



SPA THERAPY NEWS

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Understanding Pain: Part II

By Nicole Brown,
CA Certified Massage Therapist &
Spa Therapy Staff of the Year Winner



In this newsletter I will explain Neuromuscular Therapy modalities, and the techniques / treatments used. Each modality / technique / treatment used is very specific to what that muscle needs at that time and is determined by how the muscle reacts.

Stripping Strokes:

Stripping strokes use slow, deep, gliding pressure along the length of the muscle fibers. Stripping strokes release and elongate tightened muscle and fascia, flush the muscles with fresh blood, return the muscle to its normal resting length, decreases the amount of tension in the muscle, lowers its tone setting, erases trigger points, and much, much more. Our tools are our elbows and forearms for larger muscles, and knuckles, fists and thumbs for smaller groups of muscle and more detailed work.

Ischemic Compression:

Also known as static pressure and direct pressure. Ischemia means lack of blood supply, with associated tissue irritation and congestion. Ischemic compression is used in Shiatsu and Trigger Point Therapy (TrPT). The purpose of ischemic compression is to deliberately increase the blockage of blood to an area so that upon release there will be a resurgence of blood to that area, this increase of blood flow is called hyperemia.

In doing so, it washes away waste products trapped in that tight muscle, supplies necessary oxygen and nutrients, and allows the affected tissue to heal. If your muscle restriction is more deep, then we may

use ischemic compression with movement. Joint movement is added with compression to release deeper tissues, this means we are performing Deep Tissue. Let your therapist know if you have issues moving your limbs.

When using ischemic pressure, you may feel a referred pain some place else in the body. It is important that you communicate this to your therapist as this is a trigger point. We need to hold this spot until the referred pain diminishes. This means we are performing Trigger Point Therapy.

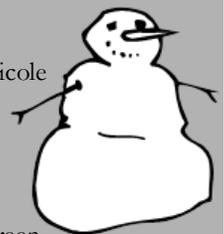
Trigger Point Therapy:

The use of ischemic compression on a trigger point, a hyper-irritable nodule found within tight muscle tissue, until the trigger point and its referred pain pattern diminish.

With Trigger Point Therapy (TrPT), we want to find your area of discomfort, find its stopping point and work on releasing the tightest area. A light to medium, at most a firm, amount of pressure is applied by thumb or finger to the trigger point.

INSIDE THIS ISSUE

- 1-2 Understanding Pain: Part II by Nicole
- 2-3 Seeing Spots by Audrey
- 4-5 Forgotten Skin by Jennifer
- 5-6 Engage! Engage! Engage! by Noreen
- 6-7 Importance of Self-Care by Ashley
- 7 The Effects of Stress by Katie
- 8 Healing Effects of Apple Cider Vinegar by Vivian
- 8 Location information



At the end of the session light stretching will be performed to help the muscle remember its full length.

Stretching:

People, like animals, feel the need to stretch. Stretching encourages the muscle fibers to maintain their length, thereby preserving their range of motion. You cannot stretch effectively if your body is not already warmed up. Both the fascia surrounding your muscles, as well as the muscles themselves, must have adequate circulation and heat before they will begin to lengthen. The benefits of stretching increase in direct proportion to the amount of time spent with each stretch. Rapid or forceful stretching does not work. The muscles, tendons and ligaments will protect themselves if the stretch is forced and ligaments and tendons can be permanently damaged if stretched too far. Slow, gentle stretches with the intention of stretching only the muscles will relieve more tension, if held up to one minute, it will actually increase the resting length of the muscle.

Deep Transverse (Cyriax) Friction:

Also known as Cross Fiber Friction, developed by the British Osteopath, Dr. James Cyriax, deep transverse friction effectively reduced fibrosis (the formation of excess fibrous connective tissue in a reparative or reactive process), and encourages the formation of strong, pliable scar tissue at the site of healing injuries.

