

# Sojourn Massage Newsletter

Winter 2008

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

*In all things of nature there is something of the marvelous.*

-Aristotle



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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"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.

# The Art of Bathing

## Simple Recipes to Soothe Mind and Body

From bubble baths to essential oils to Dead Sea salts, prepared bath products are designed to enhance a bathing experience, but they can be expensive. Instead of spending the extra money on special bath products, try one of these natural, simple bath recipes with ingredients you probably already have in your cupboard or refrigerator.

### Epsom Salts

**ADD 2 CUPS EPSOM SALTS TO BATH WATER.** Magnesium sulfate, or Epsom salts, has been used for centuries as a folk remedy, and research now confirms its numerous benefits. The second most abundant element in human cells and a crucial component for bone health, magnesium is also needed for muscle control, energy production, and the elimination of toxins. Magnesium eases stress, aids sleep, and improves concentration while reducing inflammation, joint pain, and muscle cramps. Sulfates help to flush toxins from the body, prevent or reduce headaches, and even improve brain function.

Most American diets are deficient in magnesium. However, one of the best ways to boost dietary intake is by bathing in Epsom salts, which are readily absorbed through the skin.

### Milk

**ADD 2-4 CUPS MILK OR BUTTERMILK TO BATH WATER.**

Rich in calcium, protein, and vitamins, milk replenishes the skin, while lactic acid found in milk acts as a natural exfoliant. A member of the alpha hydroxy acid family, lactic acid breaks the glue-like bonds between the outer layer of dead skin cells. Soak in a milk bath for 20 minutes, then gently scrub skin with a loofah or washcloth.

### Honey

**ADD 1/4 CUP HONEY TO BATH WATER.**

A fragrant, natural humectant, honey helps skin attract and retain moisture. Its antibacterial and anti-irritant properties make it an ideal cleansing and soothing additive to a warm bath.



Turn your home bath into a spa experience.

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# Hibernating is for the Bears

## Plan to Stay Fit This Winter

Winter's here, and you've moved your running shoes to the back of the closet until April. Yet that piece of pumpkin pie has your name on it.

With the onset of colder weather, shorter days, and snow-covered streets, we eat more and exercise less, waiting for the spring thaw to get back in shape. Instead of having to make New Year's resolutions to lose holiday weight and join a health club, why not set goals to stay fit this winter?

### MOVE FITNESS INDOORS

Winter is the perfect time to start a weight-training program. When it's sunny and warm in summer, you'd rather be outside cycling or rock climbing. When it's snowing, why not

lift weights for 30 minutes during lunch? Statistics show that more people suffer heart attacks in winter from shoveling snow, often because they're out of shape. With regular strength training, you'll be able to shovel that snow and get a head start with outdoor sports when spring comes around.

### WALK OUTSIDE ON WEEKENDS

Going for a jog or walk during mid-day when the sun is high is a great time to get outside and catch a few rays. Be sure to dress warmly, wear sunscreen, and drink plenty of water. Dehydration is most common in colder months when you're less aware of fluid loss.

### TAKE A DANCE CLASS

Accept that invitation to the New Year's

Eve celebration and take a class in ballroom dancing. While you're dancing, you're not hanging around the buffet table or the bar, and your waistline will thank you for it.

### REDISCOVER ICE SKATING

Whether it's on a frozen pond or at a rink, ice skating provides seasonal exercise opportunities, especially good for the legs. And it's great fun, bringing out the kid in all of us.

### CONSIDER SNOWSHOEING

Snowshoeing is just a matter of strapping snowshoes onto your boots and walking. Snowshoes make hiking trails and snowy city parks accessible and can be rented from sporting goods stores at a relatively inexpensive price.

*Nothing is more  
beautiful than  
the loveliness of  
the woods before  
sunrise.*

-George W. Carver

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