



SPRING AND THE SKIN

HEALTH
Talk

The signs of spring bring exercise to mind. Feeling guilty and slothful after winter? The body celebrates being in motion. Exercise makes us feel good - physically, emotionally and mentally.

But how does exercise affect the skin? We need to honor our skin, since it's the first line of defense protecting our body from the environment. Any form of appropriate exercise can be tremendously helpful in maintaining healthy skin - better than any cream or lotion. When your skin is not happy, it will tell you, loud and clear. You just need to learn how to listen to its needs. When our skin is happy, we look our best.

Exercise brings many obvious benefits: improved blood circulation and cell renewal, oxygen, nourishment and the removal of wastes. What about wrinkles, dark circles and bags under the eyes? Take a look in the mirror. Does your skin reflect a healthy glow? An effective regime of regular exercise will add vigor to the body, face and the skin, while also sharpening your mind.

We can exercise our skin indirectly through exercise and directly through massage and specialized salon treatments. Here are some tips to consider when exercising:

- Drink plenty of water, especially if you perspire easily.
- Keep alcohol and coffee consumption to a minimum, as they promote dehydration.
- Keep a low salt diet to avoid unnecessary water retention.
- Take extra vitamin supplements as needed.
- Exercise is not an excuse to eat more afterwards.
- Make sure the body has plenty of nutritional support

and adequate rest.

- Exercise in moderation; seek professional guidance to avoid injuries.
- Never forget sunscreen when exercising outdoors.
- When in a chlorinated swimming pool, always use waterproof sunscreen, especially for the face and any other sensitive skin areas. Afterwards, cleanse the skin and follow your normal daily skin care routine.
- If you have some skin problems, rinse perspiration from the face immediately, as it may contribute to these problems.

- Exercise can be done almost anywhere - no excuses.

Here are several salon treatments that directly promote exercise for the skin:

- All form of massages, from Swedish to Acupressure.
- Acupuncture, a Chinese tradition.
- Lymphatic drainage, a European massage treatment which enhances the flow of waste.
- Galvanic Current or Sound Waves to improve penetration of nutrients.
- Micro-Current, a very low electrical current, also known as the healing current or pain relief current. This helps normalize tension in your face.

Finally, do not underestimate your own ability to help yourself on a daily basis. We can all improve how we listen to our body and our skin. May spring be a joyful beginning - take a moment to appreciate the beauty around you and within you.

Questions and suggestions are welcome:
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