

Article – 1 : History of Spa

Spa is an acronym for the Latin phrase, "Salus Per Aquea" or "**S**anitus **P**er **A**quam," or "Health Through Water." Modern spas have their roots in ancient towns famed for the healing powers of their mineral waters and hot springs. Travellers would come to "take the waters" and restore their health. Hippocrates (460-370 BC); father of medicine, suggested perspiration, walking, massage and bathing important for maintaining physical balance. It was this influence of the Greeks that caused the Romans to build thermal baths and natural hot springs. These spas were used for the recuperation of injured soldiers as well as recreation centers. Romans felt that the baths themselves were more important than the gymnasiums, whereas the Greeks liked to partake of the spa after a vigorous workout. Romans focused on the relaxation, socializing and medical treatments, and that is probably why they lasted as long as they did.

Article – 2 : Types of Spa

Spas have changed considerably over the years. Once a place for a sauna or massage, today spas can be overwhelming with the number of treatments available. There are beauty treatments, well-being treatments, dietetic treatments and even lifestyle therapies. Spa as we know today are varied in their offering but have a common and devoted mission which is to enhance health and well-being of their customers. There are many types of spas, and it's important to understand the differences so that you can give the experience that the clients are looking for. We shall talk about the types of spa in the coming weeks

Article – 3 : Day spa

It offers spa treatments exclusively on a day-use basis. Many also offer salon services. Size and character can vary widely. The important thing here is to ensure that the day spa is separated from the noisier salon environment. Many Day spas also have salons and gymnasiums attached. The growing trend is to also have Yoga and group exercise studios. Day spas in Europe tilt more towards aesthetics and cosmetology while American ones tilt more on nail services.

Article – 4 : Resort Spa

It is located within a resort or hotel. It offers spa services, fitness classes and spa cuisine. It's a good choice for either business travelers or families. In a resort spa the purpose of the visit is to unwind and relax and the Spa is one of the many offerings besides other sports and

recreational activities. Indian resorts are beginning to have increasingly better spas. European (Mainly Spain, Portugal and Italy) resorts have actively adopted Ayurveda and yoga in their spas as more and more people want health benefits along with relaxation.

Article – 5 : Destination Spa

Its sole purpose is to help you lead a healthier lifestyle through spa treatments, exercises, and educational programs. Usually the stay is for more than a couple of days, and Spa cuisine is served exclusively. The purpose of visit to destination spas is solely for improving health and wellbeing. The serious destination spas who focus on healing offer vegan food and do not offer alcoholic beverages while other destination spas offer choice of regular food as well as drinks leaving the choice to the guests.

Article – 6 : Hotel Spa

Hotel spas are usually a luxury spa venue based in a regular hotel mostly located within a city or large town. A hotel spa differs from a destination spa in the fact that you simply choose and purchase the spa or beauty treatments that takes your fancy while staying at the hotel. The focus of the visit is to relax for the day. Most hotel spas cater to single therapies and short duration therapies as most visitors are short on time. Prolonged packages are made available to local residents only as hotel residents are unlikely to avail such services unless they are long staying guests of the hotel.

Article -7 : Medical Spa

It offers treatments that require a doctor's supervision, such as laser and Botox treatments. Besides, it also offers spa treatments. Medical history taking is given a lot of emphasis and so is hygiene and sterilization. Generally such spas offer specific treatments for specific problems such as microdermabrasion for smooth skin, botox for ageing skin, specialized laser therapy for lightening the skin, etc. Increasingly Ayurveda and homeopathy based therapy centres are also being classified as Medical Spas or Med Spas as they are popularly called.

Article – 8 : Club Spa

These are the Spas located in sports and recreation clubs. In such facilities, the Spa could be a small set up as it is in older clubs or it could be fairly large in newer clubs. Most club spas restrict the usage of the spa services only to members of the club. With increasing costs of maintenance, many old clubs are opening up their spas to non-members as well. Club spas focus mainly on the physical aspects of the Spa therapies such as Deep tissue massage and Swedish massage which helps in reducing muscular aches and pains. Users of Club spas generally use steam, sauna and whirlpool facilities extensively.

