



SPA THERAPY NEWS

Winter 2017 Special 'Best of' Issue

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Direct Myofascial Trigger Point Therapy

By Nicole Brown,
CA Certified Massage Therapist



Note from Jennifer: Nicole has contributed to 15 newsletters in 4 years here at Spa Therapy. She has shared a wealth of information with all of us that she has learned, experienced, and practiced in her 13 years as a dedicated Massage Therapist. I picked this one because we offer two specialties; Direct and Indirect Myofascial Therapy, the former being the cornerstone of Nicole's therapy. I believe you won't find anyone more skilled and dedicated to this pain-relieving technique.

Due to an upcoming class presenting Direct and Indirect Myofascial Therapy, held by Noreen Schweiss and I, in this article I would like to discuss the topic of Direct Myofascial Trigger Point Therapy and break down what each of those terms mean.

First I would like to tell you what myofascial means. Myo is muscle and fascia is connective tissue. Fascia is a tough connective tissue throughout the body that forms a three dimensional web from head to toe that is both fibrous and fluid based and interpenetrates every muscle, bone, nerve, artery, vein, as well as, our internal organs including the heart, lungs, brain and spinal cord. Fascia is susceptible to just as much trauma as muscle dysfunction.

When fascia has been traumatized through injury, strain, surgery and the like, it too develops trigger points. That is where Direct Myofascial Trigger Point Therapy is utilized as a manual therapy to rid the body of its distress.

Direct Myofascial Trigger Point Therapy works by using the correct amount of pressure to the correct hyperirritable nodule (knot, or trigger point) for the

correct amount of time to deactivate the trigger point thereby ridding the area of pain.

This means that when you feel pain I have to find the spot that is causing pain using direct and sustained pressure. We do this by having you perform a few Range Of Motion exercises to determine where you are having restrictions.

Trigger Points are hyperirritable nodules found in taut bands of muscle and can be found in almost all the tissues in our body like the muscles, tendons, ligaments, and the myofascial tissues.

With trigger points present the knot is always distant from the actual source of pain, this is called referred pain. Too much pressure on an already injured muscle causes inflammation, pain and swelling and light and sustained pressure is needed to reduce inflammation.

Since trigger points form from injury, over and underuse it takes time for the trigger point to deactivate. The longer the hold on a painful area the more biomechanical changes that occur in the body which also stimulates our body's own anti-inflammatory chemicals.

Here are some very important facts about Trigger Points:

- Trigger Points are hyperirritable knots that form in taut bands of muscle.
- Trigger Points can be found in multiple structures

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produce tensile pressures of approximately 2,000 pounds.

of the body.

- Over 75% of unexplained pain comes from active trigger points.
- You should wait 1-3 days for the initial inflammatory stage after injury before receiving manual therapy.
- Trigger Points produce "referred pain", this means that where you are feeling the pain is away from the muscle that has the trigger points that are causing that pain.
- There are two types of trigger points, latent and active.
- Active trigger points cause pain at rest; latent trigger points cause pain when sufficiently pressed.
- All trigger points cause muscle dysfunction.
- Trigger Points create actual spindles in the muscle and scar tissue to protect itself.
- Trigger Points cause muscle weakness/fatigue, immobility of a muscle, muscle shortening, and lack of blood flow.

Trigger Point Therapy Facts:

- Trigger Point Therapy uses direct (ischemic) and constant pressure on a trigger point to deactivate it.
- Restores muscle function, mobility, and fresh blood flow.
- Rids the muscles of trigger points and pain.
- Restores muscle function, allows fresh blood in the knot.
- May take as little as one session to restore muscle function and lessen or rid pain.
- Muscles must be in a relaxed position to release and benefit from work done on area.
- With pressure, less is more. Too much pressure aggravates already sensitive knots.

Facts about Fascia:

- It holds muscle together and allows muscle to glide smoothly and independently against each other.
- When tight, stressed or injured fascia can bind together preventing from muscles moving freely leading to tightness and stiffness that limits normal muscle function and range of motion.
- Specialized system of the body that has the appearance of a woven spider web or a sweater.
- Trauma or inflammatory responses and surgical procedures create myofascial restrictions that can

- Fascia is also affected by emotional trauma.
- Changes in the fascial system influences the comfort and function of our body.
- Fascial restrictions affect our flexibility and stability.

Everything we do in our everyday lives affects our bodies. Poor posture, desk work, playing sports, holding a baby, surgery, minor and major falls and

tweaks and even emotions can change our fascia. This fascial system proves that everything is indeed linked together.

Taking care of ourselves by stretching, sleeping and exercising adequately and receiving therapeutic massage help reduce the occurrence of trigger points, myofascial stress, scar tissue and emotional build up.

Forgotten Skin

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



My client, Heidi, had always been proud of her skin, especially her summer tan. But as years went by, she saw her skin getting more fine lines and wrinkles. Heidi began to worry about what other skin problems she might have and what damage she has caused. What are those brown spots on her chest, hands and arms?

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. But, there are things you can do to protect your skin and to make it feel and look better.

