

## The Benefits of Facial Massage

*Natalia Doran*

A well-performed facial massage is a wonderful treat that will help relieve puffiness and improve skin tone and complexion. Other physical benefits of a facial massage include stimulation of the skin's immune mechanisms, firming of weak muscles, tissue regeneration, and antiaging effects. There are also many mental benefits, including stress relief and a greater awareness of the body-mind connection.

### How the Skin Moves Nutrients

In order to fully understand the benefits of facial massage, it is helpful to understand the anatomy and physiology of the skin.

layer, the epidermis, does not have a direct blood supply--all nutrients, water, and oxygen needed to feed these cells must come from the dermis. If nutrients are lacking in the dermis, the skin cells will be undernourished.

To move from the dermis to the epidermis, nutrients must cross the basement membrane that joins these two layers. Small molecules, such as water, oxygen, carbon dioxide, and glycerol, can cross this membrane by diffusion. Larger molecules must cross by facilitated diffusion (being carried across by proteins). Nutrients or other substances that exist in lower concentrations in the dermis than in the epidermis must be moved into the

*Whoever is  
happy will  
make others  
happy too.*

-Mark Twain



There are many physical and mental benefits to facial massage.

We all know that skin is a complex organ consisting of a number of specialized cells. Its functions include pH and temperature regulation, and sebum and sweat production. The condition of the integumentary system (the skin and its components) depends on homeostasis and the coordination of circulatory, nerve, muscular, endocrine, and lymphatic systems. The skin's outer

epidermis by active transport. Water, an effective transportation system, can pass through membranes in response to changes in ion concentration. Hormones and mechanical movements, such as massage, can regulate the rate at which water passes through the membrane.

**Continued on page 2**

### Office Hours and Contact

**Annie M Vezza**  
**E-mail [anniemvezza@gmail.com](mailto:anniemvezza@gmail.com)**  
**Cell (512)749-2554**  
**For your next appointment  
please Call, Text or E-mail.**

### In this Issue

**The Benefits of Facial Massage  
Put Your Best Face Forward  
Salt Story**

**Continued from page 1**

What about absorption from the outside of the skin into the underlying tissues of the body? Skin permits absorption, but the tightly located coenocytes and lipids between cells make absorption limited. When products are applied to the skin, certain elements play a role in the absorption rate, including the features of the skin, changes in skin barrier function, size of product molecules, and the type of delivery system used in the product.

Connective tissue also plays a role in how the skin moves nutrients. All substances that are transported in the blood must pass through the connective tissue to reach the cells or to be removed as waste. Connective tissue contains cells that produce collagen and elastin, and a half-gel, half-fluid binding mass called the ground substance, which surrounds every cell. Through the ground substance, nutrients are transported from the blood capillaries to the cell, and waste products are moved from the cells to the capillaries. The condition of the ground substance will affect the diffusion rate of nutrients and waste products, creating the cells' environment. This environment can be clean and healthy, or polluted with metabolic wastes.

Applying pressure and movement through massage can help to normalize the function and composition of the connective tissue, and free it of harmful substances.

## **Lymphatic Massage**

The body's lymphatic system is responsible for draining away the debris from our cells. It transports water out of the tissue, along with waste substances: bacteria, cell fragments, immobile cells, inorganic substances, large molecular fats, proteins, and viruses. This process is constantly happening all over the body, as the lymph cleanses each cell and drains away the debris in a circulatory system powered only by breathing and muscle movements. With mechanical manipulation such as massage, the lymph system can move up to 10 times more fluid than it normally does.

Manual lymph drainage (MLD), which was developed by Emil Vodder, PhD, is a type of gentle massage that accelerates the natural circulation of the lymph and encourages its movement away from

swollen areas. MLD is firm, but gentler than ordinary massage. Because the lymph vessels are all interlinked, lymph flow will be affected in the entire region of the area being massaged. Other types of lymphatic massage include lymph drainage therapy, developed by Bruno Chikly, MD.

A facial massage that involves lymphatic work improves circulation to the skin, which increases nutrition to the skin cells and speeds up the filtering of water in and out of cells, removing waste products. The vasodilation of the surface capillaries during massage improves skin color, and facial massage also improves elasticity and suppleness of the skin. With facial massage, the skin becomes more balanced, less prone to breakouts, and more resistant to infection.

