You must maintain your waxing every 4 weeks, having your last waxing a few days before your big day as well.

And if an all-over glow is what you're looking for, body scrubs will deliver. Scrubs rely on natural exfoliants, such as sugar, rice, and walnuts to gently polish away old layers and reveal the radiant

skin beneath. It is recommended to get your body scrub a few days for your special day.

10 Ways to Get It Done Now!

by Patti Smith

California Certified Massage Practitioner



That affects our minds, affects our bodies. Too often, we let things on our 'to do' list pile up. This causes a lot of undue stress. Mental stress directly affects our bodies. Here are my top ten ways to slash your to do list.

1. Start.
This is so simple it's almost silly. You will have no better motivation in the future than you have right now. Do not put things off until you are in the mood. Begin. Usually the dreaded task isn't as bad as we imagine it will be.
2. Try the *Pomodoro Method*.
This low tech method is used by top executives and is very popular. You simply start a timer for 25 minutes, focus entirely on the task at hand and then take a 5 minute break. Focus for another 25 minutes and then take another 5 minute break. Repeat 2 more times and then add a 30 minute break.
3. Start early in your day.
Get up an hour earlier because the early bird gets the worm. By the time the rest of your household awakes, you have accomplished your task.
4. Tackle the toughest job first.
Attempt your most difficult task when you have the greatest amount of mental energy. Save the simpler tasks for last.
5. Master distractions.
Put in your ear plugs, close the door, turn off the phone and focus. Put your mental blinders on and shut out all distractions.
6. Slow down.
Focus on one thing at a time. Multitasking is overrated. You will accomplish more by

breaking down complicated task into a series of simply ones.

7. Delete.

Don't get caught up in the little things which produce little results.

8. Group your tasks.

Grouping reduces stress by streamlining activities like returning all calls at the end of the day or grouping errands by location.

9. Avoid burnout.

Change your scenery or your task if you feel that you are not making progress. Try a relaxing massage here at Spa Therapy Wellness Center. This is definitely a great way to revive yourself, physically and mentally.

10. Review, modify and prioritized your to do list often.

Remember, no one gets it all done. There will always be something to add to your list. That is just life. By mastering your list and working smart, you will have greater peace of mind and less stress. Let me help you de-stress with my De-stress package; steam, relaxing massage, and hydrotherapy. You will be on the road to 'getting it done' with new energy!

Shine Control: 7 Tips for Fighting Oily Skin

by Audrey McCready-Moore
Licensed Esthetician
California Certified Massage Practitioner



Wash Right

Even if you don't tend to break out, switching to a cleanser that fights acne in the summer will keep your skin looking matte. Choose one with AHAs or BHAs, which helps break down oil in the pores but isn't overdrying, such as BiON's Glycolic Cleanser. Or choose a lightweight gel wash that will also exfoliate. Try Eminence's Citrus Gel wash.

Don't Scrimp on Sunblock

A healthy dose of sunblock (a teaspoon for your face) helps control oil and shine. Slather on a mineral-based block with oil-absorbing micronized zinc or titanium dioxide, like BiON's

Titanium Dioxide sunscreen which makes the skin matte, or Eminence's Persimmon and Cantaloupe Sunscreen for added hydration.

Scale Back on Makeup

Liquid foundation not only feels heavy in hot weather—it melts into your pores and clogs them, and they produce more oil. Switch to a mineral powder foundation, which sucks up excess oil like a sponge. Ask for a free makeup consultation using Spa Minerals mineral makeup!

Watch What You Eat

Cocktails and spicy foods may hit the spot on a hot night. But they won't do your skin any favors; they dilate blood vessels, and make you perspire. Limit yourself to one drink a night, and eat spicy foods no more than once a week. And consider loading up instead on carrots, cantaloupe, and spinach; foods like these that are high in vitamin A can actually slow oil production.

Exfoliate and Treat

1. Exfoliate once a week. Use SRx's BHA/Enzyme Surface Peel. It's a gentle mask-like exfoliant that uses BHA's to dissolve an intercellular glue that holds dead skin together, and enzymes digest the dead skin.

2. Follow with a mask. Look for one with clay or salicylic acid—they both temporarily decrease oil production in the skin. Try BiON's Green Tea Clay Mask which can be put on full strength for 10 minutes, or diluted with water and left on overnight.

Lighten Up on the Night Cream

Take your bedtime beauty routine down a notch. If you use a cream, switch to a lotion; if you use a lotion, switch to a hydrating serum. Try SRx's Oil Free Hydrating Fluid if you have oily skin, or Eminence Oil Free Sugar Plum Moisturizer. Both are hydrating but not at all greasy.

Soak Up Oil

Just don't use a powder puff, or you'll create a cakey mess. Instead, reach for a lotion that will absorb excess oil, leaving your skin smooth and matte. Try SRx's Shine-Free Serum for a smooth finish.

Thai Steamed Herbal Poultice

By Sylvie Henry
B.A. Health Science
Certified Massage Therapist
Reiki Master



Thank you, everyone, for your support in 2013! I appreciate your trust this past year, and am looking forward to continuing to assist you in your quest for well-being in 2014! I am happy to announce I am offer Jap Sen here at Spa Therapy. Jap Sen combines my three loves: deep bodywork, energy work, and herbal therapy, in one powerful modality!

Thai Steamed Herbal Poultice or Jap Sen

Luk Pra Kob, or “the pressing of herbal packs”, has been used in Thailand for over 2,500 years. The packs are used to stimulate energy channels (Sen Sib lines in Thai) in a manner similar to acupuncture.

In 2002, the Thai Ministry of Public Health, the Department of Thai Traditional and Alternative Medicine Development, and the Foundation of Thai Traditional Medicine Development stated that the Luk Pra Kob can be used as an anti-inflammatory, local pain reliever, muscle relaxant, and that it improves range of motion and local circulation.

