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# SPA THERAPY NEWS

**SPRING 2011**  
WWW.YubaCitySpa.net

## TURBO BEAUTY

by Jennifer Nagy-Cordray



Organic skincare isn't just simple witch hazel toners and clay facemasks; lately it means using the most cutting edge technology in service of a clearer, smoother, complexion. Turbo beauty is all about skin products, such as serums, that come fully loaded with "natural actives"—phytochemicals, anthocyanins, and fermented ingredients. Ahead of the curve is Éminence Organics, a skincare company that incorporate the most sophisticated science into their toxin-free, high-end-result lines.

### True organics

Clarifying what organic means when it comes to personal care will be a big issue in 2011. There is a lot of criticism against products who use the label organic falsely, and regulatory agencies are getting closer to figuring out how to address this. How you use the word organic can mean many different things, from made with organic ingredients to 100 percent organic. Peruse ingredients lists carefully to make sure you're not being bamboozled, or if you're a real purist, look for products certified under the USDA National Organic Program, which you will find here at Spa Therapy Wellness Center. Ahead of the curve is Éminence Organics, a USDA certified organic line chocked full of nourishing oils and herbs.

### Green packaging

We're seeing more innovative packaging and sustainable materials, which is huge—and necessary—going forward. In fact, Whole Foods has released new packaging standards to be enforced by September, 2010, which completely eliminates BPA, acrylic, PVC, and other toxic materials from skincare containers. Big improvements in bio-based packaging will make this a key part of beauty's new design landscape. Ahead of the curve is our mineral make-up line here at Spa Therapy Wellness Center, **Spa**

**Minerals** by *Mineral Mine*, which created biodegradable compacts made from corn.

### Sustainable ingredients

Skincare companies are now not only more conscious about what's in their formulations, but also how those ingredients are sourced. Many manufacturers now boycott palm oil, a common ingredient in skincare, to protect tropical forests, and a growing number of companies are turning to Fair Trade ingredients such as shea butter, rose extract, and cane sugar. Ahead of the curve is Éminence Organic, who put a sophisticated face on sustainably sourced ingredients by being an active member of the Organic Trade Association (OTA), the association for the organic industry in North America. The OTA exists to promote and protect organic trade to benefit the environment, farmers, the public, and the economy. The OTA, formerly the Organic Foods Production Association of North America (OFPANA), was established in 1985 in the United States and Canada. Since its inception, the association has been a key player in shaping both the regulatory and market environment for organic products. The OTA is a leader in advocating and protecting organic standards so that consumers can have confidence in certified organic production.

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**Best of Green Award** winner for the best environmental practices in the industry, Éminence Organic is celebrating more than 50 years of organic skincare. Since our inception in 1958, we have been using sustainable farming and green practices to create organic products and are constantly looking for ways to reduce our carbon footprint. We are proud to use wind energy, geothermal heating and solar power energy in the making of products; vegetable-based inks in printing and FSC certified post-consumer recycled paper.

**Hand-made, cruelty-free without mass production for over 50 years**

Éminence products are handmade (no mass production here) without any severe heating or hydrogenating processes that can affect the nutritional content and potency of natural ingredients. You will immediately see and feel the difference evolving from the extremely high fruit content, and therefore, the high level of active ingredients. Vitamins are captured in their all-natural fresh base, offering dramatic results as actual seeds, pulps and peels impart regenerative and healing powers that only nature can produce. And, they are proud members of the Cruelty Free/Leaping Bunny Association, Éminence never test on animals.

People always ask me, “Why do I choose a specific product?” Listed above are a few of the reason, and I put years of education, experience, and research to work. I make sure I am always thinking about *your* skin and *your* skin needs; which include our local environment and *your* lifestyle. These are some of the important reason here at Spa Therapy Wellness Center, we chose Éminence Organics as our newest skin care line.