Article – 9 :Cruise Ship Spa

These are the Spas which are located at luxury cruise ships. Many of them offer the best of international therapies and programs. They are often available along with fitness and other water based therapies. Cruise Ship spas are preferred destinations for guests to relax when the cruise liner is on the high seas. Cruise ships also offer therapy packages for lifestyle diseases. Some of the best spas in the world are located inside cruise ships. Spas in cruise ships also actively promote use of spa products and hence have a strong spa product offering.

Article – 10 : Hygiene in spas.

Hygiene deals with the precautions and procedures necessary for maintaining health and preventing the spread of disease. Prevention of cross infection, infestation and general infection is of utmost importance to a spa and salon. There are many different types of microorganisms present in the environment, the main groups are - bacteria, viruses, fungi, yeast and protozoa. The ability to fight diseases is called resistance. However invasion of microbes is in large numbers and they overcome the body's defenses, causing diseases and illness. The body produces anti bodies to fight against infection. This specific resistance is called immunity. Spa maintain hygiene through many of the ways as will be detailed next week.

Article – 11: How spas ensure hygiene

Spas ensure hygiene by cleaning all surfaces daily using a hospital grade disinfectant. All guest contact surfaces such as taps, handles and wash room seats are disinfected each day. Spas use disposable accessories and properly sterilizing those materials that are re-used. Disposables used in the spa are wax strips, spatulas, spoons, cuticle pushers, needles, ear buds, shower caps, combs and brushes and inner wear such as underwear and

brassier. Spa therapists are trained to wash their hands and sanitise them before they even touch a guest. Waste disposable bins lined with disposable plastic bags and disposed separately. Towels and linen are changed after each use. Soiled towels are washed with hot water and anti-septic agents to ensure hygiene. All instruments are sterilized using an autoclave (hospital grade) or with a UV sterilizer and a contact disinfectant. Spas generally burn citronella oil which not only alleviates the mood but is also an effective mosquito repellent.

Article -12 : Colour Therapy in Spas

Colour Therapy is a complementary therapy for which there is evidence dating back thousands of years to the ancient cultures of Egypt, China and India. Colour is simply light of varying wavelengths, thus each colour has its own particular wavelength and energy. The energy relating to each of the seven spectrum colours of red, orange, yellow, green, blue, indigo and violet, resonates with the energy of each of the seven main chakras/energy centres of the body. Balance of the energy in each of the body's chakras is very important for health and wellbeing. Colour therapy can help to re-balance and/or stimulate these energies by applying the appropriate colour to the body and therefore re-balance our chakras. Colour is absorbed by the eyes, skin, skull our 'magnetic energy field' or aura and the energy of colour affects us on all levels, that is to say, physical, spiritual and emotional. Every cell in the body needs light energy - thus colour energy has widespread effects on the whole body. There are many different ways of giving colour, including; Solarized Water, Light boxes/lamps with colour filters, colour silks and hands on healing using colour.

Article -13: Music Therapy

Research has shown that music has a profound effect on your body and psyche. In fact, there's a growing field of health care known as Music Therapy, which uses music to heal. This is not surprising, as music affects the body and mind in many powerful ways. Slow relaxing music has been used by mothers to lull babies to sleep. The relaxing instrumental music played in spas are chosen specifically calm the mind of the visitors and decrease the breathing rate, heart rate and blood pressure.

Article – 14: Yoga in Spas

The practice of Yoga has been around for centuries, and was originally developed to attain a state of calm, peace and wellbeing and to "find the union of the individual with the divine." It is not a religion but a way of life. This was accomplished by using Yoga techniques along

with proper ethical behavior diet, exercise, breathing, posture, and mediation. The true essence of Yoga revolves around elevating the life force or 'Kundalini' at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind. Many wellness and ayurveda based med spas offer yoga as well. In the next week we learn about the other benefits of yoga.

Article -15: Benefits of Yoga

Yogic exercises recharge the body facilitates attainment of perfect equilibrium and harmony, Self- healing, Removes negative blocks from the mind and toxins from the body, Increases self-awareness and confidence, Helps in attention focus and concentration (especially children), Reduces stress and tension in the physical body by activating the parasympathetic nervous system, Stimulates digestive system, Removes harmful toxins from internal organs and boost the immune system, improves circulation thereby keeping the organs and the skin healthy, aids weight loss, Reduces stress and tension, Tones muscles and increases flexibility, strength, and stamina.

