



Winter Skin Care

by Jennifer Nagy-Cordray



Just as your body needs different clothing to protect it against the changing weather, your skin needs a different skin care regime to properly protect it from the elements. As the body's largest organ, skin is far more delicate than you probably realize.

The winter months give our skin a beating. The endless dehydration of heaters, the bad food and alcohol throughout the holidays. November through January we neglect our skin. With holiday stress and heater dryness our skin gets abused. It's time to counter this damage

Why Is Skin Care Different in winter than in Summer Months?

Winter months generally are colder and drier than summer months when heat and humidity levels are on the rise. When skin is exposed to the harsh winter weather, it takes a beating, becoming excessively dry, irritated and chapped. Clothing protects most skin but we often fail to protect our faces. Moving indoors isn't any better. Constantly running heaters and dehumidifiers sap every bit of moisture from the air.

During the summer, temperatures warm and more skin becomes exposed to the elements. Higher temperatures and humidity levels increase the amount of sweat the body produces in an attempt to cool off. As an unintentional consequence, skin becomes oilier and more prone to pimples and other irritation. Swimming is a great way to cool off however exposure to harsh pool chemicals and salt water can lead to excessive dryness.

Tips for Protecting Skin during the Winter Months

- ✓ Apply sunscreen regularly because you're just as likely to sunburn in the winter as you are in summer. Apply a sunscreen, moisturizer or make-up with an SPF of 30. Be sure to protect lips by wearing lipstick or lip balm with sun protection. Stop licking lips!
- ✓ Moisturize. Find a thick moisturizer. In short when shopping for a good moisturizer, thick is in, thin is out. During the winter months, thick creams will seal in the moisture and reduce in trans-dermal moisture loss, which is water leaving the body. Save the serums and lighter lotions for the warmer season. Add moisture to inside air by turning on a humidifier. If you don't have one, place a pan of water near a radiator or heat source. Plants help moisturize the air. Add moisture to your body by using emollient-based soaps, lotions and creams.
- ✓ Take shorter, warmer showers and baths. Hot water strips away natural oils as does staying submerged in water. Adding moisturizers to bath water helps but take care when exiting as the tub will be slippery. Keep shower time to less than

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10 minutes. Baths should last no longer than 20 minutes. Excess water time will not help but only dehydrate the skin. If your fingers are pruning – so are you! And not to mention, your significant other will probably thank you.

- ✓ Reduce the number of times you apply toner after cleansing and use toners with no or low alcohol levels. Gently exfoliate using a washcloth or scrub to remove dead skin cells and stimulate skin.
- ✓ We should use a creamier facial and body cleanser, as opposed to gels during the winter. Cream-based cleansers are milder and thicker than gel formulas because they contain more hydrating moisturizers. As cream-based cleansers clean, they leave behind moisturizing ingredients depending on the formula, such as honey and hyaluronic acid that add moisture to the skin instead of stripping it of hydration.
- ✓ Soft exfoliation work during the hard cold. Instead of the abrasive grams (e.g. ground nuts or fruit pits to remove dead, dry, skin cells), use a hydrating mask to whisk away the debris. Your skin will feel smooth and moisturized. If you must exfoliate, use a wash cloth to help with dead skin removal. Also, forget 'Bufpufs' and other abrasive skin tools. Save them to scrub your tub – not your face!
- ✓ The 3 minute rule. After you wash, you only have three minutes to add moisture back to the skin before it seals itself off. Wash, towel dry and add a deep conditioning moisturizing body cream to the body within three minutes to get the most out your body products and protect the skin.
- ✓ Sports for the cold. Just because its winter, doesn't mean sports have to stop. If you go outside, protect yourself. Believe it or not, your skincare products could actually freeze your skin. Water-based products such as moisturizer, foundation and body lotions actually freeze on the face in colder temperatures. During outside wintertime activities, choose an oil-based product instead. Oil has a lower freeze point,

protecting the skin. The bit of extra oil in the product will not cause the skin to break out in most cases, but will allow for ultra-skin protection.