END

## To Stretch or Not to Stretch...

### Before Exercise?

By *Abbie Darrough, CMT*



Many of us, without breaking our New Year’s resolution, hitting the gym can be difficult enough without worrying about when we should stretch... Before or after exercise? What do you

think? If you said both, that’s correct! Stretching before and after exercise is ideal for all of your muscle groups and you won’t be so sore after hopping off that treadmill and lifting weights.

Stretching before you exercise, weather that is going for a run, lifting weights, or joining an exercise class, getting your muscles warmed up and ready to go is the best way to prevent athletic injury. Not only is it good for preventing injury, it adds extra flexibility, improves performance, and prevents on-set muscle soreness. It is definitely a positive effect on subsequent physical activity and gets you in the mind set for exercise while getting that blood source we all need up and running right before exercise. To apply these stretches, do two reps of 20 seconds of held stretching is optimal. Remember to breathe while you do this. The Oxygen is very good for you muscles and gives you the best stretch.

Once you have gotten your exercise routine finished with and you are tired and ready to go home to the family, remember to stretch really good before you leave. Stretching after exercise is a must too. If you don’t stretch your muscles become tired more quickly and will lose the range of motion in you limbs. Again, do two reps of 20 seconds of held stretching with deep inhale before the stretch and exhale while going into the stretch. Not only is this good for you muscles, it helps you get into a relaxed state of mind. Stretching is excellent for everyone, especially ones who are stressed and over exercise. Remember to keep in mind how beneficial stretching really is. Good luck and take care of your body.

## Computer Ergonomics Tips

by *Audrey McCready, CMT*



Proper computer ergonomics are important in preventing repetitive stress injury. Make sure your work station is set up correctly. If your company has an ergonomics department, ask for help. Here’s a computer ergonomic checklist.

- Position your chair and keyboard so that

your thighs and forearms (when typing) are parallel to the floor.

- Make sure the keyboard height is such that your wrists are straight and level when typing.
- Place the keyboard close enough to you that you don't have to stretch forward to reach the keys.
- Keep the mouse close to the keyboard where you don't have to reach to use it.

Now check your body position:

- Keep your hip, knee, and ankle joints open 90 degrees or more.
- Keep your head aligned with your spine. Relax your neck and imagine your head floating toward the ceiling.
- Keep your upper arms close to your sides, hanging straight down.
- When typing, keep your wrists relaxed, not bent up, down, or to the sides.

To Relieve Strain at Your Desk

- Stretch. Take breaks to move and stretch every hour or so. Stretch your forearms by bending your wrists forward and backward and by circling your wrists. Stretch your neck forward and from side to side. Circle your shoulders forward, up toward your ears, and back.
- Take mini-breaks several times an hour. Stop, let your arms hang to your side and take several full breaths.
- Keep your arms and hands warm. Cold muscles and tendons are more at risk for overuse injuries.
- Imagine breathing into your arms, neck, and shoulders as you work. Focus on staying flexible and relaxed, even as you work. Rigidity leads to injury.
- Avoid reaching far forward or twisting

## ***Slow down to gain time...***

by **AGNES CARTRY**, Hypnotherapist



A friend of mine who is also a therapist recently told me one of his clients commented to him: "Sorry, but I don't have time to be present".  
Ironical, isn't it? I guess it means he spends his

time being absent.

How many times a day do we think to ourselves: "I should call my friend X who is in trouble, but I don't have time right now, I need to speak to my wife about this issue, but I don't have time right now, I need to relax more but I don't have time, I need to exercise but I don't have time, I need to take the time for a warm relaxing bath but I don't have time..."

Where is our time going? Work of course, kids? Traffic? TV? Browsing the Internet?

Several years ago, I was taking riding lessons once a week; the commute was one hour to the stables. I systematically arrived 5 minutes late and as I drove to get there, was quite tense about getting there on time (I was "hurrying"), and blamed myself for not allowing extra time.

One day, I decided to take it easy and relax and not rush to get there.

Well, I arrived again exactly 5 minutes late, but not 10 or 15.