Article – 16: Progressive muscle relaxation for stress relief

Progressive muscle relaxation is another effective and widely used strategy for stress relief. It involves a two-step process in which you systematically tense and relax different muscle groups in the body. With regular practice, progressive muscle relaxation gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of the body. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. As your body relaxes, so will your mind. You can combine deep breathing with progressive muscle relaxation for an additional level of relief from stress. Visualization techniques can also be combined with relaxation to promote healing and wellbeing. Most progressive muscle relaxation practitioners start at the feet and work their way up to the face.

Article -17 : Some tips for progressive muscle relaxation -

Loosen your clothing, take off your shoes, and get comfortable. Take a few minutes to relax, breathing in and out in slow, deep breaths. When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels. Slowly tense the

muscles in your right foot, squeezing as tightly as you can. Hold for 10 count. Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose. Stay in this relaxed state for a moment, breathing deeply and slowly. When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release. Move slowly up through your body — legs, abdomen, back, neck, face — contracting and relaxing the muscle groups as you go. When your whole body is relaxed visualize the expansive skies, ocean or desert and allow your mind to be one with the expansive space. Enjoy bliss...

Article – 18: Mindfulness for stress relief.

Meditation that cultivates *mindfulness* is particularly effective at reducing stress, anxiety, depression, and other negative emotions. Mindfulness is the quality of being fully engaged in the present moment, without analyzing or otherwise “over-thinking” the experience. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus to what's happening right now. As the saying goes the past is a baggage and the future is a worry but the “now” is a gift and that is why it is called the “present”.

Article – 19: Introduction to Ayurveda

Ayurveda is a Sanskrit term, "Ayus" means life and "Veda" means knowledge or science. The term "ayurveda" thus means 'the knowledge of life' or 'the science of life'.

Ayurveda is a complete or holistic system that integrates the mind, body and spirit. Ayurveda teaches us to stay healthy by being in tune with nature. It is thousands of years old with specific mention in the ancient indic texts as against allopathic medicine which is not even 200 years old. There are references even of the transplantation of testes, preservation of dead bodies and treatment of many diseases. The branches of ancient ayurveda are internal medicine, cranio-organic remedy, surgery, pediatrics, toxicology, anti-ageing & rejuvenation, aphrodisiac healing and spiritual healing. Health in ayurveda is defined as a state of equilibrium of the body, mind, senses and emotional constituents' supported by proper functioning of the digestive and elimination systems.

Article -20 : Qualities of an ideal spa therapist

The qualities to look for in a Spa therapist are - healthy in body and mind, good skin tone, warm and pleasing personality, alert and attentive, good personal hygiene, free of body odour and breath odour, compassionate and affectionate, has good knowledge of the

service to be rendered, dexterity, ability to anticipate guest needs, has a good knowledge of the products to be used, has a fair knowledge of the human body and its functioning, has a genuine intention to do good to all. Most spas recruit therapists based on their proper attitude and then train them intensely in skills over a period of 3 to 6 months.

Article -21 : Are you a vata (more of space and wind element) personality ??

Physically such people are either very tall or very short, non- muscular, with thin and bony limbs and have a quick gait with short fast steps. Skin is generally thin, darkish and cool. The hair is thin, dark, coarse and straight or curly. The face is usually long and angular, often with an underdeveloped chin. The neck is thin and scrawny. Nose is small and narrow. May be long, crooked or asymmetrical also. Eyes tend to be small, narrow or sunken, dark brown or gray in color, with dull luster. The mouth being small, with thin, narrow or tight lips. Teeth are irregular, protruding, or broken, set in receding gums. And while the voice is weak, low or cracked, speech is fast with interruptions. Vata people have restless minds and weak memories. They avoid confrontation. Have active and sensitive natures and express themselves through sport and creative pursuits. Likely to be artistic and creative with a good imagination, they will sometimes overindulge in pleasures. Fearful, worrisome and anxious they are into questioning, theorising and over-analysis. Often dissatisfied with and unable to sustain friendships, they spend money quickly, often on trifles. With light, interrupted sleep of 5-7 hours a day.

