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WHAT DOES GLUTEN HAVE TO DO WITH YOUR SKIN CARE?

by Jennifer Nagy-Cordray, BS
California Certified Massage Therapist



In the US, about 1 in 133 people suffer from gluten intolerance, also known as celiac disease. Chances are a few of your clients have asked you about gluten-free skin and body care products. What do you know about gluten-intolerance, its effect on the skin and how to spot ingredients containing gluten?

What is gluten? Gluten is a protein found in wheat, barley, rye and millet. Gluten-intolerance is also known as celiac disease. People with celiac avoid gluten in their diets. Some physicians also advise their patients against any topical application of gluten.

The gluten-free skin and body care controversy. Advice against the topical application of products containing gluten is somewhat controversial. According to the Mayo Clinic, people diagnosed with celiac disease do not need to use gluten-free products exclusively as gluten is only absorbed through the GI tract and not through the skin. Products containing gluten should not be applied on the lips or around the mouth as they could accidentally be consumed. Still, there's a movement towards those with celiac disease to seek out and use only gluten-free products.

What does a gluten response look like on the skin? Eczema, psoriasis, and dermatitis herpetiformis are the skin conditions most commonly linked to celiac disease and the oral consumption of gluten. Dermatitis herpetiformis – also known as a “gluten rash” – is an itchy, stinging, blistering skin rash. It occurs in people

with celiac disease when the skin reacts to gluten antibodies circulating in the system. You can treat reactive skin with soothing and calming gluten-free products to get sensitivity and redness under control.

To soothe patches of dry eczema blend 1 pump of *Moisture Boost HydraGel* and 1 pump of *Instant Calm Ultra Complex* in the palm of your hand and layer under *Calming Bio-Lipid Repair Creme*. Reapply 1-3 times a day until condition has been stabilized for at least a week. Improvement should be seen within several days. Once the reaction is under control, have your client continue the hydragel/complex blend under the appropriate moisturizer in our Ultra Gentle Skin System for their skin type.

For a soothing, hydrating massage masque blend 2 tsp. *Soothing Gelle Masque*, 1 tsp. *Visibly Moist Toner*, 1 tsp. *Instant Calm Ultra Complex* and 1/2 tsp. of *Nutriment Blue Oil* with a stiff fan brush. Once blended, brush gently over clean skin. This mixture will act as a nutritious, hydrating and calming massage medium when used under steam. Massage for 3-5 minutes. Remove excess

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masque after a total of 10 minutes on the skin.

Be an ingredient sleuth. Look for ingredients containing the words “barley”, “wheat” or “triticum” as potential ingredients to avoid. However, the processing of oils, such as wheat germ oil, should remove all proteins and starches and therefore, wheat germ oil should be gluten-free. The only way to know for sure if a product or ingredient is gluten-free is to ask the product’s manufacturer.

Are your products gluten-free? Have some of your clients asked if your products are gluten-free? Come to Spa Therapy Wellness Center to speak to a professional Skin Care Esthetician and get the products that are best for your skin and your internal health.

Ashi-Thai Barefoot Massage

by Lisa Lonquist

California Certified Massage Therapist



Ashi-Thai – a form of barefoot massage developed from Ashiatsu and Thai massage, offers a unique chance to rest, relax and recuperate from strenuous activities while the therapist maneuvers your limbs and body into deep stretches that you may not be able to achieve on your own.

In this style of massage, the therapist uses gravitational forces and distributes their body weight by holding onto bars in the ceiling, using their feet to deliver the strokes, applying painless pressure directly onto your body. Ashi-Thai is not just walking on your back; you will feel a deep, broad, flowing centrifugal pressure that engages the fascia throughout your whole body, loosening adhered tissue, opening tissue



membranes, which allows fluids and nutrients to follow more thorough pathways. Additionally, compression of soft tissue is applied throughout the session, helping to release spasm, muscle contraction and tension, always working within your perfect range of pressure. It works fast, typically just 20 minutes of Ashi-Thai accomplishes the physical benefits that occur in a 60-minute session of a more traditional style of bodywork.

