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Lifestyle Of
Health

SPA THERAPY NEWS

And
Sustainability

MEDICAL MASSAGE MOVEMENT

by Jennifer Nagy-Cordray, BS
California Certified Massage Therapist



If you do a Google search for medical massage, you will turn up 3,210,000+ entries. Clearly something is developing in a large dimension of our rapidly growing profession. And, as is the case with any broad movement, there are a variety of motives and presumed goals in play.

A largely grass roots phenomenon is beginning to institutionally encounter one of the most prosperous and prestigious--and most heavily regulated--organizations in the United States, and it seems to me that careful thought will be required as to just what this may mean. It is obvious to everyone in the massage profession that our work very successfully addresses a wide spectrum of emotional, physical, and physiological conditions related to trauma, disease, debilitation, and recovery. A growing number of health professionals are recognizing this as well. How best to weave together often sharply divergent ways and means to accomplish mutually agreed upon ends will be a topic that is bound to absorb many minds from all sides of the issue.

One of the backdrops against which the idea of medical massage is unfolding has to do with some disturbing trends in healthcare in this country. Our system has developed a technological and pharmacological expertise that is truly remarkable. And these developments in turn have made our healthcare by far the most expensive in the world. If you have read my articles before, you know I like statistics, so here I go.....this articles is full of it! We spend \$4,178

per capita annually on healthcare, or about 13.6 percent of our total economy. That is \$2,395 more per person than the runner-up, Switzerland.

And yet, for all this lavish expense, we are far from number one when some important parameters of our system's overall effectiveness are examined. Our infant mortality rate is 7.2 percent, the highest in all the developed industrialized nations. Our life expectancy is 70 years, ranking 24th among 191 nations studied by the World Health Organization and tying for dead last among the industrialized nations. We rank 55th among those 191 countries for fairness in the distribution of financial burdens of that care. And only 40 percent of Americans report being very or fairly satisfied with their healthcare.

In the richest nation in the history of the world, these are not celebratory numbers. And we must add to them the some 43 million Americans who have no health insurance coverage whatsoever, and the many more millions who are seeing their insurance rates and deductibles rising even as

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their coverage is both narrowing with regard to choices and shrinking with regard to pay outs. These are the kinds of economic pressure that spur people to start searching for ... well, "alternatives."

And search they have. Surveys conducted by David Eisenberg, MD, reveal that as of 1997, 42 percent of the population used one or more alternative approaches to their health problems. Of this 42 percent, 96 percent were also consulting medical doctors, but the majority of them did not disclose their use of alternatives with that doctor. We certainly do not have a robust, mutually informed, cooperative, and coordinated system of integrated healthcare at this point.

More figures: the total number of visits to alternative therapists in 1997 was 628,825,000--62 percent more than the total number of visits to primary care physicians that were paid for out of pocket. And to pay for these alternatives, Americans spent a total of \$27 billion, which is on a par with the \$29 billion paid out of pocket for all physicians' services. Visits to chiropractors (191,886,000) and to massage therapists (113,723,000) accounted for fully half of all visits to alternative therapists.

These kinds of figures and the popularity they represent are another kind of pressure that is pushing people to seek out our work. And, of course, to this we must also add a further attraction: a large number of those using alternative approaches claim they experienced more benefit from them than from conventional treatment. And these folks are not uninformed huddled masses. Fifty percent of them are between the ages of thirty-six and forty-nine; 51 percent of them have college educations, and 48 percent had incomes over \$50,000.

The response of the medical community to these studies has been mixed. One pole of reaction has been "Oh my God, we and our patients are being illegitimately defrauded out of \$27 billion a year! How do we put a stop to this charlatanism!?" Another pole has been, "Hmm, \$29 billion ...

customer satisfaction ... how can I utilize this in my clinic, both for my bottom line and my patients' benefit?"

All of this suggests to me that we may well be heading toward some decisive developments in the relations between medicine and massage, and that it will inspire both enthusiastic exploration, experimentation, and cooperation in some medical quarters while inciting cries for heavy-handed regulation and restriction in others. So, how do we, as a rapidly growing and increasingly popular alternative, most effectively engage ourselves with these trends in conventional and alternative healthcare?

