

# Beauty From The Inside Out!

MEMBER



SPRING 2014

## Your Skin Tells a Story

### Understanding Whole-Body Connections

Lori Ann Griffin

Centuries ago, Eastern cultures mapped and documented the intricate and deep relationship between the skin and the body's organs and systems, noting that the skin displays clues as to what types of stresses or malfunctions may exist and persist internally.

#### Digestive System

The organs involved include the mouth, pharynx, esophagus, stomach, pancreas, intestines, gall bladder, and liver. The digestive system performs the function of nutritional uptake and absorption, and waste elimination. When this process slows, a backup occurs, which can stress all of the digestive organs.

forehead and hairline. If the intestinal stress is longer term, wrinkles or lines may appear in both regions. Liver stress can produce puffiness, redness, and blackheads in the glabellar region between the eyebrows.

#### Reproductive System

Another system of consistent focus is the hormonal, or reproductive, system. Organs involved in this complex tapestry include the uterus, ovaries, adrenals, and testicles, in addition to the pituitary and hypothalamus glands. Hormones are chemical messengers that have a potent effect on the body and are released into the bloodstream at fluctuating levels.



Internal wellness complements your skin care treatments, providing optimum results.

#### SKIN MANIFESTATIONS

Externally, we may notice bloating in the stomach or abdominal region. But less obvious are signs on the chin that may show up as impactions, inflamed lesions, and abnormal capillary activity.

Eczema or related dermatitis conditions may be worsened along the high

#### SKIN MANIFESTATIONS

High testosterone levels can cause or exacerbate acne lesions. This is especially true above, along, and under the jawline. Estrogen dominance often causes pigmentation in the upper lip, cheeks, and sometimes the lower forehead. Declining estrogen causes

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*I have a problem about nearly sixty: I keep waking up in the morning and thinking I'm thirty-one.*

-Elizabeth Janeway

#### Office Hours and Contact

**Serenity Day Spa**  
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**712-830-8681 or 712-684-2442**  
**Call For an appointment**

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underactivity of the sebaceous glands, leading to dryness.

## Immune System

This system includes the tonsils, spleen, and lymph nodes, and governs the skin's response to invading foreign material, or perceived threats. It may respond with swelling, reddening, itching, burning, or rash, and the eyes and nose may also be watery and runny. Inflammation of the sinus passages, sore throat, sneezing, and coughing are the most common symptoms.

### SKIN MANIFESTATIONS

Our poor eyes and upper cheeks take the brunt of this assault. Dilated capillaries, tenderness, and pressure, as well as swelling and stinging upon physical contact may also be present.

## Respiratory System

The major organs involved here are the lungs and bronchial tubes. These passageways become constricted with adrenal distress and allergies, or exposure to bacteria, viruses, or smoke.

### SKIN MANIFESTATIONS

The greater cheek area can present with breakouts, excessive capillary activity, flushing, and heat. The undereye area may exhibit half circles of gray, blue, or purplish tones.

## Excretory System

The elimination system is also very important. In this system, the kidneys, bladder, colon, veins, and skin do most of the work. This fine-tuned orchestra removes bacteria, waste product, and toxic materials in an effort to protect the health and lives of our cells.

### SKIN MANIFESTATIONS

Kidney stress may lead to hot, red, or pigmented upper ears. Bladder stress can deepen lines across the center of the forehead. And colon stress can contribute to cracked, pigmented, or dehydrated lips. The upper chin area can see an increase in micro-comedones and irritation.

## Nervous System

No system will suffer more from disharmonies than our central nervous system. The vast array of nerve fibers, residing mostly along our spinal

column, sends and receives signals to and from the brain. Many organs and glands are affected by stress, but the adrenals are often the first to respond.

### SKIN MANIFESTATIONS

On the face, this may manifest as sweatiness and increased oil production over the brows and along the top bridge of the nose, with blotchy red patterns and heat on the lower neck and center of the decollete regions. Eczema is heightened around the base of the neck and may leave a long-term mask of hyperpigmentation.

## Cardiovascular System

The cardiovascular system is tricky because it deals with not just the heart's function, which is chiefly to pump blood, but also because of its connection to the circulatory system, which delivers nutrients, water, hormones, white blood cells, and oxygen to every cell in the body.