- ✓ Ice, ice, baby. Although it's cold outside, take the time to bring a little of it inside for your skin. If you skin becomes chapped or irritated, here is the perfect cure. Make a pot of chamomile tea, cool and pour into an ice cube tray. Take out a frozen cube, wrap in cotton gauze and rub gently around the face for five minutes. Afterwards, take a cotton ball soaked in milk and press over the entire facial area for five more minutes. The skin will be calm and de-stressed. This treatment is also excellent for post waxing sensitivities.
- ✓ Water. Drink lots of water. It will re-hydrate your body from the inside out. It will also push out those toxins left in your system by Christmas cookies and New Year's champagne.
- ✓ Most important of all, take good care of your skin from the inside out. Add more fruits and vegetables to your diet. The nutrients in these items will revitalize the skin, again starting from the inside out.



Important Natural Medicines and Antibiotics

by Horacio Roa, Life Coach & Health Coach



One important guide in the use of natural medicines, when it is used properly, it doesn't try to kill the symptom. It is a basic rule in common sensed healing: Distinguish the difference between the cause and the consequences. Any remedy you use is a tool and can basically have a wrong use when the only thing you want is to try to get rid of pain or symptom.

This is generally where all the mistakes come from in self-healing. I agree with the use of essential oil -with discriminations- and all herbs and tinctures but you need to know they are like triggers for certain processes and usually you need really small amounts. Nutrients, air, resting, exercise and love, cannot to be replaced.

In respect to infections, is not enough with killing the bacteria or the virus, you need to know why your body is weak. Illness exists for educational reasons and to develop your essence. Try to stop and be emotionally honest with yourself, and try to understand why the infection exists. You can be emotionally tired and stressed out; you could be eating poorly and mainly acidic food with low nutrients, too much sugar, and sitting all day long.

To cure means to grow up if you want to do a real natural cure.

SPA THERAPY GOES *Pink in February with GNO event!*



As a way of keeping the breast cancer active in our minds and hearts, our communities 'Pink October' team has developed '*Girls Night Out*' for Yuba-Sutter support in February. We were truly honored to be asked to contribute with the use of our facility.

The event will be a night to remember and we will pull out all the stops and go over the top to support it! All of our 15 therapist team will be featuring a treatment as a donation to the event. Not just any spa treatment, all our unique treatments that made Spa Therapy the gold standard in the community, as well as our new exclusive treatments.

We will be joined by Pooles Jewelers, Peach Tree Healthcare, Geweke, and Ruthy's Restaurant, to name a few. Fifty women will be the guests for the evening of food, fun, entertainment, education, spa experience, and of course, cancer awareness!

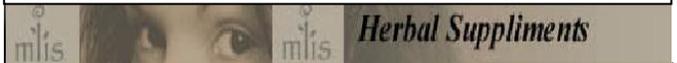
All proceeds from February's '*Girls Night Out*' event are used to fund Geweke's Caring for

Women Foundation. Local breast cancer patients are able to apply for financial assistance and receive \$2,000 grant per woman.

Girls Night Out 2008 event raised +\$5,000.00

Girls Night Out 2009 event raised +\$7,000.00

Girls Night Out 2010 event raised +\$8,000.00



M'lis 'Vital'; Immune booster

by Jennifer Nagy-Cordray,
Medical Massage Therapist



M'lis VITAL contains Astaxanthin, a super anti-oxidant carotenoid, arguably the most valuable anti-oxidant, which offers protection to cells and has functional effects on muscle and nerve physiology.

Comprehensive studies find Astaxanthin to be ten times as effective as beta-carotene and many times more effective than Vitamin E, making VITAL a powerful tool in the maintenance of health and prevention of disease. Significant research on the possible roles of antioxidants for our health, aging process, and specific diseases, have been made in the recent years and published in peer-reviewed scientific journals. As Astaxanthin is one of the most potent and bio-active biological antioxidants found in nature, this abundance of research on antioxidants suggests a number of potential roles of Astaxanthin for human health. Additional benefits, such as the repair of free radical cells, could result from Astaxanthin properties. Free radicals (damaged cells) are formed by exposure to radiation, toxic chemicals, and overexposure to the sun, various metabolic processes, inadequate nutrition, pollution, tobacco smoke and stress. Free radicals react with other molecules resulting in a chain reaction that damage cells and organs of the body. Free radical damage has been linked to cancer, aging, inflammatory-immune injuries, and diseases of the brain, lungs, cardiovascular system, kidneys, gastrointestinal tract, skin and eyes. Anti-oxidants, most important Astaxanthin, help protect the body from this process of free radical damage and oxidation. **Ask us about it!**

Massage Oil Benefits

by Jennifer Nagy-Cordray

The winter season brings with it cooler temperatures and drier air, which can lead to skin dehydration, formation of fine lines and loss of nutrients. This is all important to us because your wellness means internal and external care.