Therapeutic Versus Medical

A selective survey of the medical massage search (no, I did not get to all 3,210,000 of them) turns up a number of general categories of medical massage training and practice. Many standard 1,000+ hour massage certification programs are now offering an emphasis on medical massage. This emphasis is usually in the form of an expanded curriculum in anatomy, physiology, and pathology, including clinical hours focusing on protocols and contraindications for a variety of conditions.

Medical massage training that has been rapidly expanding the certification programs included as a department in postsecondary adult education "colleges." Typically these colleges offer certifications in a wide variety of career choices--X-ray technician, various forms of nursing, computer technology, and so on. This has the apparent advantage of presenting massage training on a par with a variety of well-established, mainstream careers, affiliated with medical care.

Among the most substantial sounding training programs are those offered by highly experienced individuals who have been working for many years with injuries, traumas, illnesses, and rehabilitation. They do not offer basic massage training, but rather course work in addition to students' basic training, which is highly specific and comprehensive in its content. These programs have much more the feel of an

extended apprenticeship with a teacher who has had substantial success working with a wide variety of pathologies. The individuals I know who have pursued these programs strike me as well trained and knowledgeable and certainly capable of working with clients whose conditions could unquestionably be called medical. Adding to this last point, I want to make one thing perfectly clear: it is clearly true that many, many massage practitioners have studied deeply, worked long in their fields, and have developed skills that are highly effective and therapeutic. This is the training and experience you will find with the staff at Spa Therapy Wellness Center. My personal background including 20 years as a patient care professional in radiology and MRI clinical and research, as well as 12 years of manual massage therapy dealing with conditions such as; scoliosis, spondylolisthesis, parkinsons, degenerative disc disease, frozen shoulder, thoracic outlet syndrome, carpal tunnel disease, repetitive stress disease, sciatica, plantar fasciitis...the list goes on, you get the picture. I got the picture really well providing detailed soft tissue imaging the radiologist needs to make a diagnosis. The training with my staff never stops. This is why we can and do provide medical massage.

The majority of medical doctors are willing to concede that many things are indeed therapeutic: lowered stress levels, healthy diet, vitamins, exercise, vacations, pets, supportive relationships, bodywork. But medical is quite another matter. For them, this term connotes a collection of professions whose education is long and exhaustive, that is very tightly regulated, and that commonly treads a fine line between life-saving procedures and life-threatening mistakes. They are not likely to throw open their institutional arms to us regardless of how therapeutic we can demonstrate ourselves to be.

Early on in your medical massage search, you will find the site of the American Medical Association (AMA), whose official journal is Journal of the American Medical Association (JAMA). On this site you will find a position statement titled "Categories and Definitions of Fringe Massage

Therapies." Some of these fringe therapies as described by the AMA are; energy therapy, reiki, polarity therapy, chi kung, craniosacral, aromatherapy, chakra healing, five element chinese medicine, zero Balancing, emotional balancing, PNF, trigger point, neuromuscular therapy, and myofacial release. And this list is far from complete: "There are close to two hundred of these divergent and nonscientifically based massage theories and practice systems utilized by massage therapists ... The AMA Board of Advisors believes that the situation regarding fringe massage education and practices within the general massage community has advanced to the point of becoming a serious problem that is adversely affecting the overall professional image and the reputation of massage therapy in the U.S."

Now what, aside from seeing huge parts of massage therapy as we know it simply brushed off the regulatory table, is most chilling in all of this? All of their judgments concerning "fringe massage" are couched in terms of "scientific accountability," a phrase that comes tripping in at the heels of any professional use of the term medical. "When a healthcare discipline raises to the level of a regulated healthcare profession it is incumbent upon its members to subscribe to a higher level of accountability." Fair enough. I have been researching and writing about the scientific bases of massage for 10 years. But what this position paper makes clear is that by "accountability," the AMA specifically means the rooting out of any theory and practice that is not based solely on the physiological function of the body and the mind as currently understood by the established and accepted scientific consensus.