*Natalia Doran, MD, is the founder and president of*

*the International Skin Beauty Academy in Illinois. She has a medical degree in dermatology and a master's degree in educational psychology.*



**Pamper yourself, and do a good thing for your body too!**

# Put Your Best Face Forward

*Tess Mauricio*

You might be surprised at what can speed up your skin's aging process. Following are several ways to ensure you continue to put your best face forward.

## AVOID DRINKING THROUGH STRAWS

I'm sure many of you drink dark sodas, tea, and coffee through a straw to prevent staining your pearly whites or avoid putting your mouth on a can or bottle, right? Unfortunately, it's causing fine lines around your mouth, a sign of premature aging.

## TRAIN YOURSELF TO SLEEP ON YOUR BACK

Resting your face on the pillow in the same way every night for years leads to wrinkles, which eventually become etched on the surface of the skin and no longer disappear the next morning.

## PULL DOWN THE SHADE IN AN AIRPLANE

You're much closer to the sun in a plane than on land, and ultraviolet (UV) rays, which can penetrate windows, are more intense at higher altitudes. Pilots and flight attendants have been found to be

at an increased risk for melanoma and other skin cancers.

## BEWARE BEAUTY CREAMS WITH TOXIC INGREDIENTS

Exposure to some beauty cream chemicals does more harm than good. Know your ingredients and consult with your skin care professional to make the best possible product selections. Some experts caution against the use of creams that contain dimethicone, mineral oil, parabens, paraffin, and petrolatum.

## CLEAN GLASSES AND SUNGLASSES

Bacteria on the eyeglass frame will sit directly on your face for an extended period of time. Simply wipe clean with an antibacterial cloth each day.

## WASH AWAY CHLORINE

After a dip in the pool or hot tub, wash your face with a cleanser to remove all chemical residues, and be sure to moisturize afterward.

*Tess Mauricio, MD, is the founder and*

*owner/operator of multiple cosmetic dermatology centers throughout Southern California. She is currently a fellow of the American Board of Dermatology, and diplomate of the American Academy of Dermatology. Learn more online at [www.scrippsderm.com](http://www.scrippsderm.com).*



**Wash your face to remove residue.**

---

## Salt Story

### Good for your skin, but limit your intake

*Shelley Burns*

With all we hear these days about reducing salt (sodium) in our diets, it's easy to lose sight of the fact that salt is an essential element for human life.

It's true we need to be cognizant of how much sodium we ingest in our diets. Excess salt can cause high blood pressure, heart disease, and kidney problems. These are serious conditions. A less serious, but still important, result of excess sodium is water retention. Water retention leads to puffy eyes and dry skin--two effects we don't want to encounter as we strive for healthy skin.

We usually get enough salt from our diets naturally, but we start to run into trouble when we reach for processed foods. Fast food and ready-made meals contain excessive amounts of salt. Out of habit, we may then reach for the salt

shaker to further enhance flavor. The more we salt our food, the more salt we want, creating something of an addiction. We would be better off using fresh herbs, spices, and lemon to flavor our foods.

The recommended daily intake of salt is 1,500-2,400 milligrams. Those with high blood pressure may need to reduce salt intake to less than 1,500 milligrams, or use a salt substitute.

Is there anything good to say about salt? Of course. Salt therapy, or halotherapy, has been used since the early 19th century to treat respiratory and dermatological issues. Salt therapy increases circulation to the skin, which elicits healing. As it does its magic, itching will begin to subside and small cracks will vanish from the skin. Salt also

kills bacteria and fungus and, when used externally, has anti-inflammatory properties.

So put away the salt shaker and treat yourself instead to a halotherapy experience--both steps will improve your health.

*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.*

Love\*Relax\*Save More!

1 HR SWEDISH MASSAGE  
with Facial Treatment  
Reg. \$70.00 NOW \$45.00  
Expires 2/28/15

At The Clearfield YMCA  
with Annie Vezza LMT

For Appointments  
Home: call  
814-205-4200  
Cell: call or text  
512-749-2554  
E-mail:  
anniemvezza@gmail.com

Gift Certificates Available!

---

(814) 205-4200

1415 Village Rd  
Clearfield, PA 16830



**Member, Associated Bodywork & Massage Professionals**