Article – 22: Are you a Pitta (more of fire and less water element) body type

A moderately well developed physique with muscular limbs and a purposeful, stable gait of medium speed. With a loud, strong voice and precise, convincing speech. The skin is fair, soft, lustrous, warm, and tends to burn easily in the sun – has freckles, many moles, and a tendency to rashes. Bodies are hot and sweaty. Characterized by fine and soft, either fair or reddish hair that tends to gray soon. Face is heart-shaped, often with a pointed chin. While the neck is proportionate and of average size. A neat, pointed, and average sized nose matches the average sized eyes that are either light blue, light gray or hazel in color, with an intense luster which get red in summer or after bathing. The mouth being medium, with average lips and medium-sized, yellowish teeth. Intellectual and precise disposition due to a very alert, focused mind. Sharp and knife-like in anger, they are irritable, jealous and aggressive by nature. Discriminating and judgmental, they are articulate, learned and proud. With a developed sense of responsibility, they can take decisions and organize affairs well. Argumentative, but with a sense of humor, their selectively excellent memory makes them fast learners.

Article – 23 : Are you a Kapha (more of water and less of earth element) body type

A thick, broad, well-developed frame and large, long limbs go well with a pleasant, deep and resonant voice with low, slow, rhythmic speech. The skin is usually thick, oily, pale or white and cold. Plentiful, thick, wavy, lustrous and generally brown hair is set on a large, rounded and full face. The neck is solid, with a near tree-trunk quality. A large, rounded nose and large, attractive, blue or light brown in color eyes are found in a mouth that is large with big, full lips. Teeth too are big and white and set in strong gums. Kapha predominated people are calm, steady, considerate - stable, patient personalities they are slow to anger. Not easily provoked, once angry they do not calm down easily. They are honourable, true to their word and avoid lies. Loyal, forgiving and understanding, they can be lethargic, even lazy, if not driven by others. Learning may be slow but memory will be strong. Excellent in logical analysis, they take time before reaching conclusions. They enjoy long hours of deep sleep.

Article – 24 : Ayurveda lifestule for healthy life.

Wake-up 45 min before sunrise. Finish the morning ablutions, Wash the face and brush the teeth with neemsitck/ neem based toothpaste. Scrape the tongue and remove the white deposits, Apply oil on the body or give a body massage, Light exercise only till such time that sweat appears on the body. Have a warm water body bath and room temperature for the head and neck. Meditate for atleast 20 minutes in the same spot and time each day. Consume a balanced nutritious breakfast before 9 am. Sleeping in the day time, only if you

have not slept in the night and that too only before lunch. Always eat seasonal and fresh food and ensure that you do not eat to the fullest.

Article – 25 : Aromatherapy

Aromatherapy is a holistic treatment using essential oils to promote balance and harmony within mind and body. Normally a pleasant sweet smell or fragrance (aroma) is used to provide a healing treatment serving to improve or maintain health. Many times aromas are also burned in diffusers which spread the aroma that triggers a sense of wellbeing in the mind. Essential oils provide not only the aroma of a plant but also many complex chemicals that treat the body in many ways. The beneficial properties of essential oils which are sometimes referred to as the life force of a plant are far more effective than the aroma produced from the plant as they are more concentrated. Together the use of oils and massage helps to maintain optimum health. These work on the nervous system. Stress causes suppression of the immune system and this treatment is an excellent antidote helping to establish and maintain balance between the nervous systems and organs of the body.

Article – 26 : How do the aroma oils work?

Oils may be absorbed into the body orally, manually, or by inhalation in liquid or vapor form. The liquid when taken orally is absorbed through the mouth into the stomach and intestines from where it enters the bloodstream and reaches all the body tissues and organs. Essential oils applied manually should be sufficient and oral application must be under the supervision of an experienced aroma therapist, as improper use orally may be dangerous. When applied to the skin manually, the oils will be absorbed into the skin, muscular tissue, the joints and the bloodstream where it will reach all the body tissues and organs. As vapor, oils will be inhaled through the nose and into the lungs. From the lungs it will enter the bloodstream and from the nose it will reach the brain effecting hormonal and neurochemical release which has emotional and psychological effects. All essential oils work more effectively in a synergistic blend. The oils interacting with each other are more effective than used alone. Some essential oils when used together have a mutually enhancing effect, for example the anti-inflammatory effect of chamomile is more effective when mixed with lavender.