To me this sounds as though we might have far more to lose than regulatory control of our profession. The current medical understanding of how our bodies and minds work is far from complete; ongoing clinical research is upending many beliefs that have been regarded as physiological gospel. Those who would argue that there is and can be no such thing as energy

medicine have not been listening to the physicists, who have long been telling us that there is nothing but energy in the universe. Undreamed of discoveries about how human beings function and heal are appearing at a rapid rate, as many researchers are breaking ground by learning to ask new kinds of questions that specifically challenge conventional scientific wisdom.

Healthcare Teammates

Our work and its empirical successes have been a large part of the accumulating evidence that has led many researchers to ask these new questions. Conservative medical regulatory boards do not hesitate to severely sanction physicians deemed to be practicing outside the box as the boards define it, utilizing curative techniques that have not been proven to their clinical satisfaction. What we could stand to lose cannot be measured as a loss of regulatory autonomy. What we could lose is the very basis of open-ended inquiry and exploration that have made us "alternatives" in the first place.

What we could lose is the definition and practice of bodywork as most of us understand them. If massage becomes medicalized, it is very likely that conservative medical experts will have the power to say what it is, who can practice it, and exactly how it is to be practiced. Legislative influence and regulatory muscle are distinctly on their side. If you think massage had to operate to a large degree underground in the past, just imagine the situation if the AMA position statement were to become the law of our portion of the land.

We do not have to go down that road. The healthcare establishment is not the conservative monolith that the AMA makes it and themselves out to be. Many professionals within it just want to seek out what benefits their patients, and if that turns out to be reiki or neuromuscular release, then so be it as far as they are concerned. Many of them, and more all the time, are willing to prescribe the work of alternative therapists they have come to know and trust. And more and more insurance plans are willing to pay for our work if it has been prescribed by a primary

care physician.

Perhaps most encouraging of all is the recent proliferation of multidisciplinary clinics, many of which are eager to include alternative therapists on their staff. This is the kind of partnership I would far prefer for us as we become a part of the medicine of the future--a valued member of a team, each member of which brings his or her own expertise and philosophy to bear on the wellness of patients and clients. We must carefully guard against losing the essence and the uniqueness of what we have created in the interests of "belonging" to the professional medical community. This is why you will see us working with your doctor to relieve or rule out your soft tissue problems *before* you move on to more aggressive, costly, and evasive procedures.

Resources"The US Health Care System: Best in the World, or Just the Most Expensive?" Summary of The World Health Report 2000--Health Systems: Improving Performance, prepared by the Bureau of Labor Education, University of Maine. Eisenberg, David et al. "Trends in Alternative Medicine Use in the United States." Journal of the American Medical Association 280 (Nov. 11, 1998): 1569-75. "Categories and Definitions of Fringe Massage Therapy--AMA Position Statement," Muskegan, Michigan, Oct. 2005.

Parasympathetic: Tapping into our Internal Healing Systems

by **Justin Spyres**

California Certified Massage Therapist



Many of us have heard the common phrase “fight or flight”, when referring to the sympathetic nervous system of the human body, or SNS for short. There is good reason for this and in our modern society it is a subject well worth our time to consider. As we navigate through our work weeks we are continuously bombarded with situations and events both big and small that arouse stress within our bodies. These stress factors then activate the SNS increasing blood pressure, heart rate and triggering the release of powerful internal hormones such as adrenaline and cortisol. It’s important to point out that the SNS plays a vitally important role for our survival, especially when encountering dangerous situations. However, where the problem occurs is when continuous over-stimulation of the SNS depletes our vitality and well-being, welcoming chronic illness and disease into our lives. The great news is that our complex nervous system has a built in way to counteract the effects of an over-stimulated SNS, it’s called the Parasympathetic Nervous System, or PNS for short. When the PNS is activated, increased blood flow and circulation helps the body eliminate toxins and increase digestion which is why it’s often referred to as the “rest and digest system”. The PNS is also responsible for regulating the more subtle aspects of our senses that help to calm and soothe the mind and body. Once a person reaches a state where the PNS can be stimulated, then one opens up to their own internal mechanisms that repair, restore and replenish. Isn’t it amazing that part of the human nervous system exists to create a peaceful state? So how does one reach such a state? The answers are simple and easy; one way is to do basic deep breathing exercises or to spend time in a quiet place. Another way is to receive massage, which

