

Dia' Spa & Salon Newsletter (2nd Edition)

Massage & Fibromyalgia

This edition of Dia' Spa & Salon's newsletter, for the spa itself, will be focusing on the effects of fibromyalgia and how massage can help.

Fibromyalgia syndrome is a common rheumatoid disorder of the muscles and bones that does not involve the joints. Fibromyalgia affects approximately 3-6 million people in the U.S., mostly women and causes pain and fatigue, and people with Fibromyalgia feel as if their muscles have been pulled or overworked. Sometimes the muscles twitch or burn. Massage has been proven to be beneficial for those who suffer from Fibromyalgia. By massaging the painful muscles it restores blood flow to the area and seems to quiet the aching. Although it is temporary relief and there is no cure for Fibromyalgia, we feel it is a much better alternative than taking pain medications and not doing anything to work the muscles out. People with Fibromyalgia have tried physical therapy, but have found it to cause more pain than good and have given up hope on feeling better. Our massage therapist, Heather Savage, has been working on clients that suffer with Fibromyalgia for the past five years. Some of them have been very severe cases and quite a few mild cases, both of which the clients do feel a tremendous amount of relief after their treatment. Researchers say that massage alters the sleep pattern, which reduces levels of the chemical messenger for pain.

An article found on WebMD's website

states: "Studies have shown that exercise, stretching, relaxation therapy, and massage therapy can provide relief for those suffering from fibromyalgia. Massage Therapy has also been shown to reduce pain, stiffness, fatigue and sleeping difficulties. In this five week study, 20 adults with fibromyalgia received either massage therapy or relaxation therapy twice weekly. The massage was a combination of several types, including sSwedish, Shiatsu, and Trager all using moderate pressure. People in the other group went to progressive muscle relaxation sessions.

Both groups showed a decrease in anxiety and depressed mood immediately following the first and last therapy sessions. The big difference showed up in their sleep. Only the massage therapy group reported an increase in hours of sleep and decrease in their sleep movements, as well as lower levels of the chemical messenger for pain called – "Substance P".

WebMD article by Jeanie Lerche Davis
WebMD Medical News

Skin Care & Rosacea

This month at Dia' Spa & Salon, we are focusing on ***Rosacea***. Rosacea is a common, but little known disorder of the facial skin that affects an estimated 14 million Americans, most of whom do not know it. A recent Gallup survey found that 78 percent of Americans have no knowledge of this disease, including how to recognize it and what to do about it. The exact cause of Rosacea is unknown.

Effects of Rosacea:

- The skin can be dry.
- The skin can exhibit frequent episodes of flushing.

- The skin can develop persistent redness (erythema) on the cheeks, nose, chin and/or forehead.
- The skin can develop small visible blood vessels (telangiectasia) on the face.
- The skin can develop red bumps (papules), white heads (pustules) and an occasional cyst.
- The eyes can become involved making them irritated, swollen, red, and itchy.
- The nose may become enlarged from excess tissue this is called Rhinophyma.
- Drugs • Vasodilators • Topical steroids.
- Beverages • Alcohol, especially red wine, beer, bourbon, gin, vodka or champagne • Hot drinks, including hot cider, hot chocolate, coffee or tea.
- Emotional influences • Stress • Anxiety.
- Medical conditions • Frequent flushing • Menopause • Chronic cough • Caffeine withdrawal syndrome.

- Physical exertion • Exercise • "Lift and load" jobs.

The good news is, the **Visual Changes Rosacea & Sensitive Skin Advanced Calming System** is loaded with soothing and nourishing sea plants, herbs, vitamins, antioxidants, and bioflavonoids that help reduce redness and inflammation resulting in a calm and soothed complexion. By combining a healthy lifestyle with help from your **Visual Changes** skin care specialists and the **Visual Changes Rosacea & Sensitive Skin Advanced Calming System**, you can enjoy a beautiful, healthier acting, complexion.

Katy, a Clinical Aesthetician, has recently joined our Spa.

Katy currently works for a doctor doing clinical skin care, Chinese acupressure, and relaxation massage and speed waxing. Katy has studied with world renowned make-up artists, worked with clients dedicated to beautifying through healthy skin and education, and she also specializes in Brazilian wax procedures.