That made me realize that the "hurrying" was a state of mind, not an action, there is only so many minutes you can gain by going 75 miles an hour on a road with traffic and traffic lights.

Actually, the more you hurry, the more you feel "you don't have time". The beta waves experienced in a focused adult are awesome for achieving deadlines and we need to function in this state to study, focus and get things done.

Unfortunately, if they become the only waves you function from, you are one of the many who have forgotten how to relax, who suffer from insomnia because your mind "turns and turns", who are cranky at the wheel and have forgotten the need to have a 3 hour lunch with your grandpa or your best friend, because you don't have time.

And the clock is ticking and I am sorry to say, the last tick will come with you saying once more, I don't have time and it will be all over.

After one hour in a state of deep relaxation (somewhere between theta and alpha) and upon coming back closer to beta waves, my hypnotherapy clients often exclaim: "wow, that was only an hour, it felt like days and days of a deeply relaxing holiday!"

Did you know that deep healing can only occur in

the slower delta and theta waves?

That staying in beta waves 12 hours a day or more, which is the case for most “active” adults in the Western world, is the number one contributor to stress, hence, weight gain, sleep disorders, fatigue and illnesses.

The good news is that you can retrain yourself to relax and know you deserve it, that it’s not a luxury or a lazy bum indulgence. There are now high-end resorts where stressed businessmen and women at the edge of a nervous breakdown just go to be trained to relax.

Don’t wait too long to slow down... There may not be any time left otherwise.

END

## Self-Care for Headaches

By Patti Smith, CMT



Chronic headaches usually result from multiple factors. You can potentially decrease your headaches by reducing factors such as tension in your neck and shoulders, excess life stress, hormonal imbalances, or toxic reactions to medications or alcohol. Some people find keeping a headache "log" helps them find and deal with patterns contributing to their headaches.

Note: If you ever experience a sudden severe headache unlike anything you’ve experienced before, seek medical attention immediately.

Here are some other suggestions:

- Muscle tension is often the culprit in chronic headaches. Massage is one of the most effective methods of relaxing muscles.
- Frequent, gentle stretching of the neck and shoulders helps some people relieve muscle tension.
- Exercise, whether aerobic, yoga, Pilates, tai chi, or some other activity may help reduce your stress and tension.
- Drinking plenty of water and eating a balanced diet can help keep your system in

balance.

- If you work at a desk, make sure your computer is set up correctly to prevent eyestrain and strain on your neck muscles. Get help from your company's ergonomics department or see our box on Computer Ergonomics.
- Stress counseling may help you learn to relax and let go of things you can't control.

Some chronic headache sufferers can be helped by using peppermint essential oil.

Try rubbing one drop of peppermint essential oil into the palms of your hands, then inhale the scent for up to five minutes (being careful to keep hands away from eyes, because peppermint will make eyes sting). Spa Therapy's essential oil blend '**Clear**' contains Peppermint and Litsea Cubeba. You can try the linen spray on your sheets and towels, or an herbal soak or soap in the bath.

Will peppermint work for everyone? Probably not, because we are all different with different underlying headache causes.

At Spa Therapy, we offer a yagalates class, a specialized combination of yoga and Pilates, that will incorporate stretching and stress relief, and for some, can reduce the occurrence and severity of headaches. END

## Blueberries Anyone?

by Jenny Jenson, esthetician



You might have heard it on Dr.Oz Show or read it in a health magazine or seen it on the Internet, **blueberries are a super fruit!**

Not only are blueberries a delicious treat, they offer a tremendous amount of health benefits, some of which include:

1. The highest antioxidant capacity of all fresh fruit

2. Neutralize free radicals which can affect disease and aging in the body
3. Aids in reducing belly fat
4. Helps promote urinary tract health
5. Been proved to improve vision
6. Brain health
7. Heart disease
8. Constipation and digestion
9. Cancer
10. They are very good anti-depressants

