

# SPA THERAPY NEWS



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## The Benefits of foam rolling and the tools to use

By *Vivian Ewald, CMT & Esthetician*



Maybe you've seen one at the gym or your PT made you use one and now the mere sight of a foam roller brings back painful memories. And now your massage therapist is telling you to use one and how beneficial it would be for your tight hips and back.

Foam rolling is a fantastic tool after a brutal workout, or any workout! But it's just not limited to the gym, it's an affordable piece to add to your home fitness collection and can offer awesome therapeutic benefits daily, if you get into the habit of using it daily. Whether your muscles are sore or not, many of us spend too much time sitting, sleep in ways that hurt our backs and necks occasionally or have some kinks we'd like to work out. Coming here to Spa Therapy seeing me and getting a massage will help take away the pain and the headaches, but I want you to use something when your home and you need something worked out ASAP! Think of foam rolling as just that-a little massage therapy every day until you can see me and get the real deal!

Have I convinced you yet how awesome foam rolling is? I'm not going to lie, foam rolling can hurt! Like a massage, the idea is to get into those little grooves and smooth them out. It's the kind of pain that's worth it though and here's why.

### Recovery

Pain from exercise starts in our muscle tissue. Foam rolling is an effective way to both lessen inflammation in the tissue and deliver proper blood flow to the muscle tendons where blood flow is a little bit low.

Those who foam roll regularly are generally having less pain during and after workouts which is a good

sign. While soreness after a workout is a badge of honor, it shouldn't be happening every time. Without proper muscle treatment, we lose flexibility over time, movement becomes painful, blood flow is lost and our muscles suffer.

### Myofascial Release

So the theory behind foam rolling is essentially, fascia is the "glue" of our bodies. It's made up of collagen fibers and covers our whole body. It takes quite the toll all the time! Our movement makes an impact, and over time fascia is vulnerable. Since fascia covers our muscles, our muscles suffer as well. As a result, our physical performance is affected and lots of tension builds up. Foam rolling is a very intense stretch! It can decrease muscle soreness and increase flexibility, making for some awesome workouts!

### Preventing Injury

Just as important, recovering after a workout is making sure you don't have to recover any longer than a day or two. Ignored pain, poor form, bad pre and post workout care and no intense stretching can end up putting you out of commission for longer than need and nobody wants to be injured. There's nothing wrong with having a passion for training hard. Even if you don't work out, you will see benefits from consistent foam rolling which

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a reduces inflammation (sore muscles). So it's all about finding that balance.

### **Reduction of DOMS (Delayed onset muscle soreness)**

DOMS typically happens within 24-48 hours of a workout. It's this soreness that you might associate with a job well done. While it's ok to be sore occasionally, being sore after every workout gets in the way of other workouts-especially the quality.

While getting stronger from workouts, you shouldn't be experiencing DOMS very often. DOMS is a sign of tissue damage and inflammation, both of which foam rolling and massage are effective in treatment.

There are quite a few ways that you can start rolling it out. I prefer long foam rollers, which we have here at Spa Therapy, and lacrosse ball. The lacrosse ball can be used in smaller nooks and crannies including the leg muscles (calves, quads, and hamstrings), the muscles in the back, the glutes and more! Both foam rolling and lacrosse ball address the same thing, trigger points! This is why it can be so painful, and that's how you know you are doing it right. Those trigger points are tension you want released. The key is to apply moderate pressure and loosen the entire area. The initial pain should subside in 5-30 seconds, so be patient. Drink lots of water after a foam rolling session!

Here at the spa we have the foam roller and DVD on foam rolling. So start foam rolling for a more happy body!

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## **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.

## When the Bough Breaks:

### *Fascial Release Health for the Spine and Lower Torso*

By Noreen Schweiss, CMT



“Everyone is broken by life, but sometimes people are stronger in the broken places.”

Ernest Hemingway

Discipline and commitment takes phenomenal strength, holistically; which means mind, body and spirit equally share value in contributions towards achieving goals, wants, needs and desires, aka...life. Everyone lives with unique challenges and diverse experiences, which molds points of views, decision making, and reasoning values. Yet as a living organism, each of us also necessitate very similar goals, wants, needs and desires, such as shelter, safety, supplies and dreams.

