

Marolyn's Massage Update

Summer 2016

Member, Associated Bodywork & Massage Professionals

The Salad Facial

Lynn Parentini

Everyone knows the benefits of incorporating fresh vegetables in their diet, but have you ever thought of bringing them into your skin care routine? Salad ingredients are loaded with beneficial nutrients and phytochemicals, and it didn't take long for researchers to also ponder the power of plants when used on the skin.

While making your own products may sound complicated and messy, it's not. Anyone with a juicer, a food processor, and a fresh market nearby can enjoy these earthy, organic facials as part of a home skin-care routine.

GORGEOUS GREENS

No salad would be complete without

boost immunity.

Parsley is high in vitamin C. On skin, the herb is known to help shrink pores as it regulates the production of sebum. It also stimulates the production of collagen, which aids skin healing and reduces wrinkles. Parsley is a free-radical scavenger and helps repair damaged keratinocytes, the most common type of skin cell.

Romaine lettuce can be used not only as a compress or wrap, but also in a juice. The extract of this lettuce is high in vitamin K, which strengthens capillaries, and vitamin A, which normalizes skin cell turnover.

Watercress is diuretic and therefore anti-inflammatory. This mustard green contains high levels of sulphoraphane,

*"Listen are you
breathing just a
little and
calling it life?"*

-Mary Oliver



Incorporate fresh vegetables into your skin care routine.

greens. There are many that impart cooling, hydrating, and soothing effects on skin, but those of note include dandelion greens, parsley, romaine lettuce, and watercress.

Dandelion green extract has a cleansing and detoxifying effect on skin. The ingredient has been used on eczema and psoriasis, and is known to contain high levels of antioxidants and zinc, which

which is antimicrobial and a cancer fighter. Watercress extract has been shown to boost the skin's UV protection as well.

A popular addition to a green salad, or a salad facial, is avocado. The natural oils in avocado offer moisturizing benefits and have gained popularity in skin care

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products and cosmetics as an organic substitute for petrochemicals. Avocados are high in sterols, which are phytochemicals with an anti-cholesterol effect that heal dry skin and eczema. Avocado extract has also been shown to boost the skin's natural sun protection. It also works against skin laxity as it boosts collagen production.

Salad Greens Facial Mask

Use only organic ingredients in this facial rejuvenation mask.

Ingredients:

1/4 cup dandelion greens

1/4 cup parsley

1/4 cup romaine lettuce

1/4 cup watercress

1/4 cup sunflower seed oil

Half a ripe avocado (optional)

A few drops of lemon or lime juice (optional, for scent and to maintain color)

1/4 cup of fennel (optional, for scent)

Wash and dry all the salad greens. Pulse a few times in a food processor. Slowly add the sunflower seed oil in a constant stream while the food processor is on. Allow the mixture to set for at least 10 minutes before application.

Pure Avocado Facial Mask

Avocados are known for their "good fats" but they are also full of vitamins and antibacterial properties. Flaxseed helps fight inflammation. When combined together, this calming mask will leave the skin looking hydrated and refreshed.

Ingredients:

1 ripe avocado (peeled, pitted, and cubed)

2 tablespoons sunflower seed oil or rice bran oil

2-3 drops lemon or lime juice (optional)

2 ounces flaxseed gel (optional)

1 tablespoon honey (optional)

In a blender or food processor, process the avocado until smooth. Add other ingredients to mixture slowly. Once mixture is combined, apply to face and décolleté with wooden spatula. Leave on skin for 10-15 minutes, then remove with warm towel.

A Touch of Vinegar

Apple cider vinegar contains acetic acid.

On skin, it is antifungal and antibacterial, normalizes pH, and cleanses skin as it breaks up excess sebum. It is often used as a foot soak to remedy athlete's foot and other fungal conditions. Combine it with honey for even more antifungal, antibacterial, and humectant (moistening) benefits. Honey never goes bad because it has a high acid pH and low water content. It is good for acne and eczema, as it soothes skin and prevents infections.

Apple Cider Vinegar Tonic

Use this tonic as an astringent, to remove product, or to freshen skin.