Exposure to dry, cold air can cause a loss of moisture in the skin. If the skin is already dry and/or mature, it is important to ensure additional steps are taken to normalize the skin's oil and water levels.

Even those with combination-oily skin can be prone to skin dryness and premature aging during colder months.

Adding an oil massage will not only offer many soft tissue benefits, it can save your skin from damage in the winter months. *Do you know what your massage therapist is using on your skin?* Total body wellness should be a primary concern. The type of oil you choose for the massage plays an important role.

Here at Spa Therapy Wellness Center we blend 4 organic, locally grown oils that offer wellness benefits, as well as a great therapeutic massage medium. Our blend of Coconut, Sweet Almond, Grape Seed & Prune Kernel oil offer anti-microbial, anti-bacterial, anti-fungal, anti-oxidant and skin conditioning properties to maintain and improve the health of your skin.

In addition, an oil massage can provide more therapeutic benefits, that's why Spa Therapy has adopted our oil massage technique for your therapy. Our goals for external and internal wellness start with our oil blend, which offers deeper soft tissue release when compared to conventional massage creams. Not only do oils dissolve and eliminate accumulated stress more effectively than creams, it also offers a host of benefits such as:

- Relieve deeper muscle fatigue
- Warms tissues more effectively
- Facilitate better sleep
- Improve complexion of skin
- Nourish tissues
- Improve circulation
- Lubricate joints
- Calm the nerves
- Help effective elimination of toxins

Looking after your health is the most important aspect of living, which is our most important concern.

Why Stretch?

by Nancy Vong

Massage Therapist



If you have received a professional massage before, chances are your massage therapist has probably shown you a few stretches to do at home. But why stretch? As you age, your muscles tighten and flexibility is minimized, thus causing you to become more prone to injury. Simple everyday tasks such as driving or reaching for your cereal box on top of the refrigerator can become difficult. Not stretching can affect your daily lifestyle and routines. With a daily stretching routine, you can keep the body more limber and youthful. It can also help you:

- ✓ **Reduce muscle tension;** elongating your tight muscles will help reduce tension.
- ✓ **Improve joint range of motion;** good range of motion keeps you in better balance.
- ✓ **Improve circulation;** stretching increases blood supply to the muscles and joints, which keeps them supple and healthy.
- ✓ **Increase energy levels;** with an increase in circulation, an increase in energy level follows.
- ✓ **Improve posture;** our daily activities, such as driving, causes our shoulders to roll forward. Stretching can help keep your shoulders back for better posture.
- ✓ **Enhance mental and physical relaxation;** stretching allows you to become more aware of areas in your body that are tense from stress and helps you relax them. This helps relax the mind as well.
- ✓ **Prevent injury and speed up recovery;** Stretching helps condition the muscles and joints, therefore helping to avert injuries and reduce recovery time.
- ✓ **Increase the length of relaxed muscles**
- ✓ **Increase metabolism and endurance**
- ✓ **Assist in achieving better coordination, muscle power and proper technique**

✓ **Enables your body to perform more with less energy**

Stretching can be done by all ages and should be done regardless if you exercise or not. It can be done while you are sitting in front of your computer or watching TV. It's cheap medicine. In fact, it's FREE! Plus, it feels good!

If you have trouble forming your own stretch routine, don't be afraid to ask your therapist. Also, joining our Spa Therapy's yoga classes can help you develop your daily stretching routine.

When your therapist gives you stretches to do, it is customized for you to help you alleviate your pain. Think of your body as a ship, you are the captain of the ship, and we are the crew. As a team, we can work together to help you feel better and create a more successful and balanced lifestyle.

HEALTH COACH IN ACTION

*by Horacio Roa, Life Coach &
Health Coach*



My 3 year experience with Victoria, who will be playing soon for the World Cup in soccer, proves that when you do simple things based on common sense it works. My focused was on Victoria's attention span; chemical and blood Ph balance with a natural and alternative approach.