Dry Skin and Itching

Many older people suffer from dry spots on their skin, often on their lower legs, elbows, and lower

arms. Dry skin patches feel rough and scaly. There are many possible reasons for dry skin, such as:

- Not drinking enough liquids
- Spending too much time in the sun or sun tanning
- Being in very dry air
- Smoking
- Feeling stress
- Losing sweat and oil glands, which is common with age

Dry skin also can be caused by health problems, such as diabetes or kidney disease. Using too much soap, antiperspirant, or perfume, and taking hot baths can make dry skin worse.

Some medicines can make skin itchy. Because older people have thinner skin, scratching can cause bleeding that may lead to infection. Talk to your doctor if your skin is very dry and itchy.

Here are some ways to help dry, itchy skin:

- Use moisturizers every day.
- Take fewer baths and use milder soap. Warm water is less drying than hot water. Add bath oil to your water.
- Try using a humidifier, an appliance that adds moisture to a room.

Bruises

Older people may bruise more easily than younger people. It can take longer for these bruises to heal. Some medicines or illnesses may also cause bruising. Talk to your doctor if you see bruises and don't know how you got them, especially on parts of your body usually covered by clothing.

Wrinkles

Over time, skin begins to wrinkle. Things in the environment, like ultraviolet (UV) light from the sun, can make the skin less elastic. Gravity can cause skin to sag and wrinkle. Certain habits, like smoking, also can wrinkle the skin.

A lot of claims are made about how to make wrinkles go away. Many of them don't work. Some methods can be painful or even dangerous, and many must be done by a doctor. Talk with a doctor specially trained in skin problems, called a dermatologist, or your regular doctor if you are worried about wrinkles.

Age Spots and Skin Tags

Age spots, once called "liver spots," are flat, brown spots often caused by years in the sun. They are bigger than freckles and commonly show up on

areas like the face, hands, arms, back, and feet. Using a broad-spectrum sunscreen that helps

protect against two types of the sun's rays may prevent more age spots.

Skin tags are small, usually flesh-colored growths of skin that have a raised surface. They become common as people age, especially for women. They are most often found on the eyelids, neck, and body folds such as the armpit, chest, and groin.

Age spots and skin tags are harmless, although sometimes skin tags can become irritated. If your age spots or skin tags bother you, talk to your doctor about having them removed.

Skin Cancer

Skin cancer is a very common type of cancer in the United States. The main cause of skin cancer is the sun. Sunlamps and tanning booths can also cause skin cancer. Anyone, of any skin color, can get skin cancer. People with fair skin that freckles easily are at greatest risk. Skin cancer may be cured if it is found before it spreads to other parts of the body.

There are three types of skin cancers. Two types, *basal cell carcinoma* and *squamous cell carcinoma*, grow slowly and rarely spread to other parts of the body. These types of cancer are found mostly on parts of the skin exposed to the sun, like the head, face, neck, hands, and arms. But they can happen anywhere on your body. The third and most dangerous type of skin cancer is *melanoma*. It is rarer than the other types, but it can spread to other organs and be deadly.

Check your skin once a month for things that may be cancer. Skin cancer is rarely painful. Look for changes such as a new growth, a sore that doesn't heal, or a bleeding mole.

Check Moles, Birthmarks, or Other Parts of the Skin for the "ABCDE's"

A = Asymmetry (one half of the growth looks different from the other half)

B = Borders that are irregular

C = Color changes or more than one color

D = Diameter greater than the size of a pencil eraser

E = Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

See your doctor right away if you have any of these signs to make sure it is not skin cancer.

Keep Your Skin Healthy

Some sun can be good for you, but to keep your skin healthy, be careful:

- *Limit time in the sun.* It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are

strongest. For example, during the summer try to stay out of the sun between 10 a.m. and 4 p.m. Don't be fooled by cloudy skies. The sun's most dangerous and strongest rays *will* go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or the ocean.

- *Use sunscreen.* Look for sunscreen with an SPF (sun protection factor) number of 30 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- *Wear protective clothing.* A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.
- *Avoid tanning.* Don't use sunlamps or tanning beds. Tanning pills are not approved by the Food and Drug Administration (FDA) and might not be safe.

Your skin may change with age. But remember, there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

Engage! Engage! Engage!

By Noreen Schweiss
California Certified Massage Therapist
National Certified Massage Therapist



Note from Jennifer: I love this one from Noreen because it allows us to peek around the corner and take a look at her past. This, of course, allows us to see why she is so good at what she does. Her dedication starts with herself and we all benefit from it.

Training to perform, once again, but in my early fifties, means endurance and pushing myself to exceed from the last class and to exceed in

execution and technique. Dancers strive to increase height and speed and accuracy with "ease." The numerous hours of consistent high aerobic and impact type of exercises eventually takes a toll on a weakened area of the body, especially an older one. I home schooled my 12-year old twin girls in 2008, who went to school once a week for classes and assignments. For their physical ed requirements, they took dance class. Growing up immersed in the dance culture as I earned my bachelors in dance, they were experienced. My adult dance classes met twice a week, so on their days off, the instructor invited them to participate. Nursing tired knees, I wrapped one with an ace wrap and strapped the other with a brace. I wrapped my knee just as a precaution, near the end of class I removed it because it loosened from the quick, across the floor exercise, which one repeats several times. I believed that a good role model to my children meant sitting out wasn't an option. I felt strong throughout class. I soared in this exercise as my strong foot and leg pushed off the floor. With my dancing girls in line behind me, I began my third round of this high energy exercise. Facing the mirror at one point in the phrase, I watched myself soar in perfect form. Waiting for the floor to meet my foot to support my descending body, my toes, sole and heel connected.