However, chronic pain, constant aches, captivating restrictions, and various sensations from shooting pain to a hot poker names only a few descriptions of how so many people feel throughout the day or what one may feel when attempting to do simple tasks. Sometimes, pain interferes with wanting to engage in physical activities, even if to relieve that constant reminder.

Just like with anything, practice creates improvement, whether it's driving a metallic vehicle or an organic one, called your body. Take the time and make the commitment to begin practicing a discipline that eventually softens pain's intensity, melts those restrictions and frees your mind from fear that moving a certain way will aggravate the body's "broken place" and cause more harm than good.

Stretching the front of the hip and legs soften the tight and painful areas by creating more space in the hip joint and elongating the groin area. There are many small attachments from the sacrum and tailbone that attach to the largest bone in our body, the femur. It fits into the lower pelvis as our hip and ends into the knee.

Listen to the rhythm of your breaths, while softening into those tight and tender areas. Without judgement or labels, feel into the pain and/or

tightness and say to yourself... “I Let Go” ...allowing the body to slowly release. Remain patient; if resistance persists, allow your body its own timetable to return to a neutral or resting position.

These are non-static stretches, which means the released, or softened tissues creates more space between joints or allows the muscle to fully expand. And that leads us to resonance, or release; the fourth stage in the connective tissue release process. When tissues soften and structural changes occur, but often in a seemingly disorganized way. So allow body parts to twitch, to twist, to feel rigid or to shake as it reorganizes past chaos from a lifetime of injuries, whether by accidents, overuse or repetitive use.

Please remember, the goal is the long-term fascial stretch appropriate for each person on each day, which may differ from yesterday. A natural process in fascial release may lead to “new” feelings or discomforts, either near the treated area, an area compensating for the injury, or a slightly different intensity of the pain or tightness.

Especially, during the initial melting of old holding patterns, pain may persist for a time or even show up in different areas. We call this a healing crisis. Continue jiggling and long-term stretching because it will pass. And when you step onto the other side, hope for a future without constant, stabbing or burning pain each time you reach for something, bend over or stand up. Realize your strength!

Our myofascial system's golden rule: “If you never force, you'll never injure.” It's not about dangling legs in the air or extreme positioning of the legs. Quietly hold all stretches for 5 to 7 minutes, and longer, for deep therapeutic myofascia releases. Telescope stretched areas away from restricted or painful area to increase tissue length and joint space.

#### *Jiggling:*

A daily dose makes sense. The perfect, low impact “exercise” that can be fun, can increase cardiovascular activity or can inspire anxiety release.

Stimulates Central Nervous System, syncs the fluids in our tissues, communicates a safe opportunity to “Let Go...” for body mind and spirit, allows softening into restricted regions. Creates the possibility to experience cellular vibrations throughout the body.

**\*\*Take a comfortable stance with legs under hips.** With a gentle approach, begin to bob up and down. Increase the intensity and speed without jumping to test the body's resilience. Though Jiggling produces its best results in a standing position, please never limit its power if one must sit or lay to Jiggle. Modify the directions as needed. Engage the arms, head and voice; allow them to participate.

Jiggling quickly reminds the body where to soften. A wonderful tool to practice "letting go" of those old holding patterns in the body. Remember feeling those tight areas soften during Jiggling, when they tense up while driving or thinking about important decisions. When ready, put on your favorite music and Jiggle... like Jello, sway and swirl, dance and shake, laugh and scream.

### *Spinal Spiral:*

Stimulates the Central Nervous System. Lubricates the spinal cord and its coverings. Increases mobility in the spine, the ribs cage, the pelvis and the head. Releases fascial restrictions to the spine's bony structures (vertebrae) by increasing the space (foramen) where major nerves for organs exit the spine and enter the body.

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

Repeat to the other side.

**\*\*Option 2:** Opens the hip by softening the hip rotators that attach to the sacrum, coccyx and femur. Sit on the floor and legs crossed in front. Choose which side is easier to turn towards as first side to stretch. If beginning with left, take the same side leg and place left foot flat on ground close to the outer side of right hip or thigh with knee upwards. Gently rotate torso and head to the left, looking over the left shoulder. Place the left hand on the ground for balance. The right arm softly presses against the left thigh while waiting into the stretch.

Repeat to the other side.

### *Iliopsoas and Sacrum:*

The iliopsoas starts at the upper leg bone, the femur. As a hip flexor, it lifts the leg to the front and to the side and attaches to the lower spine. Low back pain, sway back, tight groin, stooping over, plantar fasciitis, short leg syndrome, lifted pelvis and other symptoms result from fascial restrictions. The spine dives into the sacrum as the body's stability, its base. The sacrum acts as the base joins the two pelvic halves.