No oil is used, and skin on skin friction is created against the grain of the muscle to release the fibers of the muscles, ligaments or tendons. This treatment has a possibility of being painful, but always within tolerance. It is performed only under consent of you, the client, and lasts only a few minutes.

Ice and Heat:

Ice is used with acute injuries with accompanied inflammation and is good for reducing inflammation by causing vasoconstriction, and reducing pain by numbing cutaneous and subcutaneous nerve endings. Upon removal, there is a resurgence of blood and lymph to the area. Heat is good for chronic injuries including those with inflammation and can reduce inflammation at sites of trigger points, bring blood circulation to the area (hyperemia), increasing food and oxygen supply

needed to repair damaged tissue.

Deep Tissue:

Deep Tissue is the understanding of the layers of the body, and the ability to work with tissue in these layers to relax, lengthen, and release holding patterns in the most effective way possible. Deep tissue massage is not painful, sometimes what may feel like the lightest pressure to you is applied to achieve the maximum effect. The intent is not to cause any pain, because that is counterproductive. Muscles must be relaxed to retain the benefits of any style or modality of massage.

In deep tissue, there is more emphasis on correcting the tissue and muscle layer structures, which provide increased relaxation, alleviation of pain, and longer lasting benefits.

In conclusion, I have explained various Neuromuscular Therapy modalities / techniques / treatments that when used properly alleviate pain and increase range of motion. All modalities / techniques / treatments used should be discussed between the client and the therapist. Any pain or muscle dysfunction, recent falls or old injuries and the intent of the massage (relaxing or restorative, etc.), should also be discussed before beginning massage.

Seeing Spots

*By Audrey Moore
Spa Manager
CA Certified Massage Practitioner
Skin Care Therapist*



Age spots. Liver spots. Sun spots. Sun damage. All different names for the same thing- what the pro's refer to as hyperpigmentation, those annoying brown spots that seem to multiply and get darker with age. They are caused by exposure to the harmful rays of the sun and are generally benign, if unsightly. I have been using Eminence Organic's Bright Skin Collection on myself and my clients with hyperpigmentation with great success. It works in two ways- one main ingredient lightens and brightens the appearance of brown spots, the

other suppresses the damaged cells from rising to the surface of your skin.

Check out this before and after of one of my clients, Susan. The top photo is before she started using the Bright Skin Collection and Susan is wearing makeup in this photo.



The bottom photo was taken after using the serum and masque for two months, and was taken without makeup!

The Bright Skin Collection includes four key pieces- Cleanser, Serum, Masque, and Moisturizer with SPF.

Bright Skin Cleanser:

Brighten the appearance of skin and reduce the signs of aging with the help of our Bright Skin Cleanser. For normal to dry skin types, this cleanser uses two actives – Gigawhite and a Natural Hydroquinone Alternative – to give skin the appearance of being brighter.

- Skin is perfectly cleansed and balanced
- Complexion is clear, and appears smooth and even
- Skin appears luminous and bright

Bright Skin Serum:

One of our Best-Sellers!

Reveal the look of your skin's luminous complexion with this extra strength brightening serum and product enhancer, infused with Natural Hydroquinone Alternative and Gigawhite™.

- Skin appears smoother, calmer and firmer
- Skin is moisturized, more vitalized
- Complexion appears lighter

Bright Skin Masque:

One of our Best-Sellers!

Fight off the appearance of uneven pigmentation with our Bright Skin Masque. Natural Hydroquinone Alternative and Gigawhite™ help brighten skin's appearance and reduce the appearance of dark spots and the signs of aging.

- Skin appears smoother, calmer and firmer
- Skin is moisturized and appears more vitalized
- The appearance of dark spots are lightened
- Skin appears luminous and glowing
- Complexion appears bright and even

Bright Skin Moisturizer SPF 30:

Protect your skin while brightening with stone crop, bearberry, GigaWhite™ and a Natural Hydroquinone Alternative. Lighten the appearance of dark spots while protecting against future damage with the built-in broad spectrum SPF.