Now I must engage my entire leg, my spring to absorb the intense impact as gravity, velocity and mass take control. Line up my ankle, knee and hip joints to soften the landing on one leg, balanced and coiled to spring to the next place in space. However, a black, empty spot emerged in my mind's eye, not tissue contracting around my knee to slowly bend my leg to cushion my landing. I follow this empty lead. In my perceived slow motion, my body slides to the ground, flat on my back and scared. The main thought flying through my mind screamed "SURGERY!" with the absent response from my knee. Strapping my knee with the other leg's brace, I limped my way to the car with the twins help.

Needing to perform in two weeks, I desperately searched for the right type of healer by asking many people. In Grass Valley, CA, the name Dr. Itamar Vinitzky, PhD D, NMT stood out, a health trainer

of Israeli's National sports teams. His outstanding reputation caused his overbooked schedule and waiting list. Luckily, a dancer in my class offered her soon approaching appointment. Excited and

nervous, I finally made it to his office. The doctor read my history sheet, invited me in and asked me vital questions to assess my injury. A short time later he looked at me and said, "There is a divine reason for us meeting here, today. More than just for a treatment." Then up I go on the table for him to begin my excruciatingly painful, but extremely helpful treatment.

After pounding the table as a distraction to allow my leg to relax, Dr Vinitzky told me to get up and walk. I gingerly walked across the room. He told me to trust my body and walk normally. As I gain my confidence to step forward, Itamar calls out, "Engage! Engage! Engage!" As a trained dancer for over 25-years, one would think that this body could easily obey this command, however, his interpretation differed greatly from mine.

He expounded with the example of walking down stairs. With a slight contraction throughout the body, engage all the muscles of the leg and hip before lifting it off of the back stair to swing through to the front and step down, maintaining constant muscular engagement. Once that awareness leaves the consciousness, sensations diminish and muscles relax leaving the joints vulnerable for injury, like a twisted ankle, pulled knee or torqued hip. In the mind's eye, maintain space between each joint with long muscles throughout the entire task for stronger action, freer joint movement and a healthier body. Constant compression to a skewed area from daily impact quickly wears down the joint's protective bursa and cartilage, like the knee, hip or shoulder. I remind my clients that by muscular design, several groups of large muscles in the back lift our arms, not the small muscles that make up the shoulder cuff. The rhomboids, latissimus dorsi and pectoral major give skeletal support of the long, heavy lever, especially when lifting or pushing heavy or awkward items. Realizing the importance of Itamar's wisdom, seven years later I still hear him calling out, "Engage! Engage! Engage!," while working on bodies or walking up my stairs. Consistently adjusting and readjusting my stance to be balanced and lifted at work never gets old as my body keeps getting stronger. I regularly share this story with my clients

in efforts to shift their learned patterns of imbalanced gripping and reprogram their approach in moving through space, thus improving their quality of life.

Learn Hippocrates' Healing Secret- Apple Cider Vinegar!

By Vivian Ewald, CMT & Esthetician



Note from Jennifer: Vivian totally believes this to her core. The vinegar is in our break room to prove it!

Learn Hippocrates' healing secrets. The father of medicine in 400 BC treated his patients with natural apple cider vinegar for its powerful healing, cleansing, natural antibiotic, antiseptic qualities and ACV (apple cider vinegar) kills germs, viruses, molds, and bacteria.

You can now get ACV in your local grocery store! And inexpensive too. I only get Braggs Apple Cider Vinegar. It is organic, non GMO, raw, unfiltered, unpasteurized, and with the "mother". The cobweb looking stuff that settles and forms is the "mother". It is supplying the life giving minerals such as potassium, phosphorus, natural organic sodium, magnesium, sulphur, iron, copper, natural organic fluorine, silicon, trace minerals, essential amino acids and pectin and many other powerful nutrients. Other apple cider vinegars in stores are brown, but clear. They have been distilled and all nutrients have been killed and destroyed and considered dead. So Braggs may not look appealing, but it is the best!

Here are some health benefits of Braggs ACV:

Internal Benefits

- Rich miracle enzymes and potassium
- Natural antibiotic and germ fighter
- Helps control and normalize weight
- Improves digestion and assimilation
- Helps relieve arthritis and stiffness
- Helps remove artery plaque
- Helps remove body toxin

External Benefits

- Helps promote a youthful body
- Helps maintain healthy skin
- Soothes sunburn, shingles, and bites
- Helps prevent dandruff, baldness
- Soothes tight, aching muscles and joints

Living a healthy lifestyle with lots of sun, purified water, exercise, fruits and veggies, positive thinking, and definitely massage will lead to a long and disease free life!!