**\*\*Option 1:** With an armless chair, sit off to one side and slowly slide foot back. Allow the knee to softly drop towards the floor, while feeling stretch into groin and front of hip and into groin area and wait. Other ways to increase this stretch: Slide the foot back while lengthening the leg from the knee and feel into those tight and tender areas. Breathe while softening into these areas.

As the leg telescopes away from the hip and lengthens, keep the toes on the ground and wait. Feel the change in the stretch by placing the top of the foot on the ground. To reach even deeper, gently lengthen your torso up and away from the sacrum/pelvis. Maintaining the upward energy throughout the spine, place your same side arm on top of head

**\*\*Option 2:** Lie on one side and slightly diagonally on a bed with the bottom hip is at the very edge of the bed. Carefully slide entire leg off side so its weight stretches the hip and iliopsoas. Telescope the leg away from the body and towards the floor and wait. If very sensitive or weak, use a yoga strap to assist in lifting the leg back onto the surface.

**\*\*Option 3:** Sit on the floor with legs crossed in front. Keeping legs bent lift the knee and place the foot on the ground on the side to stretch. Drawing an arc on the ground, gently slide that foot around the body to the back, while dropping the knee to the ground. Open the hip joint by telescoping the knee away from the body.

If pain prevents this approach, straighten the leg out to the front, flat on the ground. Gently flex the lower leg by guiding the foot drawing an arc, until the knee softly bends. Use a towel or a strap to assist the movement, if needed. Do NOT attempt option 3 if experiencing excessive or acute pain.

### *Knock Knees:*

Softens and stretches outer and front of leg into the upper pelvis and sacroiliac joint.

\*\*Slightly bend one leg gently drop knee towards the other knee. Use pillows or towels to wedge leg/hip to assist stretching limb. Also, under dropped knee, if needed. Be patient and wait for the fascial release process.

#### *Frog Legs:*

Softens and stretches the inner thigh and hip into the coccyx and sacrum.

\*\*With pillows slightly supporting the knees and legs, bring the soles of the feet towards each other allowing the space between the legs to widen while waiting for the fascial release.

#### *Rollie Pollie:*

Increases space in the lower back, sacrum and hips.

\*\*Bring knees and legs towards the chest, while “reaching” the tailbone away from your head. Use a towel or strap behind knees for assistance or place feet against a firm surface, like a wall or the couch, to help keep legs in place for 5 minutes or longer.

#### *Dance Hips:*

Simply increasing the fluidity of hip movement. The natural movement of the pelvis creates a strong gate and increase stability.

\*\*With knees slightly bent, gently bump the air with the sides of your hips. Slowly rock side to side and feel the flow. Repeat a few times, while feeling into the tight or tender area. For a fascia release, hold until the body softens or takes you to another place in space. Allow the body’s natural wisdom to “unwind” those fascial restrictions.

Now move your hips and bump the air to the front and then to the back, keeping knees flexible. Repeat this motion a few times to experience a flow. For a fascia release, feel into the restriction(s) and hold until the body softens or takes you to another place in space. Allow the body’s natural wisdom to “unwind” those fascial restrictions.

Gently circle your hips around each direction several times. Allow the upper body to float in response to your movement. Turn on music, if it inspires you. Or dance in response to the current environment, a song from memory or a tune from the heart.

\*\*If you never force, you will never injure.

## Mental Health and Massage

By *Amanda Cronin*, Ca CMT, Ut LMT



We’ve heard it before, “massage is good for your mental health.”

That’s great! But how? How does massage help mental health?

Let’s start with depression. Some research has shown that massage can affect blood chemistry to include increasing levels of serotonin and dopamine (neurotransmitters in the brain that have a strong correlation with depression). While serotonin is still being debated as for its role in depression, low levels of dopamine are responsible for the low energy and motivation associated with depression. Thus, an increase in dopamine can help to alleviate some of the symptoms of depression. It has also been suggested that massage can increase levels of the hormone oxytocin. Oxytocin is known as the “love hormone”. It is released through touch, and is responsible to the feeling of love and caring in people. This hormone is beneficial for those suffering from depression, as a major symptom of depression is loneliness which often leads to antisocial tendencies. An increase in oxytocin through massage can boost the desire for interaction.