- Epidermis is hydrated and protected from UVA/UVB/UVC rays
- Uneven skin appears lightened
- Complexion appears bright and even
- Skin is moisturized and appears more vitalized

As always, the entire collection is cruelty-free and formulated without parabens, sodium lauryl sulfates, synthetic dyes, petrochemicals, animal by-products, phthalates, GMOs and triclosan.

Forgotten Skin

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



My client, Heidi, had always been proud of her skin, especially her summer tan. But as years went by, she saw her skin getting more fine lines and wrinkles. Heidi began to worry about what other skin problems she might have and what damage she has caused. What are those brown spots on her chest, hands and arms?

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. But, there are things you can do to protect your skin and to make it feel and look better.

Dry Skin and Itching

Many older people suffer from dry spots on their skin, often on their lower legs, elbows, and lower arms. Dry skin patches feel rough and scaly. There are many possible reasons for dry skin, such as:

- Not drinking enough liquids
- Spending too much time in the sun or sun tanning
- Being in very dry air
- Smoking
- Feeling stress
- Losing sweat and oil glands, which is common with age

Dry skin also can be caused by health problems, such as diabetes or kidney disease. Using too much soap, antiperspirant, or perfume, and taking hot baths can make dry skin worse.

Some medicines can make skin itchy. Because older people have thinner skin, scratching can cause bleeding that may lead to infection. Talk to your doctor if your skin is very dry and itchy.

Here are some ways to help dry, itchy skin:

- Use moisturizers every day.
- Take fewer baths and use milder soap. Warm water is less drying than hot water. Add bath oil to your water.
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- Try using a humidifier, an appliance that adds moisture to a room.

Bruises

Older people may bruise more easily than younger people. It can take longer for these bruises to heal. Some medicines or illnesses may also cause bruising. Talk to your doctor if you see bruises and don't know how you got them, especially on parts of your body usually covered by clothing.

Wrinkles

Over time, skin begins to wrinkle. Things in the environment, like ultraviolet (UV) light from the sun, can make the skin less elastic. Gravity can cause skin to sag and wrinkle. Certain habits, like smoking, also can wrinkle the skin.

A lot of claims are made about how to make wrinkles go away. Many of them don't work. Some methods can be painful or even dangerous, and many must be done by a doctor. Talk with a doctor specially trained in skin problems, called a dermatologist, or your regular doctor if you are worried about wrinkles.

Age Spots and Skin Tags

Age spots, once called "liver spots," are flat, brown spots often caused by years in the sun. They are bigger than freckles and commonly show up on areas like the face, hands, arms, back, and feet. Using a broad-spectrum sunscreen that helps protect against two types of the sun's rays may prevent more age spots.

Skin tags are small, usually flesh-colored growths of skin that have a raised surface. They become common as people age, especially for women. They are most often found on the eyelids, neck, and body folds such as the armpit, chest, and groin.

Age spots and skin tags are harmless, although sometimes skin tags can become irritated. If your age spots or skin tags bother you, talk to your doctor about having them removed.

Skin Cancer

Skin cancer is a very common type of cancer in the United States. The main cause of skin cancer is the sun. Sunlamps and tanning booths can also cause skin cancer. Anyone, of any skin color, can get skin cancer. People with fair skin that freckles easily are at greatest risk. Skin cancer may be cured if it is found before it spreads to other parts of the body.

There are three types of skin cancers. Two types, *basal cell carcinoma* and *squamous cell carcinoma*, grow slowly and rarely spread to other parts of the body. These types of cancer are found mostly on parts of the skin exposed to the sun, like the head, face,

neck, hands, and arms. But they can happen anywhere on your body. The third and most dangerous type of skin cancer is *melanoma*. It is rarer than the other types, but it can spread to other organs and be deadly.