Ashi-Thai effectiveness comes from treating all layers of your tissue and your entire body as a whole, resulting in a calmed fight-or-flight response and a dramatic dilation of blood vessels. By massaging you with the larger surface area of a foot – in comparison to a hand or forearm – and by accessing the deeper layers of your tissue without the sensation of pokey pain that triggers muscle guarding, the rate of post-event recovery is faster. The depth is more consistent throughout the entire length of the muscle, curbing pain responses and flooding the body with new sensory information to help it evaluate itself and begin to heal.

If you need your Psoas stretched, IT Band unbound, Soleus/Gastroc’s drained and your spine decompressed, this massage will do it all. The benefits of Ashiatsu combined with the passive stretching techniques that are included in Ashi-Thai offer a well-rounded holistic approach to aid in improving your performance and maintaining overall health.

Finding Kindness in Exercise

by Gretchen Eggen

California Certified
Yoga Instructor



Most of us are aware of the importance of exercise in the management of healthy living, but so often the self-discipline needed to carry through easily escapes us in the daily pressures of life. It seems as though exercise

has fallen into a category of luxury rather than necessity. Earnest excuses such as a lack of time, money or energy become real barriers undermining success in adopting exercise as a consistent part of our lives, but deeper still, a lack of motivation stemming from a unrecognized negative mind-set may be the real deterrent.

How many of us have responded to the new year resolve to get in shape by joining a gym, only to find amidst the rigors of mechanical exercise a bombardment of negative subliminal messages rating our defective bodies and lack of personal discipline? In that environment we can easily lose perspective of who we truly are, and even more importantly, who we are becoming.

What if our approach to exercise is based not on the need to change or become better, but rather, as an act of kindness we give to ourselves? Exercise should be an escape from the constant demands of life, a time to refresh and renew our body, mind and spirit. More often, exercise becomes a contest between the mind and body; when the mind takes charge, it punishes the body. Conversely, the body can bend even an iron-clad will. Mediation between the two can be found by means of the breath.

The state of our breath can reveal a lot about the state of our mind and body, and even suppressed emotions may surface when we bring our attention to how we are breathing (or maybe not breathing). Breath awareness draws us along a path of whole-body awareness. This awareness gives us the ability to equalize tension in the mind vs. body battle, finding an inner balance between the two. Beating the body into submission by the will of the mind adds little to the balance scale and expends precious mental, physical and emotional energy.

Fullness of breath brings new life, new energy into each movement, each thought and each experience. Maybe it's time to dismiss the idea that working hard is working better. What worked for us in our teens and twenties may no longer be appropriate in our thirties and forties, but you

won't learn that at the gym. And what worked in our forties may no longer apply in our fifties and beyond especially if health issues arise.

Adopting a system of exercise that incorporates mind and body via the breath has proven to be just as efficient as conventional exercise- maybe better, when it becomes a consistent part of life. It is a lot easier being led by desire rather than demand.

New Eminence Skin Care Products: Age Correction Collection

*by Tracie Monthaven
Licensed Esthetician*



Spa Therapy is pleased to announce a new collection of Eminence Organic Skin Care productions. The Age Corrective Collection is delivering instant results and lasting beauty with coconut, bamboo and neroli oil, plus two revolutionary age correcting ingredients. The new Age Corrective Collection includes natural Retinol alternative complex and Phytocell Tec or Swiss Green Apple stem cell technology which will greatly boost collagen production. This will allow our clients to basically turn back time and repair the visible signs of aging instantly and restores collagen levels and cell vitality over time. The Age Corrective Collection contains the natural Retinol alternative that boosts collagen production by 25% in just 6 days. We can now enjoy all the benefits of Retinol without all the side effects. We no longer need to be concerned with stopping our anti-aging products at least two weeks prior to waxing. We no longer need to be concerned with redness, peeling and sun sensitivity. We only get to enjoy the immense anti-aging benefits associated with Retinols.