What about anxiety? Massage has been shown to reduce level of cortisol, which is a hormone responsible for stress in the body. For people with anxiety, cortisol is typically at high levels. Another way massage can help anxiety is by simply physically escaping the stress triggers. Laying on a table and allowing your body to escape the stress of life can significantly reduce level of stress and anxiety in the body.

Insomnia; that beastly disorder that keeps people up for several hours during the night, can dramatically affect the overall mental health in people. However, there is some good news. Insomnia can be partially treated with massage. Remember serotonin from above? This neurotransmitter along with melatonin is responsible for relaxation and promotion of sleep. Some research suggests that massage can increase these levels and thus help to get a good night’s rest which is important in balancing overall mental health.

And ADHD? Yes, massage can help with that too. Because massage helps to promote blood flow and reduce muscle tension, many health care providers are referring their patients to massage. The decrease in muscle tension, especially in the neck and shoulders, allows blood to flow for easily. And an increase in blood flow allows more glucose to get to the brain which can help someone focus on the task at hand.

It should be made clear that is not recommended to replace any current treatment for mental health disorders with massage. A person should never stop his/her current medication and/or treatment without consulting a doctor first. However, massage can be a great ADDITION to traditional treatments for overall mental health. It can directly or indirectly reduce the symptoms of a wide array of disorders to include depression, anxiety, insomnia, ADHD, bipolar disorder, schizophrenia and many others. When it comes to treating these disorders with massage, there are a few common denominators. Many mental disorders are affected by varying levels dopamine, serotonin, cortisol, and oxytocin. Because massage has such an effect on these chemicals, it is a great tool in helping to manage these disorders in order to live a happier, healthier life.

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## 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 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 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!

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## 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!

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## Deep Tissue Vs. Deep Pressure

By Nicole Brown,  
CA Certified Massage Therapist



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.

## The Dos And Don'ts After A Facial

Spa facials have major benefits for your skin's health. They remove impurities, promote new cell turnover and support your skin's moisture barrier. Plus, facials leave you with a seriously covetable glow. The question is: How do you keep that glow going? Follow these dos and don'ts to prolong the life of your next facial treatment.

### What To Do After A Facial

The immediate effects of a facial typically last between five and seven days. During this time, skin looks and feels plump, hydrated and radiant. To extend your results, keep these aftercare steps in mind:

#### 1. KEEP SKIN HYDRATED

*Be sure to drink lots of water afterward. Staying hydrated will prevent dehydration, flush out toxins and leave you with a healthy, glowing complexion.* Proper hydration is key to maximizing the benefits of your facial. Eminence Organics Product Support Representative Alicia Hawthorne advises: "Be sure to drink lots of water afterward. Staying hydrated will prevent dehydration, flush out toxins and leave you with a healthy, glowing complexion." When you are sufficiently hydrated, your skin cells function more effectively and are better able to eliminate toxins, absorb nutrients and help you retain your post-facial radiance. In addition to drinking plenty of water, increase your intake of fresh fruits and vegetables and apply a daily moisturizer to maintain your glow.

#### 2. EXFOLIATE WEEKLY

While we advise against exfoliating immediately after your facial (ouch!), we do recommend adding this step to your weekly skin care routine. Continuing to exfoliate at home will keep your skin soft and smooth as well as prevent oil and dead skin from building up and dulling your complexion. Be delicate with your freshly buffed skin: Wait two to three days before exfoliating and choose a gentle scrub like Eminence Organics Strawberry Rhubarb Dermafoliant, Stone Crop Oxygenating Fizzofoliant™ or VitaSkin™ Exfoliating Peels.



3.

#### USE A VITAMIN C SERUM

Environmental stressors pose the greatest threat to your fresh complexion. Extreme temperatures and air pollution can suck the life out of your skin, contributing to dullness, dehydration and the development of fine lines and wrinkles. To protect the effects of your facial, Eminence Organics Product Support Representative Josie Barton recommends adding a Vitamin C serum to your skin care routine. Not only does this superstar ingredient brighten dull skin and boost collagen production, it also battles wrinkles and fights damaging free radicals. Josie praises Vitamin C for its ability to keep skin balanced, toned and radiant - even after you've left the sanctuary of your favorite spa.