Article 27 – What are the methods of use of Aromatherapy

Aroma/ essential oils can be used in burners / Candles / Ceramic ring / Compressor / Directly on the skin / Dry inhalation on a handkerchief/ Facial steamer/ Foot spa/ Fragrance bowl/ Hair care products/ Humidifier/ In the bath/ In the car/ Inhalation/ Massage/ Ointment/

Pot pourri/ Sauna/ Skin care products/ Tea infusions. Aromatherapy massage combines the use of the relaxing effects of the oils and the sense of smell. The mind and body is soothed and the body's natural energy flow is stimulated. An aroma therapist, uses massage to apply essential oils to the body as the principle form of treatment. He also recommends advice in using oils for homecare based on the state of health. Precautions – Check for contraindications, use only diluted oils, avoid administering essential oils internally and finally ensure the client likes the fragrance of the oils.

Article – 28 . What are carrier oils in aromatherapy?

Aromatherapy uses carriers that acts as a medium for essential oils. The carriers dilutes the essential oil to make them safe, helps to spread the essential oils evenly, slows down the evaporation rate of the essential oil and increases the absorption of the essential oils into the skin. The best oils for the body are grape seed, peanut, sesame, soya, sunflower and sweet almond. The best oils for the face are aloe vera, apricot kernel, avocado, evening primrose, jojoba, peach kernel and sweet almond.

Article -29 - Effects of carrier oils on the body.

Depending on the blend of oils chosen they can have different effects on the body. They penetrate into the dermis in approximately 6-10 seconds, stimulate or soothe the nervous system, promote healthy cell growth, relieves aches and pains, soothes aching muscles, refreshes the mind and increases concentration, relieves headaches, can be antiseptic, anti-inflammatory, anti-viral in effect. Helps to stimulate the body's immune system and also has a sedative effect.

Article – 30 - Contraindications to essential oils

Essential oils used in the correct way by a knowledgeable aromatherapist produce no side effects. In fact, they stimulate the body's own self-healing powers and work holistically balancing mind and body. The very few contraindications for use are :

Pregnancy (None in the first five months and oils thereafter), Cancer - unless with doctor's permission, Heart disease, Migraine, open wounds, skin infections, inflamed bites and stings, varicose veins, scar tissue, bruises or acute inflammations, Fever or high temperature, if you are on homeopathic treatment, after major surgery, if you are on strong medication, serious health problems such as asthma, diabetes, multiple sclerosis, thyroid conditions and any other condition receiving medical attention.

Article – 31 - Contraindications to general massage

Massage must be best avoided under the following conditions as they can cause severe problems. Circulatory disorders, Heart disease, Lung disease, Haemophilia, Neuritis and neuralgia, Infectious skin diseases and disorders, Recent scar tissue, aggravated varicose veins, inflamed and painful joints, very thin bony clients, very thin overstretched skin. When essential oils are over used it causes irritation, sensitization and toxicity.

Article – 32 – Method to store essential oils.

Pure essential oils should be stored in a cool, dry place. It should be kept in dark glass bottles that is airtight and is kept out of reach of children. The average shelf life of essential oils is six months to two years. The therapeutic effect of the oils diminishes with age. When exposed to the air the oxygen combining with some of the constituents of the oil will cause it to oxidize and deteriorate. Do not store ready-mixed essential oils in carrier oil as the essential oils have a much longer shelf life when they are stored in their pure state. When using the oil for aromatherapy massage, mix only the amount you require for the treatment.

Article – 33 – Body-mind-spirit connection

Our body responds to the way we think and feel, and this is called “mind, body, and spirit wisdom”. When we are stressed or upset or under emotional pressure, our body warns us with physical symptoms for e.g. we may have headache due to increase in blood pressure when we hear something shocking. The secret to keep the three in peak condition is moderate exercise and healthy wholesome food for the body, mindfulness and positive and compassionate disposition and behavior for the mind and soulful prayer for universal wellbeing for the soul.