New Products include:

- ✓ Neroli Age Corrective Hydrating Mist; A refreshing, collagen boosting toner
- ✓ Bamboo Firming Fluid; Instant tightening and collagen boosting

- concentrate
- ✓ Neroli Age Corrective Eye Serum: Targeted collagen boosting and smoothing treatment for the eyes
- ✓ Coconut Age Corrective Moisturizer: Rich, collagen boosting daily moisturizer
- ✓ Coconut Firming Body Lotion: Collagen boosting body moisturizer with the added benefits of plant derived hyaluronic acid

Please book your complimentary consultation with Tracie to evaluate your skin care needs or book a facial to start to turn back time on your skin.

The Importance of Skin Care

*by Olivia Coney
Skin Care Specialist
Professional Makeup Artist*



Beauty and skin care go hand in hand, especially for those who want to show off their best with confidence. Starting good skin habits at a young age will contribute to younger looking skin in our not so young years later on. Beauty skin care is not just a facial issue; serious skin care must include all of your skin from head to toes. The absolute worst thing we can do to our skin is unprotected sun exposure. That goes on to say that 90% of the skin's wrinkles, dark spots and sagging skin are caused by unprotected sun exposure. This is why doctors highly recommend always wearing SPF 30 sun protection products all of the time. This is especially important to start these habits at an early age for those with the most sensitive skin. The reasons for our skin changes over time have to directly do with skin collagen breaking down. We can do things to prolong and even make some skin reversals of damage that will take off years without the expensive doctor office treatments. There now are proven products out there with collagen repair that will improve the damage. Natural retinol and organic skin care antioxidants such as green tea extract and vitamin C are also affordable and proven to bring back your skins beauty without even having to use harsh or expensive products. Your skin is a living breathing organ just like every other thing in our

bodies. It needs to be fed and cared for- it needs lots of nutrients. To have someone look at you and tell you that you have beautiful skin is such an amazing feeling! I like to tell my clients to think of their skin care routine as a fun hobby, and not a chore. Proper skin care is vital if you're concerned about your physical appearance. Unhealthy skin tends to appear sallow and dull, where healthy skin appears full and vibrant. Wrinkles develop with more ease and sink deeper if your skin is dehydrated and unhealthy, and it can result in uneven patches that have a mottled color. When skin is unhealthy it loses elasticity, which can make it sag and appear thin. Proper skin care is not only about looking good, it's about staying healthy. Poor skin care habits can lead to rashes, sores, acne and wrinkles. Unhealthy skin is more susceptible to disease, infection and is more likely to scar after an injury. Proper care is particularly important for people who experience skin issues, such as psoriasis, or have skin allergies. Skin is constantly growing and changing, so you have to remain vigilant in caring for it. Keep your skin hydrated by drinking plenty of water throughout the day, and maintain a balanced diet to provide the vitamins and minerals your skin needs. Stick with fresh fruits and vegetables, whole grains and lean protein for the best results. Always make sure to use sunblock if you're going to spend time outside. I also like to remind my clients that as their Esthetician, I can only do 30% of their skin care. The other 70% is up to them. Now let's talk about what a good at home skin care looks like and the benefits of it! A good at home skin care routine is crucial! The reasons why, is because every day we are exposed to so much environmental damage. Smog, pollution, sun rays, dirt, bacteria, and the list goes on. At the end of our day, we need to clean all that out of our pores. So, let's start with a cleanser. It is really important to have a facial cleanser (not soap) To deep cleanse your pores. I try to suggest organic skin care to all my clients. I believe that the more natural and pure, the better! A good double cleanse at night is a must. Next would be a good exfoliation 1-2 a week. You can use a manual or an enzyme