Ingredients:

7 tablespoons apple cider vinegar

1 liter distilled water

2 tangerines

1 tablespoon baking soda

Add baking soda to water, and soak the

whole unpeeled tangerines in it for one hour. This maximizes the amount of oil that will be extracted in the next step. Peel the tangerines, cut the peel into small pieces, and soak the peel pieces in the apple cider vinegar for up to seven days in the refrigerator. Strain and pour into a sterilized bottle.

*Lynn Parentini is an author, educator, esthetician, massage therapist, and author of *The Joy of Healthy Skin* (Prentice Hall, 1995).*



A calming mask leaves the skin hydrated and refreshed.

Afternoon Essential Oils

Jeanne Rose

It's easy to enjoy the benefits of aromatherapy, even when you're not in the therapy room. Here are some ways to incorporate facets of aromatherapy into your daily routine, and even into your lunchtime!

Consider having a protein-filled lunch of 4 ounces of chicken breast mixed with salad. Make sure your salad includes at least six red and green items combined, such as cucumber, lettuce, tomatoes, carrots, bell peppers, and radishes. Add chopped basil, sage, or sweet marjoram. Make a simple dressing of olive oil and lemon juice. Add culinary essential oils such as dill weed and black pepper. Have a glass of aromatic iced herbal tea, and add to it 1 teaspoon of melissa hydrosol. This is tasty and encourages deep thinking and relaxation. If, however, you need to continue your workday, then add 1 teaspoon of rosemary hydrosol to your lunchtime iced tea.

Why not take a five-minute scented breather for an afternoon break. The

aromatic properties of plants are effective tonics and energizers. Dabbing the temples with essential oils or spraying the nape of the neck with hydrosols of rosemary or peppermint is a wonderful way to implement the potent effects of these distilled plant materials. You can also use a mixture of distilled water with essential oils of peppermint, sage, and basil dissolved in alcohol (10 drops essential oil, 20 drops alcohol, and a half-ounce of water). Basil and peppermint herb, and their essential oils, have been used for centuries as a mental stimulant.

Complete your afternoon break by lying down for 3-5 minutes with a couple of slices of fresh cucumber on the eyes. Cucumber contains enzymes that help soften the skin. If the day's work has brought on a headache, a drop of rosemary oil to the temples or around the ears works wonders.

Jeanne Rose has been teaching and researching natural remedies for 30 years, beginning with her

first book, *Herbs Things*.



Find out which essential oil works best for you.

Foods to Boost Your Mood

Don't let your diet get you down. If you're looking for a quick pick-me-up that will boost your mood but go easy on your calorie count, consider these "superfoods" recommended by Mehmet Oz, MD, vice-chair and professor of surgery at Columbia University and contributor to Oprah.com.

KEFIR MILK

Try it if: you're looking to calm down. Made by fermenting more traditional milk with kefir grains, this drink is high in the amino acid tryptophan, which produces a relaxing effect on the nervous system. As a bonus, the drink also contains a healthy amount of B vitamins.

ASPARAGUS

Try it if: you're feeling low. This vegetable is loaded with folic acid,

which is good news for your mood, as low levels of the vitamin have been tied to depression. In fact, one 5.3-ounce serving contains 60 percent of your recommended daily folic acid allowance. Plus, asparagus is low in calories and contains no fat or cholesterol, so it won't ruin your diet.

ORANGES

Try it if: you're stressed out. Why? Vitamin C. This powerhouse nutrient can help support your immune system, skin, and more, but its stress-fighting powers come from its effect on your blood pressure. Studies have shown that consuming 500 milligrams of vitamin C daily can dramatically lower cardiovascular and stroke risk. One orange contains about 80 milligrams.

*"Life begets life.
Energy creates
energy. It is by
spending oneself
that one
becomes rich."*

-Sarah Bernhardt

HELLO SUMMERTIME

Hope this summer season finds you all in good health.

It is the time of year for skin renewal. Need help to counteract all of the sun and wind exposure? Luckily, there is a summertime Bellanina Facelift Massage Special.

Starting on June 21st through August 21st all Bellanina Massages will be discounted to \$85.00 (reg \$95.00).

Schedule now for yourself or treat a friend.

Be well and know you are all appreciated.
Marolyn

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