FACTORS THAT MAY CONTRIBUTE TO ROSACEA FLARE UPS

- Liver • Yogurt • Sour cream • Cheese (except cottage cheese) • Chocolate • Vanilla • Soy sauce • Yeast extract (bread is ok) • Vinegar • Eggplant • Avocados • Spinach • Broadleaf beans and pods, including lima, navy or pea • Citrus fruits • Fruits including tomatoes, bananas, red plums, raisins or figs • Spicy and thermally hot foods • Foods high in histamine.
- Saunas • Hot baths • Simple overheating • Excessively warm environments
- Weather • Sun • Strong winds • Cold • Humidity.



What's New at Dia' Spa & Salon is..... Botox in a Bottle!!



Visual Changes® introduces Resurrection® to effectively combat the signs of aging skin. Resurrection® dramatically reduces deep wrinkles and increases skin firmness and hydration. It is a blend of potent anti-aging peptides

and plant molecules that work together to repair and rebuild the skin. The peptides act as cellular messengers and gene activators to communicate molecular messages of youth and health to the genes. The plant molecules promote skin renewal and boost the skin's defense mechanisms. Resurrection® is formulated in a natural, organic plant base and we added no chemical preservatives. It provides long-lasting anti-aging benefits to bring your skin back to life.

Unique Benefits of Resurrection®

1. Ingredient in-vitro & efficacy studies showed the following:
 - 98% decrease in the skin surface occupied by deep wrinkles
 - 44.8% increase in skin firmness
 - 34.5% increase in skin hydration
2. Uniquely formulated in a natural, organic plant base
3. We added no chemical preservatives
4. Resurrection® utilizes exceptional messenger peptides and other outstanding active ingredients that have been shown to help repair, rebuild, and resurrect the epidermis and the extracellular matrix for anti-aging effects by stimulating the following:
 - Collagen up to 327%
 - Glycosaminoglycans (Hyaluronic Acid) up to 287%
 - Elastin up to 33%
 - An increase of skin firmness up to 44.8%
 - Keratinocyte Proliferation up to 138%
 - Cell Respiration up to 282%
 - Multiplication of Fibroblast up to 105%
 - Skin Hydration up to 34.5%
 - Epidermal Lipids
 - Growth factors: epidermal growth factors (EGF), Tissue Growth Factor Beta (TGFb), and Interleukin 1a (IL-1a), all of which play key roles in the growth of healthy skin
5. The superior ingredients in Resurrection® have also been

shown to protect the skin from aging by inhibiting the following:

- Collagenase
- Elastinase up to 80%
- Hyaluronidase up to 100%
- Free Radicals up to 100%
- Inflammation up to 100%
- Matrix Metalloproteinase up to 310%
- Collagen cross-linking and rigidification up to 48%

- Glycation up to 86%
- Tyrosinase

Coming Soon.... A conditioning treatment for your eyelashes that helps thicken and grow eyelashes, that REALLY works!!

NEW in the Salon... We have three new hairdressers!!!

Sam



Sam is an excellent hair designer that has been doing hair for 30 years. He does highlights, lowlights, all over color and design cuts. Before coming to Dia', Sam worked with 180 Salon in Sylvania.

Nick



Nick just moved here from Jeffrey Laurence Salon this past February. We are very glad to have him here with us. He brings a fresh style geared toward the latest trends that appeal to those of us who are always looking for something new and different. Nick is also a Tigi representative and uses all Tigi products. We also have Tigi products available for retail.

Kathy



Kathy also made the move over here from Salon 180. She has been a stylist 31 years, an educator for five years and has owned her own salon. Kathy specializes in color techniques and corrective color, also specializes in hair design and is a great addition to the Dia' Salon team.

Our Nail Salon is Featuring Creative Nail Design products this month.

Dia's nail technician, ***Julie Johnson***, uses Creative's Solar Oil on cuticles when giving manicures to loosen cuticles, and uses the Creative Solar Silk lotion when giving the hand & arm massages. Dia' also offers these products for retail sales. This time of year creates increasingly dry skin on hands and feet. She offers a paraffin dip treatment following an exfoliation treatment. The results from the exfoliation and paraffin are long lasting, moisturizing and soothing.