The natural healing force within us is the greatest force in getting well. ~Hippocrates, the Father of Medicine

Every 90 days a new bloodstream, the river of life, is built in our bodies by the foods we eat, the liquids we drink and the air we breathe.

Mix 1-2 tsps. equally of Braggs Organic ACV and (optional) raw honey, blackstrap molasses, agave or pure maple syrup in 8 oz. Distilled or purified water. If diabetic, use 2-4 stevia drops. Take glass upon rising, hour before lunch and dinner.

I have been very fortunate to hear about Braggs and his healthy lifestyle and Organic Apple Cider Vinegar tonic and been able to incorporate it into my life for over 20 years and I have loved the benefits.

If you love to read and love to have it on hand, I suggest getting the book Bragg Apple Cider Vinegar-Miracle Health System. Wonderful information with great resources!!

comes poor health and disease will flourish. This is why Krystle's talent is so valuable to all of us.

To tap into your breath, here's a simple exercise. Take a slow deep breath starting at the belly; feel the belly rise, the air naturally travelling up into the

chest, expanding the rib cage. Now hold for two counts. Slowly release the breath, counting to ten as we do. How do you feel? You have just taken a full diaphragmatic breath.

Much of our day is spent shallow breathing, otherwise referred to as thoracic breathing or chest breathing. It is a process, largely unconscious, by which we ONLY draw in breath from the chest cavity without fully engaging the diaphragm. The diaphragm is located below the lungs and is the primary muscles responsible for inspiration. When you inhale deeply, the diaphragm flexes downward to help draw air into your lungs. Your lungs are one of the largest organs in your body. They work together with the rest of the respiratory system to keep your body's cells supplied with the necessary oxygen. Many times when we are stressed, in a hurry, or have anxious thoughts arise, we can default to shallow breathing. Our bodies react to stress by turning on our fight or flight response, otherwise known as our sympathetic system. This is the perfect precursor to shallow breathing; it primes us to breathe with less depth and perhaps also experience rapid breathing. Maybe when you come to see me, you are in the throes of this experience. The babysitter cancelled and you are in a mad dash trying to sort out what to do next. Your session is important because your health and well-being is important. But now you have arrived to your session distracted and out of breath. Don't worry. Here's what you can do.

While the therapist's role is hands on, the patient's only 'job' is to relax. Sometimes this is easier said than done. You want to get the most benefit from your session, but you are having a hard time letting go of the events leading up to it. If you find yourself in this scenario, turn to your breath. It is your friend and ally, ready to guide you into a restful parasympathetic state. When we are under duress, we constrict. When we relax, we expand. I like to encourage my clients to take a few deep breaths at the beginning of our session, especially when I sense some hyperactivity occurring. You can begin by

How to Tap into Your Breath & Why it Matters

By Krystie Nordman,
Certified Massage Practitioner



Note from Jennifer: Krystie's clients love her- it's clear from all the reviews she receives. One that always stands out for me is her ability to get you to relax- releasing your stress completely! But don't let her calming nature fool you. She will put in the work and completely recover your soft tissue pain. With stress

simply noticing where your breath is right now. Notice it's qualities. Is it fast, rhythmic, irregular, forced or flowing with ease? Start simply by noticing. There is no judgement. When you are ready, take a full breath in starting from the belly, allowing the belly to fill and overflow to the chest.

There is no prescribed amount of time this should be done for. You can go at your own pace. My recommendation is simply to slow down the process and notice the sensations of your body. After taking a few of these deep diaphragmatic breath, try scanning your body for tension. Are you clenching your jaw? Can your shoulders decompress a little deeper into the table? Now that you have tapped into your breath, the body has been signaled to relax and let go. The mind and body begin to take in the therapeutic session with more awareness. Tension begins to melt.

Taping into your breath during your session (and whenever needed):

- ✓ Increases mental and emotional clarity
- ✓ Optimizes the immune system by strengthening T-cell formation
- ✓ Activates the secretion of human growth hormone, also known as the anti-aging hormone.
- ✓ Effectively lowers cortisol, a precursor to aging and lowered immune function
- ✓ Breathe easy. You can now tap into that full belly breath at your next session to reap the benefits of a happy body and mind!

The “No-Makeup” Movement

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



In an era where all selfies are highly edited and filtered and overdone makeup is so prevalent on social media, it's refreshing to see a bare and natural face occasionally. Alicia Keys is one star that caught attention recently for appearing to red carpet events, and as judge on 'The Voice', makeup-free. She

instead showed off her beautiful and glowing skin. When I researched Alicia Keys skincare routine online, I was excited to find that she uses Eminence products! Her makeup artist (or, “no-makeup” artist), Dotti, explained the routine. One thing she uses is a frozen roller, which helps to bring blood

and nutrients to the skin while calming redness. This is a technique we incorporate into many of our facials here at Spa Therapy.

Oils are also a crucial part of her routine. Many people are alarmed at using oils, afraid that it will cause breakouts. This is simply not true, and in fact can help control oily skin. If your skin feels dry, it will overproduce oil to make up the difference. Well-moisturized skin will not feel the need to cure it's parch; it will not produce too much oil. Our favorite facial oil is the Eminence Rosehip Triple C&E Firming Oil. This luxurious oil can be used on all types of skin for a natural glow, and it will also help to combat redness and signs of aging.