combines breathe work, a nurturing environment and other subtle techniques such as rocking and gentle compressions. As a therapist, I’ve found that beginning a massage session by simply rocking a client can quickly relax their entire body. In fact rocking stimulates the Cerebellum, the second largest part of the brain that regulates posture and balance. It also smoothes and coordinates both complex and subtle movements. At Spa Therapy Wellness Center, we are dedicated to delivering the highest standard of care to our clients and continuously seek knowledge that will allow us to better serve you! Come book an appointment with me today and let’s get to work on activating your own internal healing powers.

END

What's New *From* Eminence Organics at Spa Therapy?

By **Audrey Moore**

Licensed Esthetician

California Certified Massage Therapist



The latest skin care from Eminence Organics is a 4 piece skin care set. They come in Firm, Clear, Bright, and Calm to address any skin care issue. Beautifully packaged in a zipper case, it includes a one month supply of targeted organic product to treat the four main skin issues. Whether you want to firm your aging skin, clear acne, brighten sun spots and hyperpigmentation, or calm redness-prone skin, there is a kit for you!

Firm Skin:

The starter set includes: Firm Skin Acai Cleanser, Firm Skin Acai Moisturizer, Firm Skin Acai Masque, and a full size Firm Skin Acai Booster-Serum-a firming extra strength serum and product enhancer with acai and naturally derived hyaluronic acid from marshmallow plant.

Key Ingredients:

- Acai Berry: antioxidant rich, nourishing to improve skin tone
- Hyaluronic Acid (from marshmallow plant extract): deeply hydrating; natural substance that smoothes and plumps skin to minimize the

appearance of fine lines and wrinkles

- Wild Jujube: toning; skin brightener high in Vitamin C to reduce the appearance of signs of aging

- Maral Root: rich in Vitamin C to improve the appearance of skin

- Homeostatine® (Marine Algae, Tara Tree): antioxidant; helps to prevent dehydration; reduces the appearance of wrinkle depth

- Biocomplex™: an antioxidant booster of Vitamins A, Ester C, E, Coenzyme Q10, Alpha Lipoic Acid; to reduce the appearance of wrinkles and improve the appearance of skin

Clear Skin:

The starter set includes: Clear Skin Probiotic Cleanser, Clear Skin Probiotic Moisturizer, Clear Skin Probiotic Masque, and Clear Skin Willow Bark Booster-Serum- a clarifying extra strength serum and product enhancer with willow bark and tea tree oil.

Key Ingredients:

- Willow Bark: calms skin
- Horsetail: softens skin, tones and promotes elasticity

- Walnut Leaf: provides gentle exfoliation

- Anise: antioxidant rich

- Tea Tree Oil: essential oil

- Biocomplex™: an antioxidant booster of Vitamins A, Ester C, E, Coenzyme Q10, Alpha Lipoic Acid; to reduce the appearance of wrinkles and improve the appearance of skin

Bright Skin:

The starter set includes: Bright Skin Cleanser, Bright Skin Moisturizer (Broad Spectrum SPF 30), Bright Skin Masque, and Bright Skin Licorice Root Booster-Serum- a brightening extra strength serum and product enhancer with Natural Hydroquinone Alternative and Gigawhite™.

Key Ingredients:

- Licorice: brightens skin appearance

- Natural Hydroquinone Alternative Complex: brightening with African potato and tara tree; antioxidant rich

- Lactic Acid: sloughs off dead skin cells to rejuvenate the appearance of skin

- Gigawhite™: brightens the look of skin

- Stone Crop: hydrating and nourishing for uneven skin tones

- Lemongrass: tones and cleanses skin

- Biocomplex™: a booster of antioxidants, Vitamins A, Ester C, E, Coenzyme Q10, and Alpha Lipoic Acid; to reduce the appearance of wrinkles and improve the appearance of skin.

Calm Skin:

The starter set includes: Calm Skin Chamomile Cleanser, Calm Skin Chamomile Moisturizer, Calm Skin Arnica Masque, and Calm Skin Arnica Booster-Serum- a calming extra strength serum and product enhancer with arnica and chamomile.

