

Rejuvenations News

December 2009

**HAPPY
HOLIDAYS**



**FROM
YOUR FRIENDS
AT
REJUVENATIONS!**



We are online!

Past issues of our newsletter can be found on our website at www.RejuvenationsPT.com

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In This Issue...



Winter is just about here. The weather is changing, snow is predicted in the near future, and you've just received your December issue of Rejuvenations News!

In this issue we will look at the difference between tension headaches and migraines, what causes them and how to prevent and treat them.

Do you know where jojoba oil comes from? You'll discover that and more in the article on page 3. Look to page 4 for some of the many uses of jojoba.

Don't miss this issue's puzzle on page 2.

This year's economy has left many of us struggling to complete our holiday shopping. Many people

are still out of work with the average length of unemployment currently at more than 28 weeks.

Rejuvenations would like to remind our many customers who have taken advantage of our value packages, or pre-paid visits, that you can convert any number of your remaining sessions into gift certificates to give as gifts this holiday season.

We are also offering a 20% discount on all half hour, hour, and ninety minute gift certificates to help with your gift giving needs. Gift certificates may be purchased by phone with a credit card or in person. Call ahead to ensure we are not in session before coming in.

Newsletter Update

Every New Years Eve people and businesses make resolutions. In 2010, Rejuvenations is making a resolution to become more environmentally friendly.

One way we intend on reaching this goal is to discontinue printing and mailing our newsletters, thus preserving valued natural resources.

If you already receive an email notification to view our newsletter online, you need make no changes.

If you currently receive paper copies of the newsletter, please contact us with your email address either by phone, in person, or at Rejuvenationsletters@yahoo.com.

Dec. 7th through Dec. 24th

Receive 20% off all

30 Min., 60 Min., or 90 Min. Gift Certificates!

(not to be applied to discounted rates or combined with other offers)



Is It a Tension Headache...

Have you felt pain creeping up on you like a vise grip on your head? Have you experienced a constant band of pressure or a throbbing sensation that spreads to your neck, the bottom of your skull and/or down through your shoulders?

If you answered yes, than you are likely among the over 45 million people who suffer from tension headaches.

Tension headaches are most common in 30—39 year olds, occur more in women (90%) than in men (70%), and come in two varieties—episodic and chronic.

Episodic headaches are the most common type, and occur less than 15 days a month. They usually last from a few minutes to a couple

hours, though they can last longer on occasion.

Chronic headaches occur 15 or more days a month and can last for days or weeks at a time. The pain can be steady or make a brief appearance at least once during the day. More bad news, ladies—women are twice as likely to experience chronic headaches as men.

There are many causes of tension headaches. Emotional and physical stress are the most common factors. Other headache inducers are poor posture, lack of sleep, depression, and skipping meals.

Pain relievers such as ibuprofen, aspirin and acetaminophen can offer some relief from the pain, but be careful. Taking pain relievers for too

long or exceeding recommended doses can actually cause rebound headaches, or a recurrence of the pain.

Massage can help reduce headaches by decreasing muscle spasms and increasing range of motion. Regular massage helps reduce stress and improves blood circulation, which also helps control the pain.

Exercising and stretching can help keep headaches at bay. Disciplines such as yoga and tai chi will loosen tight muscles that can often cause headaches. The therapists at Rejuvenations can also suggest stretches and postural changes specific to your needs that you can practice at home.



Puzzle

T	C	M	V	D	K	Q	T	Y	L	H	K	G	H	K
G	M	C	S	L	E	E	P	T	C	C	T	R	C	F
M	Z	L	G	L	I	W	J	G	Q	T	P	G	B	E
D	E	R	X	D	Z	D	Q	O	H	E	T	V	N	S
E	C	G	R	L	Z	P	N	L	E	R	Z	W	M	I
Z	N	N	A	G	P	N	Z	D	A	T	X	E	N	C
L	Z	I	I	S	N	R	E	E	D	S	N	R	O	R
W	G	F	E	N	S	R	E	N	M	I	D	X	I	E
C	T	X	T	F	U	A	A	B	A	X	R	N	S	X
S	R	T	M	T	F	C	M	R	O	E	Z	Y	N	E
K	N	R	S	L	H	A	G	J	X	U	S	L	E	R
X	D	O	R	E	L	I	C	M	Z	M	N	T	T	P
Y	P	B	S	Q	M	U	B	E	S	M	X	D	E	V
L	Y	S	S	E	R	T	S	J	O	J	O	B	A	R
Q	E	L	C	S	U	M	L	N	K	K	T	M	C	T

ACHES
 CAFFEINE
 DIET
 ESTER
 EXERCISE
 GIFTS
 GOLDEN
 HEAD
 JOJOBA
 MASSAGE
 MIGRAINE
 POSTURE
 REBOUND
 SEBUM
 SLEEP
 STRESS
 STRETCH
 TENSION

Or a Migraine?



Migraines differ in many ways from tension headaches. While the head pain is still present, it is much more severe and is accompanied by one or more of a variety of symptoms.

These symptoms include nausea, sensitivity to light, sensitivity to sound, visual disturbances, tingling, numbness, and weakness. Many migraine sufferers retreat to a quiet, cool, dark room to relieve the effects of the symptoms until the pain passes.

