

Relax...rejuvenate...renew

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Member, Associated Bodywork & Massage Professionals

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.

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.

*Happiness
depends upon
ourselves*

-Aristotle



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 forehead and hairline. If the intestinal

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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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

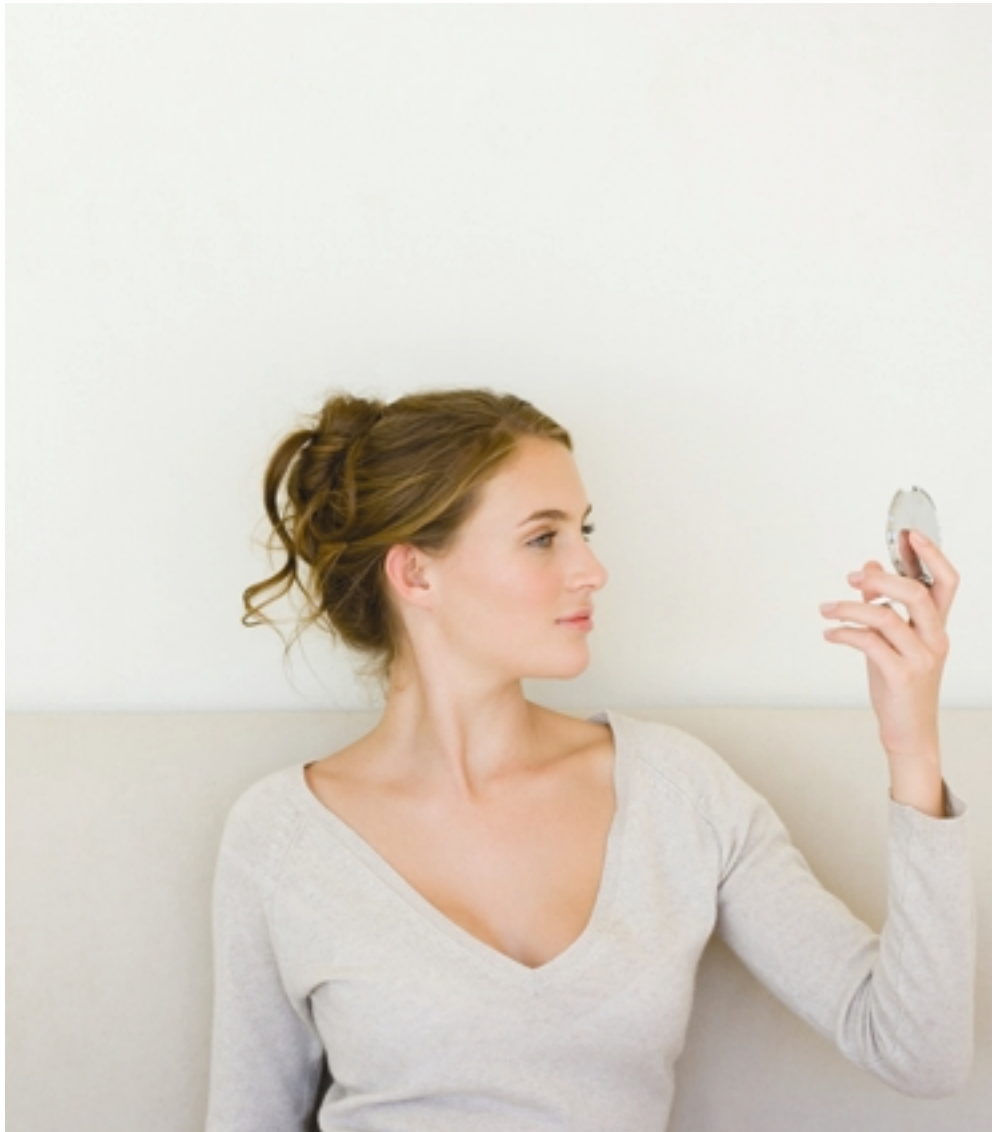
cells, and oxygen to every cell in the body.