Amongst these health benefits, let's concentrate on all of our biggest fear, aging! With blueberries on everyone's top lists of anti-aging foods. Blueberries Are Packed with antioxidant phytonutrients called anthocyanin's that help the body manufacture collagen which makes the skin supple and smooth. Blueberries are loaded with antioxidant compounds that are very effective in neutralizing damaging free radicals (that lead to skin cell damage and premature skin aging) generated in the skin by excessive UV exposure or from other sources. Leaving aside the genetic factor, for which there is no apparent solution, if we consider the effect of free radicals on aging, then Blueberries bring you the brightest ray of hope, for they are loaded with anti-oxidants and rank number 1 in the world of anti-oxidants. This is mainly due to presence of Anthocyanin, the pigment responsible for the blue color of the blue berries. The abundance of vitamin-C is also a big factor for this as well.

Lucky for you not only can you eat blueberries until your mouth turns blue, our newest skin care line, eminence organics, has designed wonderfully delicious blueberry soy skin care line. So you can get the benefits of blueberries from the inside and out! The blueberry skin care now available at spa therapy include:

[Blueberry Soy Exfoliating Cleanser](#)

Description: Refining & Cleansing. Skin Type: Normal to dry skin types

[Blueberry Soy Repair Masque](#)

Description: Revitalizing, Moisturizing & Age-Defying. Skin Type: Mature, dry, dehydrated, sun-damaged or devitalized skin types

[Blueberry Soy Night Recovery Cream](#)

Description: Age-Defying & Revitalizing  
Skin Type: Normal to mature, dry, dehydrated and devitalized skin types

**Key Ingredients:**

- Blueberry Juice: high in antioxidants and phyto-nutrients
  - Blueberry Pulp: fights free radicals
  - Non-GMO Soy: rich in isoflavones and Vitamin B
  - Shea Butter: calming and moisturizing
  - Raspberry Juice: Vitamin C and phyto-nutrients
  - Bramble Juice: high in Vitamin A, Vitamin C and antioxidants
  - Grape Seed Oil: supplies bioflavonoids
  - Calendula Oil: moisturizing and calming agent
  - Biocomplex™: an antioxidant booster of Vitamin A, Vitamin C Ester, Vitamin E, Coenzyme Q10, Alpha Lipoic Acid
- END

*Introducing a new  
pedicure for the spa:*  
**LEMON DROP  
PEDICURE**



Whenever you use an orange, lemon, lime or grapefruit peel on the skin, the result is skin resurfacing and lightening. Citrus does double duty. The ground-up peels slough off the dead skin layers. The acid in the oil helps loosen the dead layers of skin and lighten the new skin underneath. I begin with a restful soak in our spa footbath, your toenails are clip, shaped and filed, cuticle remover is applied and cuticle is gently pushed away. Then, using our new lemon scrub made with ground-up lemon peel, I gently exfoliate your feet placing lemon slices on callus. Next, I moisturize with our new *lemon body butter* and massage your feet and lower legs. I finish your clean beautiful toes with your choice of buff or nail polish. Just so you get the full effect of your lemon treatment, I include a virgin lemon martini or hot lemon tea. This treatment will surely get your feet ready to be seen and felt!

END

**‘Andropause’ better known as  
Male Menopause *III*  
the supplement DHEA**

by Jennifer Nagy-Cordray



Do men really go through a change in life? You bet. Andropause is the male menopause. Men do loose hormones as we age much like women but in a different way. In this article, I will explain Andropause and the complimentary treatments and what you should expect.

Andropause occurs as a result of plummeting levels of testosterone, the dominant male hormone. This hormonal function starts to decline gradually as men age. Just like Andropause, when decreasing levels of estrogen (the most dominant female hormone) play havoc on the female body – it can apply to men as well. Because of this condition, symptoms such as the loss of libido, impotence, and depression may present themselves.