Another favorite of Keys' and Dotti's is the Eminence Clear Skin Probiotic Masque. She relies on this masque's mix of cooling cucumber and refining yogurt to keep the star's complexion looking fresh and radiant. It will help fight breakouts and reduce redness for an even toned complexion.

Our Lip Plumper is another favorite, perfect to use for pampering your lips. This three-step system will exfoliate, plump, and hydrate your lips for a perfectly smooth pucker. Gentle fruit enzymes refine the lip area, followed by an extra rich masque that deeply hydrates. Finish with a delicious minty non-petroleum based take-home balm that stimulates lip-plumping collagen. All of these products can be found at Spa Therapy!

Ok, no make-up on beautiful skin is wonderful, but we all can't pull it off AND, more importantly, Mineral Make-up is healthy for your skin! As technology advances in the cosmetic industry, so do our choices for cosmetics and skincare. Never before have all-natural ingredients been used to provide such an extensive array of benefits. Spa Therapy's signature line of mineral based make-up,

Spa Minerals, is a skin healthy formula from natural mineral pigments including micronized titanium dioxide, zinc oxide and iron oxides with freeze dried vitamins A, E and D and lavender based aromatherapy. The essential nutrients in Spa Minerals are key in replenishing and protecting your

skin while neutralizing free radicals. Spa Minerals will sooth and smooth your skin for a natural flawless complexion. The long lasting weightless coverage corrects most skin imperfections while light-reflective minerals minimize the appearance of fine lines without adding additional shine. Since Spa Minerals are endorsed by cosmetic and plastic surgeons, dermatologists, and estheticians it is ideal and is widely used by professionals for post-procedural and surgical coverage. Anti-microbial and anti-inflammatory properties are perfect for rosacea and acne prone skin. Nearly zero allergy risk with no harmful chemicals, dyes or alcohol. Our signature line of mineral make-up is available in the following: Foundations, both loose and pressed, concealers, lip gloss, lip sticks, face/lip blushes both loose and pressed and eye shadows all of which come in a wide array of subtle tones and colors. Another great product is our make-up wallet which will be customized just for you by one of our estheticians. Spa Minerals, puts back a little of what daily life takes out!

The Fascial Effect

By Noreen Schweiss, CMT

Note from Jennifer: Noreen has ventured where very few professional go. She has taken an advanced myofascial technique and developed a complete new therapy. She is on her way to trademark and publications with this technique she has named 'Fascia release Facelift'. She is here to share it with you one-on-one, or in a workshop. She is changing facial structure and taking years off the look and feel of your skin. This is an exceptional accomplishment by Noreen and I can say I was around her orbit when it happened! Below is her first article on the foundation of the technique, which she has written several with images since this one, they are all available on our website, on the press page at <https://www.yubacityspa.net/pressroom.htm>



The connective tissue, or fascia, coexists in our body like those community relationships among family, friends, professional ties and local services for food and fuel for our well-being. And like our current society depends on energy sources at our fingertips to light our homes, charge our electronics, warm or cool ourselves, our cells depend on healthy

fascia to provide instant and consistent communication, essential for proper nutrition.

Nerve and blood vessels never touch cells of the tissues they travel through to fulfill their specialized journey. The ever connecting, inter-winding fascia that thoroughly weave through every millimeter of our body surround these vessels. Most fascia in our body, called tubules, look like very tiny vessels with a crystalline fluid flowing through them. Fascial tubules run in every direction from head to toe packaging and protecting every organ, muscle, bone and cell. They resemble the multiple smaller poles of a scaffolding system, during the initial construction of large buildings.

The fascial system communicates with our numerous life-systems to be in sync at a moment's notice, such as the circulatory system that regulates blood flow. Flow increases to the limbs when we need to fight or flee, yet limits blood flow to the limbs when sleeping or digesting food. Survival depends our limbic system; our fight, flight or freeze center, and relies on instantaneous reactions to life threatening situations via the fascial system. Fascia also communicates with and facilitates the nourishment processes in all of our cellular communities.

Ground substance: Similar to the medium that our cells float in called plasma, a gel-like material surrounds our fascial system known as ground substance. Among other duties, this ground substance protects the fascia by acting as a buffer to impact and provides the necessary environment for adequate hydration. Likewise, our ground substance thickens, stiffens and eventually hardens after any type of injury because the cells lack the ability to absorb necessary water. Tissue suppleness fades as fascial dehydration occurs.

Cellular respiration: Individual cells must "breathe" to live by absorbing nutrition, hormones and water. Scientists call this phenomena cellular

respiration. Like any living organism, what goes in must come out. Traumatized and dehydrated tissue harden the ground substance causing restrictions that prevents cells ability to expel waste products, toxins and debris. This pressure inhibits effective cellular respiration, which means poor or non-absorption of nutrients or fluids resulting in

nutritional depletion and retention of harmful substances, ultimately poisoning the cells.