Her mother is also my client. The only way to healing, improve and win is to become a team and everybody is on the same page. To do what you preach is a challenge but is the only way children really learn, they copy from their parents. If you really want to heal your child, raise their attention, focus, and intelligence, you (mom and dad) need to become more emotional intelligent to understand this: humans have basics to develop. We need to understand with sensitivity what our children need, but first what I need as a parent. I need to say the success of Victoria is based in her parent's disposition to work as a team. David, Victoria's Father, is an incredible worker with children in the area of sports. Many times I've worked with Victoria

via the phone, giving her advice and guidance to take care of her body, compete in sports, or give her homecare about things she needs to do before or after a soccer game.

A Health Coach is someone that works with your aims and helps you to reach your personal goals. My work is to assist the process and be sure you are going to get it. All the details for your success are important. Doesn't matter if you are going to compete for a championship World cup, like Victoria, or you are just following your needs for a change. Each day of your life is a court where you are going to play your game. If you are not in good shape you cannot to run after the ball, you don't see the ball, and you don't have the strength and decision to give it a shot which is the only way to convert a goal. Like a health coach I always encourage my clients first to be, second to do. Enjoy this life and enjoy the journey of healing yourself and learn who you are, means BE. To Do and get done and fix what is wrong can be painful, unreal and part of a sickness where Doing –in our days- means only to get money, kill time and possess things. Be healthy, be happy, be content, be intelligent, is not the same, doesn't cost the same. A healing process is actually a growing up process that in the case of Victoria is a virtual competition with goals and in your case, with any kind of problems or illness or emotional pain, it is also the same. The training and the healing and the education for anyone is based in activate the common sense. This common sense is the main organizer of nature. My work using natural medicines herbs, supplements, exercise, food and the more emotional and intentional speech I can give to you tries to create options, showing the work of producing opportunities and solutions, set up your mind and your psychology from simple self-knowledge techniques to know what you want and what you need -if you don't know that yet- or if you are not happy with your 'different worlds'.

The invitation from Spa Therapy Wellness Center is to create space, time and structure where healing is based in balance and harmony. Learn how to take care of yourself in the best way and discovery your own potentials for healing and wellbeing.

Eminence Organics VitaSkin



We have some great news to share! The new VitaSkin Vitamin Solutions Collection is now available! This new collection of Clear Skin, Calm Skin and Firm Skin Vitamins are designed to address three different skin conditions including anti-aging (Firm Skin), rosacea (Calm Skin), and acne (Clear Skin). These unique vitamins work together with organic masque pairings to treat your skin inside and out to maximize results.

The VitaSkin Vitamin Solutions Collection has been clinically tested by an FDA certified laboratory and the results are impressive:

- 50% of users noticed a reduction in the appearance of skin redness in just 14 days with the Calm Skin Solution
- 86% of users reported an improvement in skin elasticity in just 14 days and 100% of users reported an improvement in skin elasticity and skin firmness in only 28 days with the Firm Skin Solution
- 75% of users reported a reduction in acne lesions and scars in just 14 days and in 28 days, 100% felt there was a reduction in the number of acne scars

The Calm Skin, Clear Skin and Firm Skin VitaSkin Vitamin Solutions employ the innovative Moisture Defense System of pill in pill technology to efficiently protect moisture-sensitive ingredients in the delivery through your body. This unique system creates both internal and external barriers to prevent water migration and maintain stability of the ingredients to ensure the delayed release of the nutrients found in the inside capsule. The pills are designed with inherent, natural properties that mimic the microorganisms that live in your intestines. This prevents the need for enteric coating on the capsules which can often contain toxic chemicals or be harmful to the live bacteria held in the pills. The special delivery system keeps the bacteria stable and inactive until they reach the intestines naturally.

Calm Skin- Calm and soothe sensitive, rosacea

prone skin with our Calm Skin time release capsules rich with flax seed oil and pine bark extract. The Calm Skin vitamin will help to detoxify, protect, and strengthen your skin from the inside out. Pair with the Calm Skin Arnica Masque for polished and smooth skin. The masque contains five super potent anti-inflammatory ingredients to strengthen your skin and leave it calm and supple. **50% of users reported a reduction of redness in just 14 days!**