Article – 34 – The wonder that is called skin

It is the largest and one of the most important organ of the skin. It is the largest organ of the body in surface area (14 square feet) and weight. Skin is an external covering of the body made up of muscle connective tissue, blood capillaries, epithelial cells etc. The skin is constantly being worn away and replenished by new cells from below. New cells are formed in the basal layer, they then move upwards towards the skin' surface passing through various stages in each epidermal layer. They are soft and moist at first but finally end up as dead, flat cells made up of keratin in the stratum corneum. A healthy skin is moist, soft flexible and is covered with an acid mantle. It is also free from any skin diseases and is flawless and has a uniform texture and good tone. Skin varies in thickness on different parts of the body. It is the thinnest on the eyelids and joints where

greater mobility is required. It is thickest on the soles of feet, palms and buttocks. The skin on the scalp is similar to that of the face and body except that the hair follicles are numerous, deeper and larger on the scalp.

Article 35 – Functions of the Skin

In response to the high external temperature and strenuous exercise, the evaporation of sweat from the skin's surface helps lower elevated body temperature to normal. When external temperature is low, sweating is decreased which helps conserve heat. Changes in flow of blood to the skin also help regulate body temperature. Sweating removes heat and water from the body, some ions and several organic compounds. The skin covers the body and prevents harm to underlying tissues from abrasions, bacterial invasions, radiation and dehydration. The skin contains abundant nerve endings and receptors that detect stimuli related to temperature, touch, pressure and pain. Skin is important for producing Vitamin –D which is important for maintaining the strength of the bones and teeth. Due to the large network of blood vessels the skin also acts as a storehouse of blood. The skin forms a barrier which prevents bacteria, virus and other pollutants from entering the skin. Skin is of three types – Normal, Oily, Dry and Combination.

Article – 36 – Characteristics of Normal Skin

Normal skin is often referred to as balanced, because it is neither too oily nor too dry. When young this skin type seldom has any problems. But when grow old, such skin sometimes has blemishes which is often neglected. A Normal skin type in adults is very rare. It has these characteristics - pore size is small or medium, moisture content is good, skin texture is even - neither too thick or nor too thin, Colour is healthy because of good blood circulation, elasticity is good when young, skin feels firm to touch, skin pigmentation is even –colored and free from blemishes.

Article - 37 – Characteristics of Dry Skin

Dry skin is lacking sebum, moisture, or both. Because sebum limited moisture loss by evaporation from the skin, skin with insufficient sebum rapidly lose moisture .the resulting dry skin is often described as dehydrated. Characteristics of dry skin are pores are small and tight, moisture content is poor, skin texture is coarse and thin with patches of visibly flaking skin, tendency towards sensitivity (broken capillaries often accompany this skin type). Premature ageing is common resulting in the appearance of wrinkles (Seen especially around the eyes, mouth and neck).Skin pigmentation may be uneven, and disorders such as

ephelides (freckles) usually accompany this skin type. Milia are often found around the cheek and eye area.

Article – 38 – Characteristics of Greasy or Oily Skin

In Greasy skin the sebaceous glands become very active at puberty, when stimulated by the male hormone androgen. An increase in sebum production often causes the appearance of skin blemishes. Sebaceous gland activity begins to decrease when the person is in their twenties. Characteristics of greasy skin are - pores are enlarged, moisture content is high, skin is coarse and thick. The skin is sallow in color due to excess sebum production, dead skin cells and sluggish blood and lymph circulation. The skin tone is good, shiny and may show uneven pigmentation. Certain skin disorders that are more common are comedones, pustules, papules, milia, or sebaceous cysts.