Key Ingredients:

- Arnica: cleansing

- Ivy: tones and tightens the appearance of pores

- Rosehip: antioxidant, Vitamin C rich

- Horse Chestnut: tones and tightens the appearance of skin

- Lavender: restores moisture to dry skin

- Chamomile: revitalizes, calms and balances the appearance of skin

- Biocomplex™: an antioxidant booster of Vitamins A, Ester C, E, Coenzyme Q10, Alpha Lipoic Acid; to reduce the appearance of wrinkles and improve the appearance of skin

The starter sets are a great way to try out a new skin care routine- one that is tailored to your skin type and will get you the results you want!

This is the best ideas for your skin when you travel. Whether 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. These kits have everything you need for daily care and a quickie facial!

Come in to Spa Therapy for your free skin consultation and we will match you to a kit.

10 DAILY PRACTICES TO OUTSMART STRESS

By *Patti Smith*

California Certified Massage Practitioner



START YOUR DAY WITH A CALMING RITUAL

Begin your day mindfully. Take 5 minutes to breathe deeply, gently stretch, and bring your attention to thoughts of gratitude. Centering yourself in this way can have big payoffs. Once you learn to do this, you can return to this practice throughout your day. I call this practice “Bringing It back to center.”

BE WHERE YOU ARE

Much of our stress comes from not being present to what we are actually doing. When we are at home, we are thinking of work, and when we are at work we are thinking of home. This is a very stressful way to live. Try instead to be fully engaged in the task at hand.

SET REALISTIC GOALS

Goal setting is an important practice in organizing our days, however; many of us have unrealistic expectations of how much we can actually accomplish. If you have 10 things on your list, remember you may only get to 3 or 4 of them.

EMBRACE YOUR INDIVIDUALITY

Let’s be honest. We all see things a little differently. Your priorities, wants and needs will be different from mine. We will all serve ourselves well to embrace our individuality and live by our own priorities and not someone else’s. Tune in to your own authentic inner voice, and let that be your guide.

LEARN TO SURF

Life will not always go as planned. The tire will go flat. Our spouse may become ill. Life will bring change that we could not anticipate. Learning to surf the tide of change will make us people that are resilient. Resilient people are less stressed. They have learned to accept and embrace change.

LOWER YOUR EXPECTATIONS

Give yourself and others a break. Perfection rarely exists. Do not sweat the small stuff. Daily irritations can add up to big stress if we allow it. If the driver in front of you forgot to signal, or your food order came less than ideal...let it go.

REJECT THE BIGGER, BETTER, FASTER, MENTALITY

Do we really need another gadget or doodad? Instead of buying more stuff- full of empty promises, invest in experiences. You will remember a great concert or a great massage long after you have tired of cleaning and storing your new doodad.

YOU ARE WHAT YOU EAT

Ever hear the saying “Garbage in Garbage out?” Being mindful of what we consume on a daily basis can have a huge impact on our daily stress load. If we are consuming excess sugar, caffeine and celebrity gossip, our bodies and spirits are sure to notice. Being mindful to fuel our bodies and souls with good things will cut stress in a myriad of ways.

NURTURE YOUR RELATIONSHIPS

We often feel as if we are in a time famine in America. When we are rushing around doing, doing, doing, (often mindlessly), there is little time to connect with others. Strengthening our relationships will help to ease our stress load.

END THE DAY WITH GRATITUDE

When we end our days with thoughts of gratitude, we invite a sense of contentment. Contentment does not coexist with thoughts of stress. Do you have a warm bed to sleep in? Is your stomach full? Being grateful for life’s basic necessities will bring peace to our lives.

Employing these 10 Daily Practices will change your life. You will be less stressed, more focused, and more fulfilled. These practices are very simple and yet very powerful. Try a few of them today, watch your stress decrease dramatically. I would love to talk with you personally about positive lifestyle changes. ***You can reach me at Spa Therapy.***

Do you know someone who seems to sail through his or her day as if they have a charmed life? The normal stresses that bother most people do not seem to bother these

individuals? They seem to handle even life's tough situations with aplomb? I have known individuals such as this, and over the years I have learned that they operate daily with at least a few of the practices I am going to share with you. These practices are simple and yet have profound results in their ability to decrease stress. Read on and see what practices you may want to adopt for yourself.