Check your skin once a month for things that may be cancer. Skin cancer is rarely painful. Look for changes such as a new growth, a sore that doesn't heal, or a bleeding mole.

Check Moles, Birthmarks, or Other Parts of the Skin for the "ABCDE's"

A = Asymmetry (one half of the growth looks different from the other half)

B = Borders that are irregular

C = Color changes or more than one color

D = Diameter greater than the size of a pencil eraser

E = Evolving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

See your doctor right away if you have any of these signs to make sure it is not skin cancer.

Keep Your Skin Healthy

Some sun can be good for you, but to keep your skin healthy, be careful:

- *Limit time in the sun.* It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are

strongest. For example, during the summer try to stay out of the sun between 10 a.m. and 4 p.m. Don't be fooled by cloudy skies. The sun's most dangerous and strongest rays *will* go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or the ocean.

- *Use sunscreen.* Look for sunscreen with an SPF (sun protection factor) number of 30 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- *Wear protective clothing.* A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

- *Avoid tanning.* Don't use sunlamps or tanning beds. Tanning pills are not approved by the Food and Drug Administration (FDA) and might not be safe.

Your skin may change with age. But remember, there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

Engage! Engage! Engage!

By Noreen Schweiss, CMT



Training to perform, once again, but in my early fifties, means endurance and pushing myself to exceed from the last class and to exceed in execution and technique. Dancers strive to increase height and speed and accuracy with "ease." The numerous hours of consistent high aerobic and impact type of exercises eventually takes a toll on a weakened area of the body, especially an older one. I home schooled my 12-year old twin girls in 2008, who went to school once a week for classes and assignments. For their physical ed requirements, they took dance class. Growing up immersed in the dance culture as I earned my bachelors in dance, they were experienced. My adult dance classes met twice a week, so on their days off, the instructor invited them to participate. Nursing tired knees, I wrapped one with an ace wrap and strapped the other with a brace. Believing I wrapped my knee just as a precaution, near the end of class I removed it because it loosened from the quick, across the floor exercise, which one repeats several times. Also believing that a good role model to my children, sitting out didn't cross my mind. I felt strong throughout class. I soared in this exercise as my strong foot and leg pushed off the floor. With my dancing girls in line behind me, I began my third round of this high energy exercise. Facing the mirror at one point in the phrase, I watched myself soar in perfect form. Waiting for the floor to meet my foot to support my descending body, my toes, sole and heel connected.

Now I must engage my entire leg, my spring to absorb the intense impact as gravity, velocity and mass take control. Line up my ankle, knee and hip joints to soften the landing on one leg, balanced and coiled to spring to the next place in space. However,

a black, empty spot emerged in my mind's eye, not tissue contracting around my knee to slowly bend my leg to cushion my landing. I follow this empty lead. In my perceived slow motion, my body slides to the ground, flat on my back and scared. The main thought flying through my mind screamed "SURGERY!" with the absent response from my knee. Strapping my knee with the other leg's brace, I limped my way to the car with the twins help. Needing to perform in two weeks, I desperately searched for the right type of healer by asking many people. In Grass Valley, CA, the name Dr. Itamar Vinitzky, PhD D, NMT stood out, a health trainer of Israeli's National sports teams. His outstanding reputation caused his overbooked schedule and waiting list. Luckily, a dancer in my class offered her soon approaching appointment. Excited and nervous, I finally made it to his office. The doctor read my history sheet, invited me in and asked me vital questions to assess my injury. A short time later he looked at me and said, "There is a divine reason for us meeting here, today. More than just for a treatment." Then up I go on the table for him to begin my excruciatingly painful, but extremely helpful treatment.

After pounding the table as a distraction to allow my leg to relax, Dr Vinitzky told me to get up and walk. I gingerly walked across the room. He told me to trust my body and walk normally. As I gain my

confidence to step forward, Itamar calls out, "Engage! Engage! Engage!" As a trained dancer for over 25-years, one would think that this body could easily obey this command, however, his interpretation differed greatly from mine.