Article – 39 – Characteristics of Combination Skin

Combination skin is partly oily and dry. The oily parts are generally the chin, nose and forehead, known as the T-zone. The upper cheeks may show signs of oiliness, but the rest of the face and neck area is dry. Characteristics of Combination Skin are pores in the T-zone are enlarged, while in the cheek area they are small to medium. Moisture content is high in the oily area, but poor in the dry area. Skin coarse and thick in the oily areas, but thin in the dry area. Skin is sallow in the oily area, but shows sensitivity and high color in the dry area. Skin tone is good in the oily area, but poor the dry area. Skin exhibits uneven pigmentation, blemishes, pustules and comedones on the oily skin at the T-zone and Milia and broken capillaries may appear in the dry area, commonly on the cheek and near the eyes.

Article - 40 – Characteristics of Sensitive Skin

Sensitive skin usually accompanies a dry skin type, but not always. The characteristics of sensitive skin are that they show high coloring, broken in the cheeks area and uneven texture. The skin feels warm to touch. There is superficial flaking in the skin. In dark skin irritation shows as a darker patch while in Caucasian skin it is seen as redness. Specially for a sensitive skin only those products should be tested that have been already been tested on the elbow for any irritation or inflammation.

Article – 41 – Characteristics of Allergic Skin

Allergic skin is irritated by external allergens, including chemical and some cosmetics. Allergies inflame the skin and may damage its protective function, at the consultation always try to discover whether the client has any allergies, and if so, to what. The allergies of most

concern to the beauty therapist are these caused by substances applied to the skin. The therapist must be aware of such substances and avoid their use. Contact with an allergen. Especially if repeated, may cause skin disorder such as eczema or dermatitis. Many a time an allergic skin is tied to respiratory disorders. A suppression of one may aggravate the other.

Article – 42 – Characteristics of Dehydrated Skin

It is seen in any skin type wherein the skin has lost water due to general health issues. Fever induced sweating, loss of fluid due to loose bowels, drastic dieting, consumption of diuretics (medicine to reduce water retention in the body) can lead to dehydrated skin. In many cases dehydration is caused by working in an environment with low humidity or one is that air-conditioned. Characteristics of dehydrated skin are – Skin has a fine orange peel effect, caused by its lack of moisture. It shows superficial flaking and fine, superficial lines are evident on the skin. Broken capillaries are common.

Article – 43 – Characteristics of Moist Skin

Moist skin appears moist and feels damp; this is due to the over-secretion of sweat. The beauty therapist cannot correct the skin condition that is often caused by some internal physiological disturbance such as hormonal or metabolic imbalance. Use of lightweight cleansing preparation and avoiding alcohol containing skin toners are essential. Avoiding highly spiced food, alcoholic beverages and hot drinks are also helpful.

Article – 44 – Characteristics of Puffy Skin

Puffy skin appears swollen and puffy because the tissues retain excess water. Other causes are medical disorder, side effect of medication, hot weather, consumption of too much of salt or drinking of too much of alcohol, tea and coffee. Poor blood circulation and lymphatic flow also causes puffiness specially around the eyes. Puffiness around the eyes may benefit from gentle massage around the eye area. A malfunctioning kidney leading to water retention in the body can also cause puffiness. In such cases proceed only if approved by a medical physician.

Article – 45 – What is a facial

A facial is a skin-clearing process that is usually done at a spa by a trained and licensed esthetician. The esthetician begins by analyzing the client's skin under a magnifying mirror and targeting the problem areas. The skin-analysis also allows the esthetician to tailor the

facial to fit the client's individual skincare needs. He uses sanitized skin-cleansing tools to moisturize and exfoliate, extract blackheads and whiteheads, and nourish the skin with vitamin-rich masks and lotions. Immediately following a facial, the skin is often red and extra-sensitive though the redness and sensitivity usually disappear within 24 hours. The esthetician will also provide a client with a skin care regimen that can be done at home in between facials. Generally the main steps of facial are cleanse, tone, massage, treat and moisturize.

Article – 46 - How a Facial Promotes Healthy Skin

A facial begins with a light cleansing to remove surface dirt and bacteria. This is followed by the skin analysis, steaming and then a thorough exfoliation. Exfoliation is usually followed by an extraction of blackheads and other blemishes where the esthetician uses an extracting tool. Finally, a soothing mask is applied to decrease redness followed by protective lotions containing salicylic acid or an antibiotic to minimize chances of an infection. A facial promotes skin health by removing excess dirt, oil, bacteria and dead skin cells that cause acne. Regular facials keep problems like acne at bay, and result in smooth, clear skin.