END

BB CREAMS: BEAUTY BALM, BLEMISH BASE OR JUST BRILLIANT BEAUTY?

*by Jenny Jensen
Licensed Esthetician*



They brighten skin like a lightener, hydrate skin like a moisturizer and protect against UV like a sunscreen. BB creams- short for blemish base, beblsh balm (in Korea) or now known most commonly as beauty balm- are the hottest rage to hit beauty in years.

BB creams continue to be popular due to their all-in-one, multitasking appeal. BB creams provide an option for those who don't have time or the desire to apply multiple products in the morning. For women on the go, all-in-one formula provides most of the benefits they need to get out the door.

But do they work? Like other products, the answer lies in the ingredients. As with any formulation, the active ingredients and their concentration determine a BB cream's efficacy. With that being said, that's why I LOVE EMINENCE TINTED MOISTURIZER SPF25. This is my go-to ORGANIC BB cream! This skin care is for everyone and all types of skin with its lightweight texture.

Eminence Tinted Moisturizer SPF25 is made with highest quality ingredients without any parabens,

sulfates, synthetic scents or chemicals. This product is an effective broad spectrum SPF25 protection, easy to use, loaded with antioxidants and vitamins, reflects sun and keeps skin cool, clean, antibacterial and will not clog pores. What more could you ask for in a BB cream? But if you need further convincing to get out of your seat and head over to Spa Therapy before we're out of stock, here are a list of ingredients and their actions found in The Tinted Moisturizer SPF 25:

- Linden Tea supplies bioflavonoids, nourishes, hydrates and rejuvenates the skin.
- Shea Butter moisturizes, revitalizes and repairs with triglycerides and fatty acids
- Aloe heals and calms irritated skin
- Corn Germ Oil moisturizes and nourishes
- Jojoba Oil hydrates
- Zinc Oxide 6% sunscreen
- Octinoxate 6% sunscreen

Skin is effectively protected against damaging effects of the sun. The high vitamin content provides nutrition to the skin. Complexion is clear, smooth and bright. Skin tone is more even.

Head over to Spa Therapy now and mention this ad to get the best BB cream on the market!



**Jenny Jensen
Esthetician, 14 years**

Raindrop Therapy Technique

by ***Sylvie Henry***

*California Certified Massage Therapist
Reiki Master*



As an energy and body worker with a passion for essential oils, there are few treatments that give me more joy to give (and to receive) than Raindrop Technique. Raindrop Technique incorporates the use of nine different therapeutic grade essential oils and blends with some traditional massage and energy alignment techniques.

Some of the benefits of Raindrop include:

- Energy alignment: Your body is brought back into balance, while your energy centers are energized and realigned.
- Reduced inflammation: Three documented natural anti-inflammatory oils: wintergreen, thyme and peppermint, are used in this technique.
- Muscle relaxation: Sore, spastic or stressed muscles will benefit from basil, wintergreen, marjoram, cypress, and peppermint essential oils – all documented to be beneficial for these conditions.
- Improved circulation: The essential oils of cypress, marjoram and peppermint all have properties that increase and/or stimulate circulation.
- Improved immune system function: Thyme and oregano essential oils are known to support the immune system.
- Emotional well-being and release: Essential oils cross the blood-brain barrier and work on the limbic system, where emotions are stored and controlled.
- Last but not least, Raindrop Technique is an enjoyable way to relieve your body of stress!

What makes essential oils so beneficial? Among many noted properties, essential oils help raise the body's bio-electrical frequency. While fresh herbs, for example, measure at between 20-27

MHz, essential oils' frequencies range between 52 and 320 MHz. Applied to the soles of your feet, essential oils carry their properties to the cells in your body within about 20 minutes. Because of their chemical structure, oils are metabolized as nutrients and can be 100 and 10,000 times more potent than an herb or drug. As an example, thyme, one of the oils used in Raindrop, has been documented for his benefits on rheumatism, physical fatigue, and bronchitis, among other ailments.