Below are a few of the most common symptoms of Andropause:

- Loss of libido
- Depression
- Hair loss
- Hot flashes
- Loss of energy
- Mood swings
- Muscular strength
- Night sweats

Men typically do not talk about feeling well, and particularly about life transitions such as male menopause. On a personal note, I have been going through Andropause for around 1 year. For myself, I just thought it was depression, since certain things in my life changed. For sometime I felt depressed, overwhelmed and quite tired. Once I started researching my symptoms, I came across Andropause, better known as male menopause. We men thought we were exempt, well think again. Your midlife crisis doesn't have to be so difficult,

and with some research and effort, you too can claim back the quality you so richly deserve in your life, your good health.

**About DHEA**

The effects of Andropause can be effectively reduced by using DHEA as a hormonal supplement. Produced in the adrenal glands, Dehydroepianandrosterone is responsible for producing chemicals that influence the growth of testosterone in the body. Used as a dietary supplement, DHEA can do wonders for you. The enhancement of memory, stamina build up, and increased levels of libido can restore a man back to his natural state. It is a great treatment for men with erectile dysfunction, a common symptom of Andropause as well.

There have been plenty of tests using DHEA and placebos where libido and erectile function improved significantly in the men using this hormone than those that didn't. It has been said that low levels of DHEA is linked with a speeded up aging process.

Before research efforts were placed into discovering more about this hormone, it was associated with helping in weight loss. Soon after, it was associated with a slew of other health benefits.

There is so much available to us now that can help alleviate the uncomfortable symptoms of going through this transition. Here at Spa Therapy, we can help. We carry, DHEA from M'lis, a natural vegetarian supplement. Discover this all-natural formula provided by M'lis. This supplement will enhance and bring back what all of us men thought we have lost. DHEA has complimented my life.

The top notch supplement is DHEA by M'lis.



**ALL MINERAL MAKEUP IS *NOT* CREATED EQUAL: VALUABLE INFORMATION YOU NEED TO KNOW!**

✓ Department store brands may contain synthetic dyes, talc, fragrances, synthetic waxes, and drying alcohol.



- ✓ These ingredients can clog pores, dry the skin and can cause skin sensitivities and allergies.
- ✓ Many of the makeup that is marketed as “minerals” are makeup that contains “micro-minerals”

The small amount of minerals that these products actually contain is also present in a number of liquid foundations that have been on the market for quite some time. Furthermore, these foundations contain all the chemicals and preservatives that are typical of many liquid foundations. They are not pure mineral makeup, only traditional formulas with some “micro-minerals” added.

**SPA MINERALS - A BETTER CHOICE!**

- ✓ Our makeup is a skin healthy formula from natural mineral pigments, including Vitamins A, E, and D
- ✓ Essential nutrients replenish and protect, neutralize free radicals, soothe and smooth skin for a natural, flawless complexion
- ✓ Long-lasting weightless coverage that minimize appearance of fine lines and wrinkles
- ✓ Chemical-free, broad spectrum sun-protection
- ✓ Anti-microbial and anti-inflammatory properties are ideal for rosacea and acne prone skin
- ✓ No harmful chemicals, talc, dyes or alcohol
- ✓ Non-comedogenic, will not clog pores, oil-free and very water resistant

**FREE MAKE-UP ARTISTRY CONSULTATION AT SPA THERAPY WELLNESS CENTER AND MAKE A HEALTHIER CHOICE FOR YOUR SKIN! CALL 530-751-5166 TODAY!**



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- Plum Crazy Body Therapy
- Steam Therapy
- Aroma-Hydrotherapy
- Rice & Plum Facial

**'Revive & Glow with Total Skin Therapy'**

**only \$204 for \$245 value**

**Celebrating Doctor's Day, March 30th!**

**Yogalates is now available at Spa Therapy**



**Wellness Center.** Yogalates is a type of class that combines yoga and Pilates and focuses on strengthening the core while eliciting the meditational and flexibility benefits of yoga. This yoga and Pilates fusion works well for many people, especially those who are beginning to

tire of the usual yoga and Pilates classes and want to do something new. Yogalates is also a great option for people who enjoy both yoga and Pilates but don't have the time to take both classes a week. Check the schedule on the website.