The effects of the heat and the healing properties of the herbs have a deep impact on the body. As the heat penetrates the pores, the skin becomes heated, blood vessels are dilated, and blood flow is stimulated, resulting in more rapid rebuilding and nourishing of the body’s tissues.

The herbs hold the heat from the steam and deeply penetrate and relax the muscles and tendons. This aids in stretching contracted or shortened muscles. Following the meridian lines, we ‘arrange’ the lines, using pressing, rotating and pressing techniques on the lines and points.” Jap Sen stimulates the flow of energy throughout the body.

The healing properties of the specific herbs provide added benefits for the sinuses, respiratory system, circulation, and digestion.

A session:

A session lasts 90 minutes. You will be resting on a mat on the floor. Remember to wear loose,

comfortable clothing.

Starting at your feet, I combine deep massage (*not* deep tissue!) techniques, yoga-style stretches, and energy work. In addition, I use warm, aromatic steamed herbal packs over joints and muscles to relieve the stress and tension held there. Most of the herbs in the packs are noted for their anti-inflammatory properties.

While your experience during a session may be rather intense, the lasting effects of Jap Sen are deeply relaxing and energizing, bringing an overall sense of balance. While I follow traditional guidelines, I do necessarily adhere to a set “routine” but tailor each session to your individual needs and concerns.

If you are looking for deep, focused body worked combined with energy work, I encourage you to try Jap Sen.

Some of the plants used in the packs are:

Camphor powder *Kara Boon* in Thai

It is used to stimulate the heart, treat neuralgia and arthritis, and to draw blood to the surface as well as detoxify.

Eucalyptus leaves

Anti-inflammatory, stimulates lymphatic drainage, and clears sinuses.

Cinnamon leaves

Warming, stimulating. Used to treat general pain, respiratory tract infections, rheumatism and arthritis.

Lemongrass leaves *Ta-Krai* in Thai

Highly antiseptic and antibiotic and treats pain from indigestion, rheumatism, nerve conditions, and headaches.

Kaffir lime skin *Puew Makerut* in Thai

Used to treat the flu, colds, congested lymph, irregular heartbeat, and can slightly lower high blood pressure.

Siamese Yellow Ginger *Plai* in Thai

Siamese ginger treats colds, fevers, lung infections, and reduces inflammation.

Fah talai jone (*Andreographis Paniculata*)

Anti-inflammatory and anti-viral.

Try this amazing healing treatment separately or part of our new **2 ½ hour JT’s Recovery Therapy Package: Jap Sen, Hydrotherapy, & Recovery Massage all for \$175 (reg. \$205).**

Oncology Massage: The Beginning of My Journey

by Tammie Dixon
Certified Massage Therapist



What is Oncology Massage and Why I chose to Study Oncology Massage.

Oncology Massage is a massage technique designed for cancer patients. Cancer patients have a certain health need that can be addressed in massage that will ensure that the massage is productive and not harmful.

Massage therapy is recommended by the American Society of Clinical Oncology for oncology patients and cancer survivors. The report's findings are published in a 500-page book, 'From Cancer Patient to Cancer Survivor: Lost in Transition,' produced by the Academies' Institute of Medicine and National Research Council. These recommendations were also endorsed by the American Society of Clinical Oncology, which represents 20,000 cancer treatment specialists.

Patients need to have a 'survivorship care plan' that provides information critical to proper long-term care, including the exact cancer diagnosis, a detailed list of treatments received and the potential consequences of those treatments. 'Cancer can be considered a chronic disease, in part because of the serious consequences and persistent nature of some of cancer's late effects,' the committee reported. This suggests that cancer survivors, like other patients with chronic diseases, need a plan for optimal functioning. The care and treatment they can receive from a massage therapist or bodywork professional is one of the treatments that cancer patients and survivors can use long term to help them function and cope with the disease.

The primary concern with massaging cancer patients is that a standard manual therapy massage could potentially cause them harm. For example, cancer patients are at risk of lymphedema, a condition caused by buildup of

waste from the cancer in the form of fluid in the limbs, improper unspecialized massage can potentially cause cancer to spread in the body. In addition, cancer patients can experience sensitivity and have fragile skin that can make a massage painful. A professional oncology massage provides the benefit of touch to cancer patients without making their condition worse. The focus is on a gentle, nurturing environment that allows the patient to relax.

I choose to study Oncology Massage before I finished my massage training, because my sister was diagnosed with ovarian cancer. It made me think about what I could do to help relieve the stress and sickness of chemotherapy. I performed my massage internship at St. Alphonsus Hospital in Boise, Idaho. I worked in the maternity ward and the cancer treatment center. The patients receiving chemotherapy were always happy to see me for their massage and touch therapy. They were happy to receive the massage and touch therapy that they so needed while undergoing their chemotherapy. The feeling I got from just being able to work on the patients was great! I was able to help the patients relax and distress. I knew right then and there that I would specialize in Oncology Massage.

I start Oncology Massage Advanced Training in October 2014. I will be attending The Massage Therapy Institute in Davis, California. I had looked on line for a place to further my training that would offer one-on-one training and small classes. They say that the classes should take up to two years to finish but I plan to be done with all the classes by October 2015. The classes that I will start in October will consist of: Massage for People Living with Cancer, Oncology Massage 1 and Oncology Massage 2. I will also be taking a Pathology class in November that is required to be certified by the State of California. I am excited to pursue my goals this year. My research identified that there are no certified oncology massage therapists in the Yuba-Sutter area, even though we have a progressive cancer center

I will continue to update my progress throughout my education and explain more about how massage can help and benefit cancer patients.