exfoliation. Manual consists of small granule beads or rice powder to gently scuff off dead skin cells. This step will keep your skin looking healthy and youthful. Now, let's talk about masks. Masks are great to help give your skin that extra little love. There is a huge selection of masks out there! The ones that I really love are the masks from Eminence Organic skin care. We use this product line at Spa Therapy, and this line is nothing less than amazing!!!! I advise my clients to use a mask 1-2 times a week. Now, on to the moisturizer. I feel like a moisturizer and a good cleanser is the absolute most important things. If you are oily, you will need an oil-free moisturizer. If you are dry, try to stick with a thicker moisturizer. I recommend that everyone should start off with a facial to make sure that you are sent home with the right products for your skin type. Not everyone's skin is the same, so it can be tricky to find the right set up. Your Esthetician can help you with that. Did you know that at night your skin is a sponge? A lot of people are not aware of this, but when you are sleeping and your body is resting, your skin is working the hardest by soaking up everything. So, this is why it is important to put all your products on at night. I promise that you will wake up with beautiful looking skin. Next step, is an eye cream. The skin under your eyes is paper thin. It is very delicate. It's important not to rub, tug, or stretch that skin. Eye cream helps repair and protect from future damage of that delicate area. Last, but not least, your water intake is so important. A strict water intake will help you skin stay hydrated and glowing. It also flushes out all the toxins in our body. Water is so good for you inside and out!! Also, do not forget apply your body lotion at night. Keeping your skin hydrated and protected is the key to healthy, glowing, youthful looking skin and is the absolute anti -aging secret! Call Spa Therapy today and book a facial with me, Olivia. I would love to help you with whatever skin care questions or concerns that you may have. It's never too late to get your skin on the right track and make changes.

THE M'LIS NATURAL HORMONE BALANCE PROGRAM

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



As the body goes through the progression of disease and the immune system breaks down, hormonal imbalance almost always comes into play. Symptoms are always a late manifestation of a breakdown in the body. The breakdown generally occurs long before the symptoms surface.

As has been mentioned all along, 95% of all degenerative disease begins with a toxic body. Thus, it makes sense that to achieve hormone balance; one must first target the source of the problem by detoxifying the body. This process is considered a "Lifestyle Change Program", and it is designed to allow the body to heal itself naturally. For maximum benefit, 60-90 days of lifestyle change must take place.

Note: IT MUST BE DETERMINED IF [CANDIDA](#) IS PRESENT BEFORE UNDERTAKING A HORMONAL BALANCE PROGRAM. If candida is present, a 30-day Candida Program must be completed first.

Detoxification

Just as is the case with any lifestyle change, a total cleanse of the system is the first step to improved health. Detoxification, along with a 30-day Nutritional Program, helps provide nutritional support to strengthen the immune system.

Detoxification is a total body cleansing program, which cleans the liver, bowels, kidneys, and the blood supply. It helps restore the peristaltic action of the colon, and helps to rid the body of mucus, toxins and waste materials that are trapped in the colon (and may have been there for years). Detoxification will help stimulate all of the major immune system glands (such as the adrenal glands, liver and thyroid). Strengthening these organs assists the body in balancing hormones.

100% Nutrition And Supplementation

Nutrition is essential to health and wellness. 100% nutrition ensures that the organs of the body and the immune system are being strengthened, while getting what they need to function at their full

potential. This is attainable by supplementing vitamins and minerals, as well as antioxidants, and essential fatty acids.

- [DHEA](#) must be taken in the morning to work in conjunction with the adrenal glands' natural production. Begin with one capsule per day, and if needed you may work up to two per day.

- [BALANCE](#) provides precursors that help the body make estrogen in women and testosterone in men. Take 2-5 capsules two times per day, both a.m. and p.m. If hot flashes do not subside within a thirty-day period, you may add 2-5 capsules at noon. For best results, use following the detoxification program.

- [WILD YAM CREAM](#) is a trans-dermal progesterone precursor that is applied daily to the skin. It is absorbed quickly and is converted in the body depending on the demands for progesterone. The application will be 1/4 tsp. applied daily to soft tissue areas of the body (including the chest, inside of arms and thighs, and lower stomach area). Rotate area of application daily for best results.

- [THYROID](#) This unique formula was developed to benefit anyone suspecting a thyroid condition, as well as those seeking a daily supplement to ensure nutritional support of the thyroid and adrenals. M'lis THYROID Endocrine Support stimulates healthy glandular function and contains a synergistic blend of herbs including kelp and bladderwrack, two potent sources of iodine which support your body's natural ability to produce thyroid hormones. For best results take 2-3 capsules 2-3 times daily.