#### 4. FOLLOW YOUR ESTHETICIAN'S ADVICE

A quality home care routine is essential for boosting the life of your facial. Celebrity facialist Joanna Vargas tells Refinery29: "Following up at home with a great routine designed by your facialist always extends the results of the facial for the month to come. Use the facial as your chance to take your skin to the next level, not simply bring it back to baseline." Work with your esthetician to develop a skin care routine that is customized for your specific skin type, concerns and skin care goals. Following their expert advice can do wonders for maintaining your skin's health between spa appointments.

## 5. BOOK YOUR NEXT APPOINTMENT

The best skin care routines pair at-home products with in-spa treatments. In fact, many dermatologists liken visits to the spa to trips to the dentist:

Professional treatments provide the extra care and expertise needed to enhance your everyday routine.

Together, at-home and in-spa treatments set your skin up for optimal health and vitality. Most estheticians recommend booking facials between four and six weeks apart to take advantage of the skin's natural

turnover cycle. At minimum, Josie suggests quarterly treatments to maintain your skin's health and address its specific needs as the seasons change.

### What NOT To Do After A Facial

While there is plenty of good you can do for your skin after a facial, there is also the potential to do some damage. To keep your skin glowing, it's prudent to avoid a few common post-facial pitfalls. Here is our guide to what not to do after a facial:

## What To Do (And Not Do) After A Facial

DOS	VS	DON'TS
Drink plenty of water to keep skin hydrated		Visit the sauna or steam room
Exfoliate weekly to prevent buildup		Wax, shave or have laser hair removal
Use a Vitamin C serum to protect skin from free radicals		Spend time in the sun without proper SPF protection
Follow your estie's advice for your skin care routine		Pick and prod at pimples (hands off!)
Book your next appointment (we advise monthly or quarterly facials)		Apply harsh and potentially irritating at-home peels or retinol treatments

## 1. VISIT THE STEAM ROOM

A trip to the steam room may seem like the perfect way to round out a blissful spa day, but your best bet is to steer clear. Your skin has already been exposed to plenty of steam during your facial, and adding on could lead to irritation and broken capillaries. Hitting the gym is another no-



go: Increased heat and sweat can also irritate your freshly exfoliated skin, causing redness and inflammation. Instead, take advantage of spa amenities pre-facial and leave steam management to your esthetician.

## 2. WAX, SHAVE OR HAVE LASER HAIR REMOVAL

Hair removal and facials don't mix. While it may be convenient to book a wax, shave or laser treatment along with your facial, it's best to spread out your appointments. Most facials involve deep exfoliation with professional peels to shed old skin cells and bring new cells to the surface. Having a hair removal treatment immediately after your facial runs the risk of over-exfoliating and burning your fresh complexion. To avoid discomfort and damage, experts advise spacing your hair removal appointments between 24 and 48 hours before or after your facial treatment.

## 3. SUNBATHE

While we strongly recommend protecting your skin from UV rays every day (yes, even in winter!), this is especially true after a facial. Your freshly scrubbed skin is particularly susceptible to sun damage post-treatment and its vulnerable surface can easily burn. Moreover, exposing your skin to the sun puts you at risk for melanoma and accelerates the development of fine lines and wrinkles. After a facial, always apply a sunscreen or moisturizer with SPF 30 or higher to minimize potential damage.

## 4. PICK AT YOUR SKIN

*During your facial, your esthetician will have performed necessary extractions to clear blackheads and pustules.* It may be tempting to pop and pick your pimples, but it's best to keep your hands off post-treatment. Every time you squeeze or touch a blemish, you run the risk of spreading bacteria and scarring your complexion. During your facial, your esthetician will have performed necessary extractions to clear blackheads and pustules. If any blemishes are left behind, it is because they are not close enough to the surface to extract safely. Further picking and prodding will only do damage; your best course of action is to leave them be and book a follow-up appointment with your facialist for further extractions.

## 5. USE AT-HOME PEELS OR RETINOL

Give your skin a week to heal before using potent at-home treatments like peels and retinol-based products. Your skin is particularly sensitive after a facial, and harsh, potentially irritating products can do more damage than good. Rest assured that your esthetician has exfoliated your skin to the max and focus instead on protecting your skin's moisture barrier with nourishing facial oils, rich moisturizers and deeply hydrating mask treatments. Our pick: Blend Rosehip Triple C+E Firming Oil with Coconut Age Corrective Moisturizer for long-lasting moisture.