He expounded with the example of walking down stairs. With a slight contraction throughout the body, engage all the muscles of the leg and hip before lifting it off of the back stair to swing through to the front and step down, maintaining constant muscular engagement. Once that awareness leaves the consciousness, sensations diminish and muscles relax leaving the joints vulnerable for injury, like a twisted ankle, pulled knee or torqued hip. In the mind's eye, maintain space between each joint with long muscles throughout the entire task for stronger action, freer joint movement and a healthier body. Constant compression to a skewed area from daily impact quickly wears down the joint's protective bursa and cartilage, like the knee, hip or shoulder. I remind my

clients that by muscular design, several groups of large muscles in the back lift our arms, not the small muscles that make up the shoulder cuff. The rhomboids, latissimus dorsi and pectoral major give skeletal support of the long, heavy lever, especially when lifting or pushing heavy or awkward items. Realizing the importance of Itamar's wisdom, seven years later I still hear him calling out, "Engage! Engage! Engage!" while working on bodies or walking up my stairs. Consistently adjusting and readjusting my stance to be balanced and lifted at work never gets old as my body keeps getting stronger. I regularly share this story with my clients in efforts to shift their learned patterns of imbalanced gripping and reprogram their approach in moving through space, thus improving their quality of life.

The Importance Of Self-Care

By Ashley Geldine, CMT



You just had a massage and you feel amazing! But did you know you may not retain those amazing results if you ignore the self-care tips your therapist gives you after your massage? Your therapist will give you instructions for your specific challenges, but there are a few that are important for everyone to follow every time!

- Increase your water intake: Why? Massages are dehydrating because they pump fluid out of your soft tissue and into your circulatory system toward your kidneys (which is why you may need to pee after a massage). Replenish that lost fluid by drinking more post-massage. Need another reason? It flushes out the metabolic waste that your muscles produce from everyday function. Circulation is constricted in areas of tension (especially if you have a major knot), inhibiting the body's ability to flush out waste. When you get a massage tension is relaxed, circulatory pathways release and dump metabolic waste into the system. Give your kidneys the water they need to eliminate that waste effectively.
- Stretch: Why? Massage has just made your muscles more pliable and lengthened the

muscle fibers that have contracted from disuse or overuse. Stretching once or twice daily will warm the muscles and encourage the fibers to lengthen further prolonging massage benefits. Other benefits of stretching include reduced inflammation in joints, stimulation of digestion, increased mental focus and improved posture.

- Hot or cold application: Why? Heat helps sore, tight muscles relax and promotes better circulation. Heat is more effective than cold at treating chronic muscle and joint pain. Use a heat wrap, hot towel compress or soak in a hot bath (or use a combination) for up to 20 minutes and up to 3 times a day. Cold therapy helps decrease inflammation in muscles and joints. Use a cold compress or ice pack (always wrap it in a dry towel before application). Cold therapy can be used 10-15 minutes every 4-6 hours while acute inflammation and pain persist.

These self-care routines will boost the benefits of your massage and keep you feeling amazing longer. Better yet, your tissue will be prepared for the work to be done at your next massage appointment!

Welcome to Spa Therapy, Katie!



Katie graduated from the Healing Arts Institute in 2012 and has been loving her career choice ever since. She is licensed by the state of California and a member of ABMP Massage Association. Katie intentionally creates a massage that will be specific to your needs. Her approach offers harmony, balance, and ease to your busy life. She has a deep respect and passion for the many benefits received from massage. Katie continues to take specialty classes often to grow her expertise.