The cause of migraines is somewhat controversial. The old way of thinking was that inflammation and constriction of blood vessels in the brain caused migraines. Although constricted blood vessels diminish blood supply to portions of the brain and are therefore likely responsible

for some of the symptoms, it is now seen as an effect, not a cause, of migraines.

For the last ten years, doctors have believed that nerves are to blame for migraines. When a catalyst is introduced, such as stress, allergies or a blow to the head, nerves respond by releasing neuropeptides. The neuropeptides cause the blood vessels to dilate, meaning that the nerves, not the blood vessels, are the real cause of the problem.

Caffeine in respect to migraines is another controversial issue. It used to be believed that caffeine caused the blood vessels to dilate. This explained why people got headaches if they were going through caffeine withdrawal and why too much caffeine was bad for headache

sufferers.

Doctors now know that caffeine blocks receptors for adenosine, a natural pain reliever, which makes it stronger. When caffeine is withdrawn less adenosine is made, and what is made is not as strong. Therefore the nerve circuits are being used more and pain occurs.

If you suffer migraines your doctor may be able to prescribe medication to help relieve the pain. Massage reduces stress and increases blood flow, helping to decrease migraine occurrences. Exercising regularly, following a healthy diet and getting plenty of sleep are also healthy ways to help avert migraine pain.



What is Jojoba?

At Rejuvenations we use jojoba oil during massage because of its many beneficial properties. But did you know that it's not really an oil?

Jojoba (pronounced "ho-HO-bah") oil is technically a liquid wax ester. It comes from the seed of the jojoba plant, a shrub native to southern Arizona, southern California and northwestern Mexico. It is now also grown commercially in Argentina, Australia, Israel, and Peru.

Female jojoba plants are wind pollinated. The pollinated flowers on the woody perennials change into hardened capsules that contain the seeds. These capsules dry out in the sun and heat, eventually splitting open and dropping mature seeds to the ground.

The outside color and shape of the jojoba seeds are similar to large coffee beans. About 50 to 54% of the

jojoba seed is composed of extractable liquid.

At room temperature, unrefined jojoba oil appears as a clear golden liquid. It has a long shelf-life—reported to be around 100 years. Jojoba oil can withstand great changes in temperature. Frozen jojoba oil can be thawed and used without an adverse effect, and many people heat the oil before use.

Jojoba oil is chemically very similar to human sebum, or the natural oils in our skin and scalp. These oils create a coating over our bodies to protect our skin and keep it supple and pliable.

Dry skin occurs when skin fails to produce enough sebum to maintain a naturally lubricated surface. Though often hereditary, lack of sufficient oil in the skin can also result from age, sun, wind, cold and

other environmental elements.

Since jojoba oil is so similar to human sebum, it provides a great solution for dry skin or scalp. It helps rejuvenate dry, rough skin and flaking scalp.

On the other hand, acne is caused when skin produces too much sebum. The excess oil accumulates with dead skin cells and plugs pore openings.

Using jojoba oil seems to "trick" the skin into slowing or stopping the production of sebum. As such, it assists in breaking down sebum in the plugged pores, helping control acne.

Jojoba oil is very versatile. There are more suggested uses on the back page of our newsletter to keep your skin healthy and happy.



The Many Uses of Jojoba Oil

Jojoba oil is hypoallergenic and gentle enough to use on babies. It spreads easily, so a little goes a long way. There are many uses for jojoba oil. Here are a few we recommend:

Skin Care: Use jojoba oil after the shower. Apply it to skin after patting dry or apply to damp skin and air dry.

Hand Care: Jojoba oil can be used on hands though out the day. It has staying power, which means it won't wear off with frequent hand washings.

Chapped and Cracking Hands and Feet: Rub a generous amount of jojoba oil into clean hands and/or feet before going to sleep. Put on a pair of cotton gloves and/or socks and leave them on all night. The addition of vitamin E, lavender essential oil or tea tree essential oil will increase the healing effect.

Cuticle Care: Soak clean fingertips (or toes) in a small bowl of jojoba oil for 10 minutes. If done before bed, put on a pair of cotton gloves (or socks) and leave them on all night.

Massage and Facial Massage: Since jojoba oil spreads easily it is great for massage. It gives a silky feel to the skin and does not clog pores. Jojoba does not stain and washes out of clothing and linens with hot water and detergent.

Make-up Removal: Use a cotton ball or soft cloth and a small amount of jojoba oil to remove make-up. Be careful to avoid contact with eyes.

Shaving: Massage jojoba oil into damp skin on face or legs. Follow with a layer of herbal soap then shave. Since jojoba oil conditions and softens it permits a closer shave. If using an electric razor, use jojoba oil as an aftershave.

Hair and Scalp: There are several ways to treat hair and scalp:

Daily—conditioning / manageability

- Rub a drop or two on hands. Run hands through dry hair. Repeat through out the day. (Can also be used for baby's cradle cap.)
- Massage scalp with jojoba oil to stimulate hair follicles. Shampoo thoroughly when done.
- For very thick hair: shampoo and towel dry hair. Apply jojoba oil and leave in.

Weekly—restore dry hair / promote growth

- Massage damp hair and scalp with jojoba oil. Leave in for 30 minutes to overnight. Shampoo.
- Hot Oil Treatment: Warm oil to body temperature. Massage into damp hair and scalp. Wrap in a towel to maintain warmth and allow to penetrate. Shampoo. (You may need to lather up more than once to fully wash oil out.)