Clear skin- Say goodbye to problem skin and hello to a radiantly clear complexion with our new clarifying solution. The clear skin Vitamin is loaded with anti-bacterial and anti-inflammatory ingredients which will help regulate your oil production and heal your skin. The Clear Skin vitamin capsules are enriched with borage seed oil, acidophilus, zinc and nutraflora which work together with the Clear Skin Probiotic Masque to reduce the signs of acne and calm the skin. The Clear Skin masque is full of cooling and healing ingredients that feel like a cool breeze on your skin. It will calm and heal your skin along with absorbing excess oil and killing bacteria. **75% of users reported a reduction in acne lesions in 14 days and 100% reported a reduction in the number of acne scars in 28 days!**

Firm Skin- Both the Firm Skin vitamins and Firm Skin Acai Masque are designed to improve skin elasticity and generate skin that boasts the appearance of fewer fine lines and wrinkles. The key ingredients, including sea buckthorn, acai, hyaluronic acid and grape seed, help plump and rejuvenate skin to turn back the years for a beautiful, youthful glow. The Firm Skin vitamin is loaded with 11 different anti-oxidants and 10 anti-inflammatory ingredients, which will help keep your skin toned and supple from the inside out. The Firm Skin masque is full of hyaluronic acid and berries that will keep your skin firm, nourished, and plumped. **86% of users reported an improvement in elasticity in just 14 days and 100% reported an improvement in elasticity and firmness in 28 days!**

This exciting revolutionary collection is now available so speak to your Skin Care Therapist today about which VitaSkin Vitamin is right for you!

MY 7 NATURAL SECRETS



I'm Erica Charley the nail care Technician here at the most relaxing Spa in Yuba City. I have been in the Nail industry for 12 yrs. I have a busy schedule as well; work, kids, school, and social (when I can). Most moms or new mothers have the favorite question for me, is HOW DO YOU DO IT? I have always recommended new moms to 'take care of you' -that's very important. Find time in your schedule to do something for you once month. For example go with girlfriends for coffee or lunch, treat yourself to a spa day; facial, massage pedicure, etc. It's nice to do something for you. Do not feel guilty. That's how I stay youthful and healthy, energized and positive.

1. **DRINK WATER.** You need to consume enough water each day. You should have a quart of water per 50 pounds of body weight. If you are not maybe you should up your daily water intake.
2. **SWEAT.** I exercise once a day for 30 minutes. My choices are walking, exercise bike, Pilates, treadmill, stair master. Our Hydrotherapy Spa or Steam room will promote circulation. Spicy food like my favorite is jalapenos speeds up my metabolism and helps me sweat too.
3. **FIBER.** To promote regular bowel movements, twice a year I detox, allowing body to excrete toxins. Foods full of fiber will help me keep regular. My choices are; brown rice, oatmeal, bran, blueberries, lentils, black beans, figs, popcorn(100calorie only), fruits and veggies, to name a few. A great way to detox is to try our M'lis detox kits. Easy to use, complete with nutrients, safe and effective. In addition, you can detox with our foot detox therapy that takes 30 minutes. You will see the results!
4. **EXFOLIATE.** I use Orange Whipped Scrub and Body Butter from Spa Therapy Wellness Center; you can purchase it for your homecare routine. While still in shower I file my heels with a pedicure file and apply the Orange Scrub, moving the file in one direction only. Next, after I rinse off my feet, I make sure my feet are wiped dry. Then I use our BiON Peppermint Glycolic Foot Cream and then I put on socks. My feet very are happy! I feel better overall when my feet feel good. Do you notice this? I

believe that exfoliation treatments can help with circulation and digestive and helps remove toxins, tighten the skin, and help with cellulite.

5. **SOAK YOUR FEET.** I use our foot detox therapy, as mentioned above; this is great for healthy feet. I like our pedicures. Our Extreme Buff treatment, which incorporates microdermabrasion, is an intensive foot exfoliation you won't find anywhere else.
6. **USE NATURAL PRODUCTS.** We have an organic line called Eminence Organics, which offer many fresh fruit skin care and body products to meet all your needs and stimulate all your senses. Natural products contain no synthetic ingredients, which can be toxic.
7. **HEALTHY LIFESTYLE.** I avoid cigarettes, alcohol (a little wine is fine- red wine has antioxidants, lower the risk of heart attack, raise HDL and prevent LDL), and drugs. I want a long life to enjoy my family and friends. I know I need to take care of my body to make my life a good one.



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BENEFIT FROM OUR EXPERISE, PLEASE CALL WITH DETAILS,
WE WOULD LOVE TO HELP.

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