### SKIN MANIFESTATIONS

When blood pressure levels fluctuate, blood-capillary dilation on the sides of

the nose and nostrils can often be observed. Enlarged pores and hard comedones are also seen on the nostrils and tip of the nose when cardiac edemas and other cardiac diseases take hold.

## Partnering for Health

Skin health can provide insight into whole-body health. Work closely with your esthetician to determine how best to treat the manifestations, and discuss prevention techniques as well. Remember, your skin care professional is not qualified to diagnose conditions, but your skin may be providing clues to what's going on internally. And you may discover that your esthetician is an essential part of your care team.



Your skin condition can provide clues into whole body health.

# Pre-Session Yoga Moves for Calm

Mary Beth Braun

It's one of those mornings. Your alarm didn't go off and you have an appointment in an hour. How can you quickly collect and calm yourself enough to be fully present for the day ahead? Breath and yoga.

## BREATH

Take this time to center and calm yourself. Start by channeling your yoga instructor or massage therapist and begin with breath (pranayama): inhaling to the count of three and exhaling to the count of six. Do this three times and move on to do a few yoga poses (asanas).

## YOGA

You remember a few basic yoga poses from class, right? Try these two: simple seated twist and standing half moon.

### SIMPLE SEATED TWIST

Continuing to use your breath, sit on the floor in an easy, cross-legged pose and begin simple seated twist. Raise the crown of your head to the ceiling, elongating your neck and spine. Inhale and exhale, then twist to the left. Exhaling, move through center, and repeat on the right, continuing to inhale and exhale.

### STANDING HALF MOON, BIKRAM STYLE

From there, step your right foot forward, followed by your left foot, and slowly roll up one vertebrae at a time until you are standing upright with your feet firmly grounded into the earth.

Feeling your feet firmly grounded, raise your hands overhead, taking the wrinkles out of your neck and elongating your spine. Inhale, exhale, and side bend to the right. Once there, exhale and feel your side body open up as you press your foot into the earth to enhance the stretch. Inhaling through center, exhale

and bend to the left. Return to your center and take one more deep breath in and out.

You feel better, right? Now, let go of that harried morning and begin your day fully present and centered.



Channel your inner yoga instructor.

# Boost Your Immune System

## Lymphatic Drainage Therapy Fights Infection

Is your immune system working overtime as you burn the candle at both ends? If so, you might want to give your body some help by working with a skin care professional trained in manual lymph drainage. This mysterious name refers to a technique that was invented and widely used in Europe. In addition to boosting your immunity, it can help detoxify, move congestion out of your body, and reduce swelling--especially after you've had surgery.

The lymphatic system supports the body's immunity function and involves several organs (adenoids, thymus, tonsils, spleen), hundreds of lymph nodes, and a network of vessels. A clear fluid called lymph flows through these vessels and filters metabolic waste through the lymph nodes. These wastes

include bacteria, dead cells, fats, fluids, proteins, and viruses.

When a trained therapist gently stimulates lymph nodes, it boosts the immune system, reduces local fluid retention, provides relaxation, and helps correct swelling and stagnation in the nodes. Giving this treatment requires advanced training and is practiced with a very specific set of light, massage-like strokes. Because strokes are light, there should be no discomfort. While you may hardly feel you are being treated, lymphatic drainage has many benefits to reap.

After your lymph drainage treatment, it's important to drink plenty of water. You might feel some mild, flu-like

symptoms, depending on how much strain your body has been under prior to treatment, and how many toxins are concerned, including alcohol, certain foods, sugar, environmental pollutants, and some medications. Most people leave a session relaxed, but if you don't feel at the top of your game afterward, drink water, watch your salt intake, and be physically active.

Manual lymph drainage is one way to manage your wellness and most people find it a relaxing and positive experience. Making this simple preventative effort is better than suffering the sniffles or other pesky ailments. So fortify your immune system and sail on with vibrancy.

*Worry not that  
no one knows of  
you; seek to be  
worth knowing*  
-Confucius

Why choose Serenity Day Spa? We believe in Holistic skin care and body treatments for optimum health. We want you to feel your best everyday.

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