

Beauty From The Inside Out!

MEMBER



SPRING 2015

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

Continued on page 2

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
Carrie Hofbauer
712-790-8505 or 712-684-2442
Call For an appointment

In this Issue

Your Skin Tells a Story
Sleep and Your Skin
High Time for Tea

Continued from page 1

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.

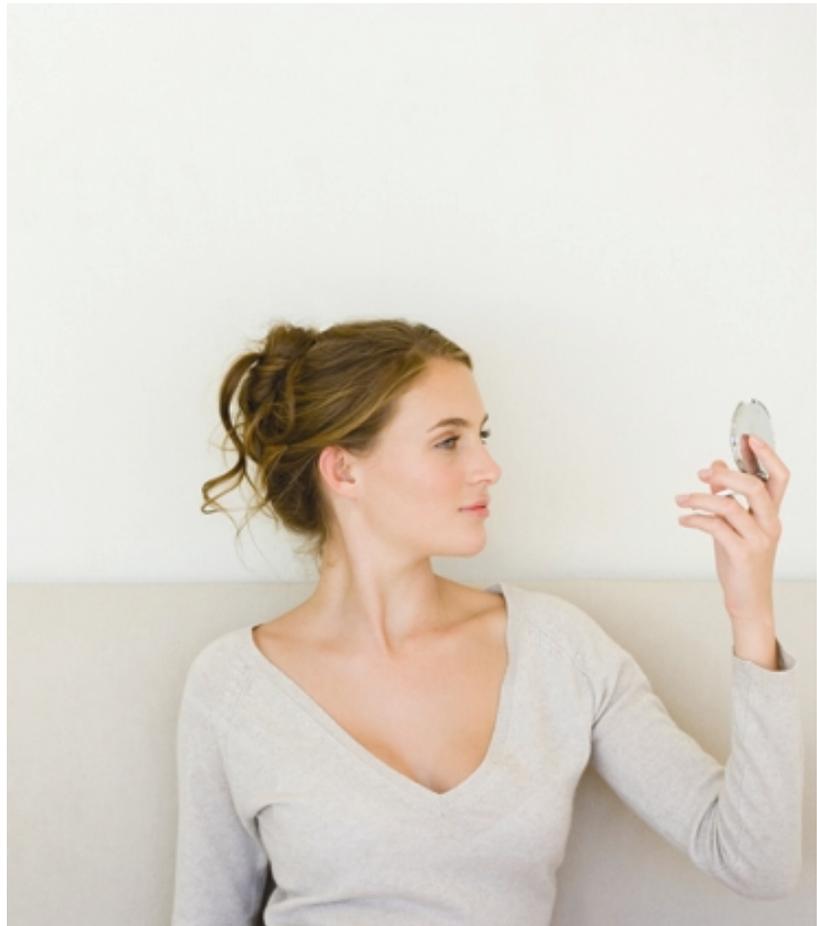
SKIN MANIFESTATIONS

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.

Sleep and Your Skin

Shelley Burns

We have all encountered a sleepless night or two. Upon waking, we look in the mirror and are traumatized by what we see: puffy eyes, dark circles, droopy eyelids, and sallow skin. To add insult to injury, more wrinkles may be visible due to tossing and turning. Poor sleep can wreak havoc on your skin.

There are three hormones affected when we don't get adequate amounts of sleep. They each have a direct effect on how our skin ages.

- Cortisol is our stress response hormone. When we are not sleeping well, we're like a battery that does not have the chance to recharge. Our body identifies this as a stressful situation and starts producing cortisol. Like a jolt of caffeine, this spike in cortisol keeps us moving, but at a cost. Elevated cortisol levels break down collagen, resulting in less skin elasticity.

- Growth hormone is responsible for building muscle, bone, and tissue--including skin. It is one of our antiaging hormones that replenishes as we sleep, rehydrating the skin and allowing for cellular repair.

- Melatonin is our sleep hormone, and it also plays a role in the immune system. It is a significant contributor to the functional and physical integrity of our skin.

Without quality sleep, growth hormone and melatonin are not produced in sufficient quantities, while cortisol is overproduced. The result is overall poor skin condition, including dryness, dullness, fine lines, and wrinkles.

Even how you position your face on your pillow affects your skin. Some dermatologists say women who sleep on their side tend to develop wrinkles in their cheeks, while men will tend to

develop wrinkles on their forehead. Sleeping on your back will avoid the risk of "sleep lines."

So, get your beauty sleep--at least seven or eight uninterrupted hours every night--to achieve radiant and healthier-looking skin.



Sleep is important for healthy skin

High Time for Tea

Discover the Healing Properties of Taking Tea

The health research is enough to make you forego the latte for strong brewed tea instead. Name your color -- black, white, green, even red -- teas are packed with disease-preventing antioxidants (more than some fruits and vegetables) and contain vitamins, minerals, and at least half the caffeine of coffee.

Fortified with free radical-fighting polyphenols, tea drinkers have a reduced risk of many different cancers, in particular stomach, colorectal, and even skin cancer. Tea drinkers also have a lower risk of heart disease, stroke, and high cholesterol. Containing anti-inflammatory and arthritis-preventing properties, tea also helps stimulate the immune system and protect the liver against toxins.

But you have to drink up. Most research points to five or so cups of brewed tea each day to reap the health benefits. Decaf tea loses some but not much of its health punch, due to extra processing.

All traditional tea -- white, green, oolong, and black -- is derived from the leaves of an evergreen tree called the *Camellia sinensis*, and all contain the health-promoting polyphenols. White tea is made from young tea leaves, dried in the sun without fermentation or processing. Green tea is dried with hot air after picking, so it retains its color but is not fermented. Oolong tea, sometimes referred to as "brown" tea, is fermented but not processed to the point of black tea. Black tea, on the other hand, is fully fermented, which

accounts for the color of the leaves and its stronger flavor.

Rooibos, or red tea, is naturally caffeine-free and from the *Aspalathus linearis*, a shrub that grows only at high altitude near Cape of Good Hope in South Africa.

Herbal teas are made from a variety of plants, roots, bark, seeds, and flowers and are technically herbal infusions rather than tea. Though they don't contain the same antioxidants and haven't received the same research-based accolades as traditional tea, the herbs in these infusions have certain healing properties that have been used for centuries to treat many common health issues.

*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.

Visit www.sdspa.skincaretherapy.net for all information

Serenity Day Spa

114 6th Ave.
Coon Rapids, IA 50058

MEMBER