The session: Each session starts with your feet. I begin by feeling and balancing your energy there. Then, I stimulate and energize specific energy points on your soles. Your back is next: I drop a total of 9 different therapeutic grade essential oils along your spine and work them with light, long strokes to help stimulate energy impulses there, before massaging them onto your entire back. After the massage, to enhance the benefits of the oils, I place warm, moist towels over your back, where they stay for a few minutes; the oils' many benefits sink in while you enjoy an incredible aromatic experience. The treatment concludes with gentle neck stretches.

* Raindrop Therapy is not a full body massage*

Interested? Please watch for my ***Raindrop Therapy specials*** in the next few weeks! Remember also that every Wednesday is Reiki Wednesday here at Spa Therapy, with 20% of all Reiki sessions!
END

Trigger Points: We all have them.. What can we do?

*by Nicole Smith
California Certified Massage Therapist*



Trigger Points are technically taught bands of muscle fibers that may or may not refer pain to another area of the body, everybody is different, but pain is often a signal to the body that there is already damage occurring. Some Trigger Points are active or hyperirritable, which may cause you pain. Some Trigger Points are latent, or inactive, and you may not necessarily feel pain, but you know there are restrictions happening to your body. Contracted muscle fibers can squeeze nerves and blood vessels. The constrictions are what cause the pain. Trigger Points are often the cause of unexplained pain. You cannot strengthen, lengthen or build muscle while Trigger Points are present in the muscles. Trigger Points can be located throughout your entire body and can shorten muscle fibers causing restrictions within that muscle and can spread to other muscles, because the muscular system is all connected, Trigger Points cause a chain reaction and affect your whole body.

Who gets Trigger Points? We ALL do! No matter who you are, active or inactive, Trigger Points do not discriminate.

Our daily lives and repetitiveness directly cause Trigger Points. We cannot escape them. They happen to all of us. How do you get rid of the Trigger Points if they are already within your muscles?

Trigger Point Therapy is the answer to all of your prayers . . . and water. With Trigger Point Therapy, direct compression is used on the Trigger Point to coax it out of there. We want the Trigger Point to melt away. Light to medium pressure is used because we do not want to use such force as to irritate the Trigger Point. Again, everybody is different, if you or the Trigger Point feel you need a little more pressure, then the Trigger Point will let me know, or you can let me know as well. Ultimately we are waiting for the

Trigger Point to de-activate, to release, that is the result that we want.

Trigger Point Therapy is a process. Every body is different, and the reaction to Trigger Point Therapy may be different for everyone, but we all have the same goal, to release the Triggers. It can happen in one session, and it may take multiple sessions, but they key is preventative maintenance, to keep those knots away.

With Trigger Point Therapy, an assessment needs to be conducted to find out where the constrictions are in your body. Simple tests like leg raises and squats can tell me where your restrictions are. From there I find the Trigger Points and start releasing them one by one. I let my fingers do the walking, your body do the talking, and I let those Trigger Points speak to me, then I gently coax each one out.

So Who Needs Trigger Point Therapy? Everyone! If you are a golfer, removing Trigger Points will help lower your golf score! If you work at a desk or computer, removing those Trigger Points will help with any neck, arm and low back pain and fatigue.

If you are an athlete, removing Trigger Points will help you gain muscle flexibility, improve your performance and help your recovery time. If you have old injuries and/or scar tissue, Trigger Point Therapy will help soften the tissues and restore nerve function around the scar and improve your mobility.

If you have tight or tense muscles, Trigger Point Therapy will help unlock your muscles. If you go to the gym a lot, Trigger Points can and will occur, and to keep those muscles in shape you need to remove those Trigger Points to keep building muscle and to prevent any injuries. Bottom line is that EVERYONE needs Trigger Point Therapy because we all have Trigger Points. We all need to stay very hydrated as well. Lack of water can cause a lot of other problems. We need water. Especially before and after your treatment, even during, if you are thirsty I will happily get your water for you.