Fascial trauma: When trauma dehydrates fascia from an injury, overuse or over time, the strong connective tissue loses its natural glide and becomes sticky. As the body performs tasks, like driving, bending or even smiling, the fascial tubules adhere to other dehydrated fascia, like strands of a sticky spider web. The fascial tubules cling to each other creating a tight band or “knot.” Unlike muscle and organ tissue, increased water intake does not rehydrate this heavy duty scaffolding and its protective ground substance.

While dehydration of the fascia increases, the 2,000 lbs. of pressure per square inch it generates intensifies in the affected tissues forcing the body to react abnormally. According to Dr. Pischinger in his recently published book, “*The Extracellular Matrix and Ground Regulation, Basis for a Biological Medicine,*” dehydrated molecules forced to endure this unrelenting, excessive pressure react by unnaturally attaching to each other in a tangled fashion forming crosslinks. Crosslinks stiffen our skin’s collagen creating wrinkles.

Basic facial anatomy: Nature designed muscles to move bones that connect to other bones creating joints. Our limbs, torso and neck house joints that move us through space, upright our long bodies and accomplishes tasks for survival. Except for our face and jaw, minimal musculature attaches on the skull. This means the face tends to lose its plumpness, the youthful fullness, first. Besides protection, its fascia provides a means for skin to adhere, for muscles and nerves to receive messages and to provide cellular nutrition.

Nutritional health and decompression practices reveal various benefits or increased depletion in a big way on our largest organ, the skin. Facial wrinkles occur much sooner on most human faces

before the body because it lacks the luscious musculature environment like other covered bony structures. Connective tissue comprises the majority of our skull to attach our skin and hair. The cranial fascia looks wide and flat for the forehead and scalp regions.

Face restoration: Unless covered by a bandanna scarf, or ski mask, external exposure constantly contacts our face. As we relentlessly endure harsh environments, absorb lifestyle choices and simple earthly gravity over time, the face clearly reveals the trauma. With lines of communication between fascia and its corresponding cellular structures compromised, cellular health declines with an imbalanced intake and output cycle. The skin tightens and thins, often resulting in the deep creases, or the restrictions flatten fuller areas causing the tissue to droop and sag.

Release the unnatural pressure that cause tissue restrictions by breaking the molecular crosslinks. Restore fascial hydration and nourish the tissues cells by reconnecting the lines of communication between fascia, its ground substance and all cellular components of our incredible human organism. Oil-free treatments works for every skin type, gender and age, while alleviating most skin conditions.

Treating thousands of patients from all parts of the world with the Myofascial Release: John F. Barnes Approach and teaching his techniques to thousands of doctors, nurses and all levels of therapists for over 40-years, Mr. Barnes, PT, LMT, NCTMB continually transforms field of the healing arts. Using this form of MFR, also releases TMJ restrictions, relieves sinus pressure and diminishes allergy conditions.

Helps anyone: Feel the possible differences inside the mouth, nose and sinuses. Feel the volume in the cheeks. End cheek biting as they float above the jaw-not lying against the teeth. Experience an ease in breathing through the nose. Enjoy a more relaxed feeling smile. Open the eyes and lift lids and brows. Decrease those circles and crevasses. I bet even Mr. Eastwood would appreciate some relief from his signature cheek crease that greatly increased through the years.

Restore the fascia of your face and neck as multiple MFR treatments boosts the natural flow of nutrients and fluids into the tissues with increased toxin excretion. Learn simple MFR techniques to continue daily maintenance for healthy skin. Be amazed in your skin's renewed brightness, increased smoothness and youthful plumpness after only two

weeks of treatment. Increase the flow to bring back your glow.

In any case, everybody's definition of massage pressure differ. Clear communication need be exercised on what one's definition of 'deep'. This especially would be true with hypersensitivity, where the skin and nerves are very sensitive to the touch. Studies also show that Deep Pressure massage, when performed correctly, aids hypersensitivity, whereas light touch can irritate the already sensitive skin. Deep Pressure massage can de-sensitize the client's sensitivity to being touched.

CRANIOSACRAL THERAPY

By
Emily Stearns, CMT



Note from Jennifer: Emily has talent and has a real passion for her work. This is another one of those disciplines in the massage industry that is quite advanced. Therapists go through years of training for CranioSacral Therapy, but I have found you have to possess a special intuition to be good. Emily is really good.

CranioSacral Therapy involves a very gentle touch of the Practitioner's hands, both for diagnosis and for treatment. This light contact may be taken up on the cranium (the head), the sacrum (the tail-bone) or any other part of the body as appropriate, identifying subtle disturbances to the free motion of body tissues, the free circulation of body fluids, and the unrestricted flow of fundamental energy, potency, or vitality - the Breath of Life.

This underlying vitality is expressed throughout the body as rhythmic motion - CranioSacral motion. Any disturbance to health and wellbeing - physical

or psycho-emotional - influences this movement, creating asymmetries or restrictions to CranioSacral motion. The CranioSacral Therapist can therefore diagnose and identify the nature and source of the

condition through the corresponding patterns expressed through the CranioSacral system.

