

Being Well with Armory Massage Therapy

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Member, Associated Bodywork & Massage Professionals

The Face of Winter

How to Protect Your Skin in the Dry, Cold Months

Barbara Hey

Winter can be tough on skin, but there's much you can do to defend against the assaults of the season. The skin's primary role -- to protect the body -- is ever more important in extreme weather, and in most locations, that means extreme cold outside and dry, over-heated air inside during the winter. Your epidermis must "weather" these drastic fluctuations in temperature, and often the result is chapped, scaly, flaky skin.

Facing the Frost

The biggest wintertime concern is dehydration. In colder climates, you definitely need to increase the protection quotient. "You must

months. And this is especially important for the face. And if much time is spent outdoors skiing, snowboarding, or walking, for example, your complexion needs heavy-duty protection from brisk wind and winter sun as well.

"People often forget about sunscreen in the winter," says Schumann-Ortega. For regular outdoor time -- a few hours a day -- a sunscreen with an SPF of 20 should be sufficient. But if a winter trip on the slopes or shore is part of the plan, sunscreen with a higher protective factor is needed, even if your time is spent beneath an umbrella. "Both snow and sand reflect the sun," she says, so don't be caught unprepared. Double your efforts to protect the parts of the

"Happiness is in itself a kind of gratitude."

-Joseph W. Krutch



Protect your skin from winter's harsh elements for a healthy complexion year round

over-treat skin to keep it hydrated," says Barbara Schumann-Ortega, vice president of Wilma Schumann Skin Care in Coral Gables, Florida. That means a shift from lighter skin care products used during warmer months to winter-weight products, such as thicker, cream-based cleansers and moisturizers. These will provide stronger barriers against the harsh environment of winter

face particularly prone to display the effects of dryness: The lips and the area around the eyes need a continual shield against the elements. Ask your skin care professional which products are appropriate for your skin type and effective, seasonal moisturizers and sunscreens.

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Hours by Appointment Monday-Saturday

Walk ins welcome with availability

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"When it's cold, you lose blood flow to the skin," says Schumann-Ortega. The result is a dry, dull tone. Facial treatments can increase circulation and rejuvenate a healthy glow. But, Schumann-Ortega cautions, be careful with peels and resurfacing treatments during the winter, as they can do more damage than good with skin that's already taxed from the harsh environmental conditions.

Winterizing the Body

It's not just the face that suffers in the winter. Skin everywhere dries out, and gets that flaky look and uncomfortable winter itch. Hot baths -- a delightful antidote to the chill -- can further exacerbate dry skin. The solution? Add 10 drops of an aromatic essential oil to the bath to moisturize as you soak. (Lavender is particularly soothing to dry skin.) Then apply an emollient moisturizer -- a product that feels particularly thick and creamy to the touch, like a body butter -- geared for extra dry, rough, chapped, or cracked skin. Apply it immediately after drying off, when the skin can most readily absorb the lotion and restore its barrier. If dryness is still bothersome, indulge in a salt rub and full-body conditioning wrap to remoisturize.

And don't forget feet and hands. The feet, hidden by socks and boots all winter long, often go neglected this time of year and need attention, but the most obvious casualties of winter are the hands. Exposed to the elements and the subject of frequent hand-washing during the cold and flu season, hands can turn to rawhide just as holiday parties go into full swing -- not an elegant look for holding onto a champagne flute.

This is the season to slather hands with heavy, oil-rich cream at night and cover them with gloves. And don't forget feet: they also require the same special care. Consider a moisturizer for them in the evenings and sleep with socks on. In the morning, your feet and hands will feel soft and moisturized. Your skin care professional can recommend appropriate gloves, socks, and a home-care routine for this process. In addition, treat hands and feet to regular spa treatments to exfoliate dead skin cells, and paraffin treatments to replenish and moisturize.

Relax and Enjoy It

In winter, and all seasons, stress can disrupt even the best skin. "We always ask clients what's going on in life, since adrenaline, holiday pressures, and even joy can have an effect on body chemistry," says Schumann-Ortega. The skin reflects it all. "Some clients may come in after four weeks and they look like a train wreck," she says. So do your best to minimize the effects of stress with exercise, meditation, and proper diet. And don't skimp on the self-care. Schedule time for pampering, relaxing treatments.

Some final tips:

- Drink water. Even when there's a chill in the air and thirst isn't overwhelming, water consumption needs to be high to combat the dry air.
- Avoid products with a high percentage of synthetic ingredients (propylene glycol, petroleum), chemical detergents

(sodium laurel sulfates), and artificial colors and fragrances.

- Employ quality skin care products suited to your skin type.
- Check your medications. Illness and ongoing pharmaceuticals can upset pH balance.
- Incorporate nutritional supplements into your skin health regimen, such as essential fatty acids, zinc, magnesium, vitamin A, and B vitamins.

Winter doesn't have to take its long, hard toll on your skin. Ask your skin care professional about hydrating products and circulation-enhancing treatments to ease the long, dry months of winter. After all, spring is just around the corner.



When you're outside in harsh conditions, cover up with gloves, scarves, and sunscreen.

On the Rocks

Stone Massage Provides Tension Relief and Grounding

It's a practice as old as time, but one that has been recently rediscovered. LaStone Massage Therapy, generically known as hot stone massage, is the updated version of a technique employed by Native Americans, using gently warmed rocks to massage the body. The technique provides a deeply relaxing, healing, detoxifying, and, some say, spiritual experience.

Typically, the stones are smooth, black rounds of basalt in varying sizes heated in water to temperatures between 125 and 140 degrees. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work. Cold stones are also used to aide with inflammation, moving blood out of the area, and balancing male/female energies. The alternating heat and cold of thermotherapy brings the entire body into the healing process, with a rapid exchange of blood and oxygen and alternating rise and fall of respiration rate as the body seeks homeostasis.

During treatment hot stones are placed on energy pathways. Some are covered with a towel and positioned to apply steady warmth and pressure along the spine and neck. Others are placed between fingers and toes and on the stomach and forehead -- key spots where energy flow can get blocked. Still others are used almost as an extension of the practitioner's hands to help go deeper into resistant muscle tissue. This requires less effort from the practitioner's own body and delivers healing warmth to the hands, benefitting the therapist, as well as the client.

In addition to the physical effects, hot stone massage is also considered a kind of energy work, calming and energizing the body but with an extra element thrown into the mix to make it more than just a sensory delight. The theory is that incorporating something from nature -- the stones -- adds a symbolic dimension to this therapy, creating a primal connection to the elements for a grounding experience.



Stone massage is both calming and energizing.

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.

"Our greatness lies not so much in being able to remake the world as being able to remake ourselves."

-~Gandhi

Armory Massage Therapy would like to send a special thank you to Lindsay Sisting at LVCave Photography; www.lvcavephoto.com, and Josh Shear; www.joshshear.com for their collaboration on our new website.

In the future, be sure to check back for future editions of our "Being Well" newsletter.

Armory Massage Therapy wishes all of you a healthy and prosperous 2010!

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