Ask about Trigger Point Therapy with Nicole. If you have any more questions I am here to answer them! END

Why is Exfoliation Important to Your Skin?

by **Amanda Joseph**
Licensed Esthetician



For starters, exfoliation is the removal of dead skin cells off the surface of your skin by either a manual exfoliation or a chemical exfoliation. It is considered a very important step in skin care. Exfoliation is good for any skin type from oily, people with hyper-pigmentation, to dry skin concerned with anti aging. On average you would exfoliate once or twice a week depending on your skin type, but don't exfoliate days in a row so you don't dry out or damage your skin. Your skin cells need time to revive themselves after exfoliating and if you over exfoliate you can end up red and irritated when the goal of exfoliating is to have brighter, softer, younger looking skin.

Oily skin can easily be hard to manage and maintain. While some oils produced by the body are good for the skin, too much oil can cause clogged pores and acne. Exfoliation is great for people who are prone to oily skin. It will help with a deeper cleanse of the skin and remove any dead skin cells and impurities that are on the epidermis. People with oily skin should exfoliate

at least twice a week. It will help to manage the sebum production on your skin.

For people with discoloration and hyper-pigmentation issues, exfoliation can be a huge step in evening out skin tones. Whether it is physical or chemical exfoliation, it will help break up and remove pigmented skin cells from the epidermis. It helps with damaged and darker spots on skin and over time will reveal fresh new skin from underneath.

People with dry maturing skin, exfoliation can help so much by making your skin feel young and rejuvenated. This is going to help renew skin cells faster since as the process of skin cell turn over slows as we age. Eventually your skin is going to look brighter and feel replenished. Only exfoliate once or twice a week a few days apart because you want just enough natural oils to keep your skin moisturized and not to dry out.

Working with your skin and learning what works best for you starts with understanding the importance of skin care and what you do at home.

The key is to having healthy glowing skin, no matter what your skin type. Skipping out on your skin is skipping out on yourself! Make sure you stay soft and exfoliated!

Not convinced? A picture just might help you decide....Hope to see you for a facial soon!

END



Which face do you want?

Travel Tips for your Skin

By *Tracie Monthaven*
California Licensed Esthetician



It's finally summer, before driving or jetting away on your much needed vacation, be sure to stop by and pick up our new Eminence travel kits. We are very excited to offer three new travel kits that are sure to start your path to beautiful, healthy skin. Each kit contains a full month's supply of targeted organic products for a complete, easy to follow skin care routine. Each kit is sure to tackle your skin care concerns.



Travel Tip #1—Know the Rules!

—when packing up your carry-on it is important to remember that all items brought on the plane must fit in a one-quart, zip-top bag, and no one container can be larger than 3.4 ounces in your carry-on luggage. Eminence Organics Gift & Starter Sets include a wide selection of conveniently sized 0.5 oz jars that will pass through TSA without any issues, and keep your skin looking and feeling fresh throughout your travels!

Travel Tip #2—Pack Specifically For Your Destination!—it is always important to consider your final destination. Climate plays a huge role in the condition of your skin, so it is important to be equipped for the weather. Drier climates require richer, more sun-related products, like the Sun Care Starter Set. If the destination is a humid one, moisturizer might not even be required, as your skin will get plenty of that from the surrounding air! However, humidity CAN ruin your makeup—try Bamboo Firming Fluid or even the Stone Crop Hydrating Mist for a light spray moisturizer that will go one step further to help set your mineral makeup

Travel Tip #3—Don't Forget The Lips!—The dry air in the plane cabin can cause your lips to become chapped and irritated. While it may be tempting to grab the first mineral oil-based lip balm you see, it is important to remember that mineral oils impeded the transfer of oxygen and toxins, which can in turn dry out your skin even further! Instead, try Eminence Organics Citrus Lip Balm, a natural and petroleum-free alternative that will help restore and retain moisture in your lips!

PROFESSIONAL STAFF

FEATURE: TRACIE

What I like to do on my personal time.....

'Spend time with all of my fur children and go to the movies'

What is my specialty.....' skin correction'

What do I like most about being an Esthetician or Skin Care Professional.....' I Love to figure out what causes certain conditions in the skin and being able to correct that condition for someone'

How long have I been part of the Professional team at Spa Therapy Wellness Center.' Since July 2008'

How long have you been a Licensed California Esthetician.....' Since June, 17, 1997'