

# The Massage Monthly

December 2016 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

*To be doing good deeds is man's most glorious task.*  
-Sophocles



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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#### Office Hours and Contact

**Ohana Therapeutic Massage**  
**218-263-1501**  
**Winter Hours**  
**Mon. thru Thurs. 9am-6pm**  
**Friday 9am-2pm**  
**Sat. 12/10 9am-12pm**

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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 re-moisturize.

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.

# Healthy Energy Boosters

## Tips to Staying Energized and Alert

Rebecca Jones

Here are some tips for keeping your energy levels up.

### Snack Smart

Strategic snacking can be a good way to smooth out dips in your energy level and avoid hunger cravings that can lead you to overeat. Go ahead and snack---just be as choosy in your snack selection as you are in meal planning.

### Grab an Energy Bar

Don't fall for the fiction that all so-called "energy bars" are unpalatable but good for you. A lot of energy bars are filled with chemicals and with sugar, so read labels, and look for high fiber, high protein, and limited carbs.

### Pick-Me-Up Snacks

Nuts such as almonds, Brazil nuts, cashews, and hazelnuts are among the best choices for healthy, pick-me-up snacks, nutritionists say.

### Stay Hydrated

Even slight dehydration can leave you

tired and lethargic. The answer is, of course, to drink plenty of water. If the taste of plain water doesn't excite you, consider some of the flavored varieties, keeping in mind that loads of extra sugar should be avoided.

### Get Your Beauty Sleep

The number one myth about sleep is that you can get by on six hours a night, but the further away you deviate from getting eight hours sleep a night---and some people get too much, not too little---the greater the risk of cardiovascular disease, depression, obesity, and a host of other maladies.

### Avoid Caffeine, Get to Sleep

Caffeine is a great pick-me-up first thing in the morning, but it has a six- to seven-hour "half-life," meaning that half the caffeine in that cup of coffee you consumed to ward off the 3:00 p.m. doldrums will still be lingering in your bloodstream after the 10:00 p.m. news.

Rebecca Jones is a Denver-based freelance writer.



Stay hydrated to keep energy up.

# Remarkable Rice

## Japanese rice equals radiant skin

Shelley Burns

If you look at the hands of master sake brewers, you will notice their soft, supple skin. One brewery in Japan decided to perform a small experiment to see if this was just a coincidence, or if there was indeed therapeutic value to the sake. They enlisted 11 employees to each drink 10 ounces of sake, while a control group was given other alcoholic beverages. After two hours, the moisture content of their skin was measured. The skin of the sake-drinking group was found to be 30 percent higher than the initial measurement. No effects on skin hydration were noted in the control group.

The Japanese perceive sake as their "fountain of youth." They drink it to achieve beautiful skin and some will go as far as bathing in it to prevent the effects of aging. But what is it about sake

that makes skin so silken and beautiful?

Sake is made from rice, a staple in the Japanese diet. The high nutrient content of rice includes the B complex of vitamins and minerals. Externally, it can be used as an exfoliant or in a spritzer to hydrate the skin. It can also be used in a bath, if you are not inclined to drink sake. In fact, before soap was invented, the Japanese would make loofahs by adding rice bran to washcloths.

Rice-based skin care products can also increase ceramide production, critical in slowing the aging process. Ceramides are natural fats that help form skin structure; they are the glue that holds the cells together and locks in moisture. By increasing ceramide production, moisture is secured, allowing for a

warm, healthy glow.

*Shelley Burns, a doctor of naturopathic medicine, completed studies at the Canadian College of Naturopathic Medicine, and has certification in complementary and integrative medicine from Harvard University.*

*What you get by  
achieving your  
goals is not as  
important as  
what you  
become by  
achieving your  
goals.*

-Henry D. Thoreau

#### WeGiveBack December Honorees

In December we honor Public Employees. We choose to honor Public Workers with 25 - FREE 30 minute massage appointments. From December 12 - 23rd, Public Workers can receive a FREE 30 minute massage. For more details or to schedule your free 30 minute massage, please call us at 218-263-1501.

#### Upcoming events:

Holiday Shopping Expo - Friday December 2nd from 6pm-9pm and Saturday December 3rd from 9am-6pm

Flakey Painting Class - Algonquin Club on December 4th starting at 1pm.

#### Early Bird Special!

They will love your gift of: Back Pain Relief, Headache Relief, Stress Reduction, Better Sleep and Neck Pain Relief with a gift certificate to Ohana Therapeutic Massage! Call us for special pricing (ending November 30th.)

## Ohana Therapeutic Massage

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