By responding appropriately to these patterns - following the subtle internal pulls and twists manifested by the CranioSacral System until points of resistance are encountered and dissolved - the CranioSacral Therapist can facilitate the release of restrictions, thereby restoring the free flow of the Breath of Life and consequently restoring a healthy, balanced state.

Hawaiian Lomi Lomi Massage

By Vivian Ewald
CMP, Esthetician



Note from Jennifer: This is Vivian's specialty, so I couldn't call this a best-of without it! Some people just have a natural talent you can't teach, and that is Vivian's massage. When you have her Lomi Lomi, it's hard to go back to a traditional deep tissue massage. But don't worry, you will get her heart and soul in anything you try with Vivian.

Aloha!! Massage is one of the most powerful forms of healing. Lomi Lomi is one of the most profound forms of massage. "So what makes it so special", "how is it different from other massages", "what is it", "how does it 'work?'" are the questions I get asked.

The word Lomi Lomi simply means massage and what it is, is a unique healing massage from the ancient Polynesians and more specifically thee master healers of Hawaii.

To understand the depth of Lomi Lomi massage it helps to have an understanding of the

Hawaiian philosophy called Huna, and how the philosophies of Huna relate to bodywork and healing.

The core of Huna is that everything seeks harmony and everything seeks love. So how does this relate to massage? Perhaps this can best be understood by another name for Lomi Lomi, and that is "Loving hands" massage. The reason for this

is that it works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing is an important part of the massage and associated healing, much of the work is done by love, with the focus of the therapist on the client being deep and complete, using loving hands and a loving heart.

This flowing with total energy, using long continuous, flowing strokes, combined with the very loving touch, relaxes the entire being, assisting in a letting go of old beliefs, patterns and behaviors that cause limitations and which are stored in every cell of our body. People generally think of memory, beliefs, our "programming", as being stored in our head, in our brain. This is not the case, this memory and other programming is in fact stored in all the cells of our body.

The Hawaiians look at things in terms of energy flow, following the idea that an idea or belief can block energy flow as much as muscle tension can. Lomi helps release the blockages, at the same time giving the energy new direction. Thus Lomi

Lomi is not just a physical experience, it also facilitates healing on the mental, emotional and spiritual levels as well. The Hawaiians view all aspects of the body as one and believe that the physical, mental, emotional and spiritual are all part of the "whole" self. When healing is effected on one level, all levels are affected.

When harmony is lacking the effect is pain physically, mentally, emotionally or spiritually. Illness is a state of tension, which leads to resistance which blocks energy movement Lomi Lomi helps release this and therefore facilitates through Lomi Lomi stress and tension are relieved, blood and lymph flow assisted and the elimination of wastes and toxins stimulated.

So what happens during a Lomi Lomi massage? How is it performed? A Lomi Lomi usually starts with stillness between the therapist and client, often with the therapist's hands gently resting on the clients back. In this stillness, the therapist will quietly say a blessing or prayer asking for

whatever healing is needed to take place during the massage. The client maybe asked to set their intention for any healing they would like to receive. The therapist then works intuitively with the client. There is no set format or sequence for the massage and no two massages will ever be identical. The massage is given in fluid, rhythmic motion using forearms as well as the hands. Some people have described this as a feeling like gentle waves moving

over the body. Another feature is that different parts of the body maybe massaged at the same time, for example one arm or hand maybe working on a shoulder and the other hand maybe working on the opposite hip. This assists the recipient in totally relaxing as it is impossible or at least difficult for the brain to focus on two different areas at once. A deep sense of balance and harmony is achieved. As I said early that technique is important, the priority is loving the body, using intuition so the massage is "right" for the client. The client is viewed not as someone to be fixed, but a being to be returned to harmony and balance. We do not heal but is the facilitator for healing.

Under body and full body strokes also help to free the energy, make the body soft, promoting free and abundant flow of live energy in the recipient. According to Huna philosophy, energy also gets blocked in joints. Gently stretches and gentle rotations of the joints are therefore incorporated to assist the release of tensions and assist in the flow of energy, once again not forcing, but feeling the level of the clients resistance and comfort level. The therapist may also hum a various points during the Lomi Lomi as a vibrating and amplified energy that results also aids the release of blockages.

Dance work or hula movements combined with breath work of the therapist are also import and integral aspects of Lomi Lomi. It assists the energy flow both within the therapist and recipient and helps keep the energy at a high level. Sharing the breath, the essence of the Creator or universal energy, whatever name you like to give it is an old Hawaiian custom and greatly enhances the energy flow once again.

Because the therapist works intuitively, a massage may be slow and very relaxing or, at times, it may be a little faster and therefore more invigorating to the body. Sometimes the recipient may experience an emotional release as the massage can release and shift negative emotions, negative

beliefs and other “stuff” that store in the cells of the body, with the healing effects of the massage continuing long after the massage is over.