- The effect that [CALCIUM](#) has on bone density is increased when used in combination with the DHEA. Take two liquid gel capsules each morning and two 1 hour before bed. Calcium is a natural sedative, and can be used with [TRANQUILITY](#) in the evening to assist in achieving an optimal night's sleep.

To make the switch from synthetic to natural hormones, the cooperation of your Doctor is required. For suggestions contact your M'lis Educator.

[Implementing Friendly Bacteria](#) (healthy bacteria, good flora, healthy microbes)

The human gastrointestinal tract is home to

many types and high numbers of microbes, or bacteria. Microbes live in our skin, in our mouths, in women's vaginal tracts, and throughout our gastrointestinal tract. It is estimated that there are more microbes (bacterial cells) than there are human cells in and on the human body. There is also a very large diversity of the types of bacteria, with over 400 different species being present in humans. Because of the diversity and number, it has become evident that bacteria play an important role in human health. Most of these bacteria are not harmful, and in fact contribute positively to normal growth and development. Some of these bacteria, however, can have negative influences. A healthy balance of the bacteria, favoring beneficial bacteria over potentially harmful bacteria, is essential to the proper functioning of all systems of the body. Friendly bacteria strains can suppress harmful bacteria. They have been shown to improve intestinal tract health by aiding digestion and elimination, alleviating the symptoms of lactose intolerance, improving absorption of minerals and reducing toxins in the bloodstream, and improving immune function.

[Enzymes](#)

Diet and disease have now been linked together. In order to digest enzyme-free foods, the body calls upon digestive organs to work excessively. After a lifetime of overworking our body's vital organs, they wear out. When these organs are no longer performing at their optimal level, food is not digested properly which can lead to diet-related diseases, disorders and death. For example, one form of adult onset diabetes is a result of over- taxation of the pancreas. Supplemental digestive enzymes ease the burden of digestion therefore strengthening your immune system.

[Water](#)

Water is critical to the treatment of any health condition, including hormone imbalance. Every organ of the body requires water. The heart, lungs, skin and circulatory system all depend on water. To find out your individual need, divide your weight in half. Half of your body weight gives you a good rule of thumb for how many ounces of water your body needs to function on a

daily basis. For example, if you weigh 150 pounds, you should be drinking 75 ounces of water each day. Nothing will substitute for water, including; milk, juice, tea, soda etc. If you drink enough water each day, you will absolutely feel different. This is not to say that you cannot drink other liquids, but remember the importance of the quantity of water that you drink each day.

FOODS THAT HEAL THE BODY

“Let food be thy medicine and medicine be thy food” Hippocrates

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

Eating provides nourishment to the body, and depending on the foods you eat, a nutritious diet will yield healthy results. **Proper food choices consist of foods that heal the body rather than destroy the body.** The M’lis Wellness Program emphasizes a diet based on whole foods that provide maximum nutrition. Listed below are a few foods that have the properties to supercharge your health, and maximize your wellness. Use these foods as basic building blocks of your diet and fill in with other wholesome foods for amazing results.

- **ALMONDS** are a great source of good fats, along with protein, vitamin E, fiber and magnesium. Almonds are a good snack to help you feel full, especially if you wash them down with a glass of water which will pump up the fiber in the nutrient-rich skins. Include up to two handfuls of almonds in your daily diet. Other great nuts and seeds to consider are: pumpkin seeds, walnuts, sunflower seeds, macadamia nuts, flax seeds, and cashews. One caveat on your nut choices: smoked, roasted, or salted nuts do not apply. Look for raw, unsalted nuts instead.

- **BLUEBERRIES** are one of the most potent

anti-oxidant foods you can eat! They provide loads of natural carotenes and flavonoids, vitamin C, healthy natural sugars, and fiber. In fact, any raw, fresh berry shares most of these attributes and would make a great addition to an athlete’s diet. Just don’t add any additional sugar. (for the record – Crunch Berries do not count

- **COLD-WATER FISH LIKE SALMON** provide healthy Omega Fatty Acids, and high quality protein. Lean meats like salmon, other cold-water seafood and free-range poultry are the best source of protein and minerals to build toned strong muscles. Avoid fatty cuts of meat, along with all processed meats. Many warm-water varieties of fish may contain high amounts of mercury and should be eaten in moderation. Farmed fish should ideally not be eaten at all due to the high probability that it is nutritionally inferior to wild fish, and may contain chemicals from agriculture and artificial colorants.