Article – 47 – Benefits of Swedish massage

It is a form of massage that was developed mainly to treat those with sore muscles after exercise. Its origin is attributed to Peter Henrick Link in the 1700's. In this technique of massage soft tissue of the body is manipulated to stimulate the nervous and muscular system as well as improve circulation of the blood and lymph. The five classical movements of Swedish massage are Effleurage, petrissage, friction, tapotement and vibration. From light to hard pressure is exerted depending upon the guest's specific requirements. It is the highest selling massage in the world because the most number of people have heard of it and hence try their first spa experience with a "Swedish massage".

Article - 48 - Benefits of Aromatherapy Massage

Massage is given with light carrier oils and pleasant and sweet smelling (fragrance or aroma) extracts of flowers, roots and leaves. It is a healing treatment that serves to improve or maintain health. It produces its effects through the relaxation response attributed to the gentle massage movements and the effect on the limbic system of the brain through the plant extracts. This massage involves relaxing movements, like pressure points, Effleurage, frictions, forearm sweeping and feather strokes. It uses a firm but gentle pressure to improve the circulation, ease muscle aches and tension, induces deep relaxation and balances body, mind and soul.

Article – 49 – Benefits of Thai Massage.

Traditional Thai Massage, also called Thai Yoga Therapy dates back thousands of years and is derived from traditional healing knowledge inclusive of a natural, holistic approach to health and well-being, resting on the pillars of proper nutrition, physical exercise, the use of medicinal herbs and therapeutic massage. Ayurvedic physician Jivaka Kumar Bhaccha, also known as Shivago Komparaj, is credited and revered as the originator of Thai medicine. He was a close friend and the doctor of the Buddha. Ayurveda gave the yogic aspects to Thai massage with the deep stretches and assisted yoga positions as well as the philosophies of healing through marma points. Chinese and Tibetan medicine brought attention to the Zen (energy) Lines and acupuncture points. Even a single session is known to increase flexibility, loosen tightness in joints, reduce ache and pains and induce a feeling of lightness. It is generally performed over ones clothes (worn loosely) and without the use of oil.

Article - 50 – Benefits of Hot Stone Massage

In a hot stone massage heated smooth, flat stones that are placed on key points on the body. The massage therapist may also hold the stones and use them to massage certain areas of the body. Arizona massage therapist Mary Nelson introduced her hot stone massage technique, called Lavastone Therapy. The warmth of the hot stones improves circulation and calms the nervous system. Some massage therapists place stones on points that are thought to be energy centers of the body to rebalance the body and mind. Its specifically used to relieve back pain and aches, improve circulation, reduce arthritis pain, reduce stress, anxiety and tension, promote sleep and alleviate melancholy.

Article – 51 Benefits of Balinese Massage

Balinese massage originated in the highlands of Bali (Indonesia). A Balinese massage uses a combination of gentle stretches, acupuncture and aromatherapy oils to stimulate the flow of blood, oxygen and 'qi' (energy) around your body, and bring deep relaxation and wellness. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, acupuncture and reflexology. Essential oils are also used to relax and soothe. Balinese massage is related to the Ayurveda, the Indian holistic medical system. A relaxation massage with attitude, this treatment will boost your circulation and give you a deep tissue and muscular massage as well.

Article – 52 – Benefits of Reflexology

Reflexology is an ancient natural healing therapy which helps to stimulate the body's own innate ability to heal itself. It works with subtle energy flows, revitalizing the body so that the natural internal healing mechanisms of the body can do their own work. The specific techniques for applying pressure to the feet create the channels for healing energy to circulate to all parts of the body. Reflex points are found on the soles, tops and sides of the feet, and the palms of the tops of the hands. Directly under the skin there is a network of nerve endings, which receive and pass impulses to and from the body organs. The feet considered an intricate map to the entire body. Reflexology is performed by using intense thumb and finger pressure the various reflex points on the foot. This is a stress reducing experience that enhances the flow of oxygen to blood cell thus increasing the body's energy levels. Correct stimulation of the reflex points can alleviate many health problems without the use of medicine.