I said in the beginning of this “aloha”. The Aloha Spirit refers to the attitude of friendly acceptance. When I started this journey in massage, Lomi Lomi spoke to me as a loving massage. To love and nurture the body as if it were your own. Aunty Margaret who is one of the widely recognized

teachers of Lomi Lomi called Lomi Lomi “The Loving Touch”-a connection of the heart, through the hands and soul with the Source of all life!! We as students of Lomi Lomi learn to flow the love from the heart, through the hands, to connect with the soul of the one receiving the massage. I feel always honored and blessed when I get to practice Lomi Lomi massage on my clients. I know the profound effects of Lomi Lomi and am honored to share them with you!! Blessings and Aloha!!!

Acutonics: Why You Need To Know About It

By
Emily Stearns, CMT



Note from Jennifer: I have enjoyed so much working with advanced therapist in the massage industry, bring this great variety of treatments and practitioners to our community. This is what Spa Therapy Wellness Center is all about and Emily brought us a new one in the last year called ‘Acutonics’. I have failed to add this to the menu to date (my bad), but this won’t last long!

Acutonics is the use of tuning forks on the body. Acutonics is described it as an "energy-based, non-invasive approach that is rooted in Oriental Medicine, psychology, science and sound. Precision calibrated tuning forks are applied on or over acupuncture points, trigger points, or points of pain. The tuning forks represent a natural harmonic series that is based on the orbital properties of the Earth, Moon, Sun and planets. The sound waves of the forks travel deeply into the body along energy pathways that have been proven to impact the physical and emotional body. The rich resonance and vibration of these tuning forks connects with

and supports the body's natural frequencies, stimulates and balances the body's physical and subtle energy field, and promotes wellness [and] deep inner harmony..."

I was skeptical at first, because I had written off tuning forks long ago as eccentric, but when she claimed that "5 minutes of tuning forks was comparable to 30 minutes of Deep Tissue massage", she had my attention. I had been receiving

bodywork, acupuncture and more to bring relief to my left shoulder for some time to no avail, so when she asked for a volunteer, I was quick to step forward. I felt some relief immediately, and the next day I realized my shoulder hadn't bothered me once. I was sold. I bought forks the next day and learned how to use them. Vibrational Raindrop Technique can be even more effective by combining essential oils (which is also vibrational energy) with the forks as well.

What was surprising to me to find out was that acupuncturists are now laying down their needles and picking up tuning forks because of the increased results. This is a powerful modality gaining popularity that can be done alone or combined with other bodywork. I will always love massage, but I have a new found love in tuning forks. And for those of you who are wondering, my shoulder still feels great. I am now offering basic sessions with tuning forks as a new service at Spa Therapy. Come on in!

END

Deep Tissue Vs. Deep Pressure

By Nicole Brown,
CA Certified Massage Therapist



Note from Jennifer: I really wanted to add this one from Nicole because this subject is an on-going question from client's regarding what they really want from their massage. This is probably the number one issue if you didn't get the massage you were expecting, and Nicole does a beautiful job explaining the difference between deep tissue and deep pressure.

There is some confusion about the meaning of the terms “deep tissue” and “deep pressure”. I will try to clear that up for you so you get exactly the kind of massage you are looking for.

On the intake form there are three choices for pressure; light, medium, and firm. Sometimes people write in 'deep tissue' next to the firm option. Deep Tissue is not a pressure, it is a technique, or modality. I have to clarify this in the

session because there are very drastic differences between deep pressure and deep tissue, and two very different experiences.

What Is Deep Tissue Massage?

Deep Tissue is a modality, or technique, using stretching techniques, direct (ischemic) pressure, and slow stripping strokes using the forearm, for smaller spaces the knuckles are used, to more deep and underlying muscles for the purpose of relaxing, lengthening or elongating muscles back to their normal resting length and to release high tension holding patterns within the muscle structures and its tissues to alleviate pain and dysfunction.

Deep Tissue is also the knowledge of the layers of the muscles, and knowing the appropriate pressure at the correct time on those layers. The purpose of deep tissue is to release, lengthen and elongate muscle fibers and works with, not on, tissue. Deep tissue massage is not painful, not hard, and can be quite nurturing. If there is any pain during the session then there is unhealthy tissue involved which needs to be addressed first in order to proceed.

Many stretching techniques performed allow for greater penetration of deeper muscles more easily without ripping in to muscle or causing any pain. The slower the stroke the more physiological change we are creating with the muscle. Deep Tissue requires patience as we are waiting for the muscle to respond to the pressure.

What Is Deep Pressure Massage?

Deep Pressure Massages teeters on the edge of pain and discomfort. It is a pressure beyond firm that challenges the clients tolerance for pain. More effort is exerted as more pressure is applied directly to the body at all times. A massage should

never consist entirely of deep work as it can overwhelm the client, their body and the body's systems.

Studies have shown that Deep Pressure massage for autism has calming effects in both children and adults. Parts of the cerebellum find the deep pressure soothing, especially those with autism and other cerebral or psychiatric disorders.

In any case, everybody's definition of massage pressure differ. Clear communication need be exercised on what one's definition of deep is. This especially would be true with hypersensitivity, where the skin and nerves are very sensitive to the touch. Studies also show that Deep Pressure massage, when performed correctly, aids hypersensitivity, whereas light touch can irritate the already sensitive skin. Deep Pressure massage can de-sensitize the client's sensitivity to being touched.