- **EGGS** contain vitamin B12, which is essential for breaking down and burning fat. They also contain protein that is high in Branched Chain Amino Acids, which are essential to properly repair muscle damage. In the past there has been a lot of concern about the amount of cholesterol contained in egg yolks, but current science is disproving the assumption that eating eggs will raise blood cholesterol levels. Most of the cholesterol in our blood is synthesized by the liver from dietary fat, not from dietary cholesterol. A diet which contains up to two whole eggs a day has been proven not to raise cholesterol levels. However, it may be a good idea to moderate your intake to no more than six whole eggs a week. Also, you can include as many egg whites as you like because the cholesterol is contained in the yolk. The source of your eggs does matter both in nutrition and food safety, and eggs from free-range hens or pastoral farms are best

- **GREEN VEGETABLES** such as spinach, broccoli, bok choy and salad greens contain a potent blend of antioxidants, minerals, fiber, and low-glycemic carbohydrates. Vegetables also help to balance the pH of the body and counteract the acidity caused by exercise. Also

include vegetables of any other color. The best approach is to eat a wide variety of brightly colored fresh vegetables. Eat them raw when you can, and hold the cheese sauce and butter.

- **OLIVE OIL** lowers cholesterol, boosts the immune system, and supports healthy hormone production. Use it to cook with in place of other less healthy fats, and as a salad dressing. Whole olives, avocados, flax seed oil, and evening primrose oil are also solid choices.

- **YOGURT** is a good source of protein, calcium, and probiotics (friendly bacteria). Avoid the commercially sweetened stuff, as it is usually full of added sugars, flavors, and colors. Plain unsweetened yogurt with a handful of berries, or a scoop of [Mlis INSTANT MEAL](#) added for taste is

Take Good Skin Care when you Travel.....



Years of treating client's skin before and after travel, and how a travel schedule wreaks havoc on your skin when you're taking a 10-hour flight overseas or making a 2-hour hop to a neighboring state, the recycled air in the plane cabin can severely dry out your skin. Check out these travel tips and keep them in mind before your travel.

Tip # 1 - Know the rules

All the liquids that you bring on the plane must fit in a one-quart, zip-top bag and no container can be larger than 3.4 ounces in your carry-on luggage. Starter Sets include a wide selection of convenient 0.5 oz size jars perfect for travel. A starter set best suited to your skin type will be your faithful travel companion this summer. You can refill your starter kit bottles with your homecare products for any future travel.

Tip #2 - Pack for your specific destination

Before you pack, we need to determine what products are best for the climate you are traveling to. If it is drier, then you need richer and more sun-related products. If it's more humid, you might not need moisturizer at all. Instead, a booster or even a hydrating mist as a light spray-on moisturizer might be best, which can even set your mineral make-up!

Tip #3 – Don't forget the plane damage

The re-circulated air on the plane is the worse place on the planet for your skin. We have a great 'pollution solution' for you! Neutralize the effects of tobacco smoke, photochemical smog, and surface radicals with this refreshing antioxidant blend of stabilized Vitamin C, Laminaria Digitata, Fumitory, Lemon, White Tea and Malachite extracts. Works in seconds and lasts for hours.

Tip #3 - Don't forget the lips

Drier air on the plane can cause lips to become chapped and irritated. Avoid mineral oil-based lip balms as mineral oil impedes the transfer of oxygen and toxins which in turn dry out the skin even more. Our Citrus Lip Balm is a natural petroleum-free alternative to help restore moisture to the lips.

Tip # 4 – Don't forget the Sunscreen

It doesn't matter where you go you need it! Overcast is the most damaging filtered rays and if you are near the equator, the sun is the most intense and damaging of all! Always have 30 spf, which is maximum protection, however, you must re-apply every 3 hours.