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.

Magical Mango

Shelly Burns

Treating yourself to a mango is a perfect way to add some sunshine to your routine. A mango is more than just a sweet, delicious fruit. It has properties beneficial to skin, including water-soluble vitamins like B2, B3, B6, folic acid (B9), and C. Mango is also a good source of beta-carotene and vitamin A.

Vitamin B complex delays skin's aging process. B vitamins provide a healthy glow, increased tone, and hydrated cells. The anti-inflammatory properties in B3 help skin retain moisture, alleviating dryness and irritation.

Vitamin C protects against the DNA damage that leads to skin cancer. This powerful antioxidant reduces the wrinkling effects of free radical damage, and combats other signs of aging by strengthening collagen and elastin.

Beta-carotene gives mango its wonderful orange color and has an important role in protecting our skin's DNA. Dry, flaky skin can be remedied with the vitamin A

derived from beta-carotene, which is important for repairing and maintaining healthy skin. Vitamin A has also been shown to help reduce and clear acne breakouts.

Other beneficial nutrients found in mango include magnesium, phosphorus, silica, sulfur, and vitamin E. These nutrients each play a role in strengthening the connective tissue in our body, including skin, bone, hair, nails, and muscle.

Mango is not just beneficial to skin. Its nutrients reduce high blood pressure, the risk of stroke, and the chance of contracting heart disease. Mango also contains approximately 20 percent of the recommended dietary intake of fiber and enzymes, which promote healthy digestion.

Mango is especially helpful for long, dry winters, but you can enjoy it at any time of year. It will help you maintain smooth skin and a healthy glow.



Mango offers a variety of health benefits

MT Straight Talk

What Your Massage Therapist Needs to Know

Angela England

Most massage therapists guide first-time clients through an intake process that includes discussing health histories and other medical concerns. But talking with your therapist about these things should not end with your first massage. Before each session, take a minute to speak with your therapist about any new medical conditions or injuries, lasting aches and pains, or any other changes in your life. Here are some of the issues your massage therapist should know about.

Medical Changes

It's a good idea to regularly update your medical record with your therapist, especially if you've been diagnosed with an illness or medical condition--such as high blood pressure, heart disease, diabetes, a chronic autoimmune disease,

or skin allergies--or are taking any new medications. Certain medical concerns preclude you from receiving massage. Other conditions, such as pregnancy, simply change the way your practitioner approaches the session.

A New or Acute Injury

Maybe you spent hours driving to a destination getaway and your shoulders ache, or you stepped off the porch wrong and sprained your ankle. Any time you have a new ache, pain, sprain, twist, or pulled muscle, mention it to your therapist. Depending on the location and extent of your injury, the session may need to be postponed or the injury site avoided until more healing has occurred.

Personal Preferences

This category is less obvious, but equally important. Everyone has unique preferences and sometimes there may be something you would like to change for your next massage. Whether you want to bring your own music, have the temperature adjusted, or be draped in an extra blanket, your therapist can easily adapt as long as you communicate your preferences.

Help your practitioner help you. Take a moment to check in with him or her before your next session.

Angela England enjoys doing massage, gardening, writing, and spending time with her three young children.

Always bear in mind that your own resolution to succeed is more important than any one thing.

-Abraham Lincoln

Be sure to check the website, www.royaloakmassage.com for information on packages, rewards programs and how you can earn free massages!

Remember, when you refer a new client, you will receive \$10 off your next session. Use it immediately or save them for a free session.

Please welcome Richelle Ryan to the practice! Richelle is available Friday evenings and Saturdays. Call to book your appointment with either Rebecca or Richelle

Effective 4/1/11-there will be a small price increase on the following services: 90 minute massage-\$95, 90 minute hot stone massage-\$105. This is a \$5 increase over the previous services.

Royal Oak Massage

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