The Effects Of Stress

By Katie Miller, CMT



Can you physically feel stress? Well, if you have ever had a pounding heart after being scared or sweaty palms when nervous, then you know the answer is yes. The American Physiological Association explains this as the “fight or flight” response. This automatic response was developed in our ancient ancestors as a way to protect themselves from predators or other deadly threats. Fast forward to 2015 and it is not likely that we will have the same life or death situations, however, our body deals with our daily stress in a very similar way. When stressed many people experience elevated heart rate, increased blood pressure, and a boost in energy to prepare you to deal with the situation. Unfortunately, when we experience the “fight or flight response” we often get stuck in that mode and this can cause serious health problems.

Multiple studies have shown that living with a high amount of stress can trigger heart attacks, arrhythmias, and many other physical health issues. Often times we can feel stress in our neck and shoulders, but many people are unaware of how to relieve stress and pain caused by stress.

Reducing stress levels can help you feel better almost immediately and also protect against more long term issues. Massage is a wonderful way to help reduce stress. According to the Mayo Clinic massage therapy is considered an alternative medicine that can help reduce anxiety, relieve headaches, and recover from sports injuries. Experts estimate that upwards of ninety percent of disease is stress related. Massage therapy is an effective tool for managing stress. Some of the positive effects of decreasing stress are enhanced sleep quality, reduced fatigue, increased circulation, improved concentration, and decreased anxiety.

Putting in the effort to manage your stress and allowing others to help in this process is among one of the greatest gifts a person can give themselves. We all have the power to control how stress affects us and how we manage our stress.

Learn Hippocrates' Healing Secret-Apple Cider Vinegar!

By *Vivian Ewald, CMT & Esthetician*



Learn Hippocrates' healing secrets. The father of medicine in 400 BC treated his patients with natural apple cider vinegar for its powerful healing, cleansing, natural antibiotic, antiseptic qualities and ACV (apple cider vinegar) kills germs, viruses, molds, and bacteria.

You can now get ACV in your local grocery store! And inexpensive too. I only get Braggs Apple Cider Vinegar. It is organic, non GMO, raw, unfiltered, unpasteurized, and with the "mother". The cobweb looking stuff that settles and forms is the "mother". It is supplying the life giving minerals such as potassium, phosphorus, natural organic sodium, magnesium, sulphur, iron, copper, natural organic fluorine, silicon, trace minerals, essential amino acids and pectin and many other powerful nutrients. Other apple cider vinegars in stores are brown, but clear. They have been distilled and all nutrients have been killed and destroyed and considered dead. So Braggs may not look appealing, but it is the best!

Here are some health benefits of Braggs ACV:

Internal Benefits

- Rich miracle enzymes and potassium
- Natural antibiotic and germ fighter
- Helps control and normalize weight
- Improves digestion and assimilation
- Helps relieve arthritis and stiffness
- Helps remove artery plaque
- Helps remove body toxin

External Benefits

- Helps promote a youthful body
- Helps maintain healthy skin
- Soothes sunburn, shingles, and bites
- Helps prevent dandruff, baldness
- Soothes tight, aching muscles and joints

Living a healthy lifestyle with lots of sun, purified water, exercise, fruits and veggies, positive thinking, and definitely massage will lead to a long and disease free life!!

The natural healing force within us is the greatest force in getting well. ~Hippocrates, the Father of Medicine

Every 90 days a new bloodstream, the river of life, is built in our bodies by the foods we eat, the liquids we drink and the air we breathe.

Mix 1-2 tsps. equally of Braggs Organic ACV and (optional) raw honey, blackstrap molasses, agave or pure maple syrup in 8 oz. Distilled or purified water. If diabetic, use 2-4 stevia drops. Take glass upon rising, hour before lunch and dinner.

I have been very fortunate to hear about Braggs and his healthy lifestyle and Organic Apple Cider Vinegar tonic and been able to incorporate it into my life for over 20 years and I have loved the benefits.

If you love to read and love to have it on hand, I suggest getting the book Bragg Apple Cider Vinegar-Miracle Health System. Wonderful information with great resources!!

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Our Web Presence:

www.YubaCitySpa.net

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