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# spa | winter survival kit

by Anne C. Willis

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**WE MAY SWEAT MORE, EXPOSE** more skin and soak up more sun in warmer months, but winter brings a whole new set of beauty and health issues we must help clients deal with.

As we transition from fall to winter, the first signs of change include adding extra layers of clothes, eating warming foods like soups and stews, and applying additional moisture to our skin for protection from dryness.

## Nature's response

Watching nature's response during seasonal changes is a great way to stay connected to what our bodies are experiencing as we transition from one season to another. Every autumn, diminishing daylight hours and falling temperatures cause nature and our skin to prepare for winter. In these preparations, trees shed their leaves—much like our skin and hair sheds, and nail cuticles peel. We must remember that dead skin cells are part of our natural detoxification system, and we should allow this system to respond normally to the changes in temperature.

It is not advisable to apply aggressive exfoliation products or techniques to the skin, but rather to work naturally with the skin's desquamation system. In the fall, recommend your clients soak in mineral-rich saltwater baths or apply salt wraps for a healthy approach to dead skin removal. The minerals in the salts allow dead skin cells to detach, open pores for better detoxification and penetrate valuable nutrients. Body wraps using herbal-infused clays also help the skin and body to naturally detoxify. The enzymatic action of the clay

and induce light sweating, which carries toxins from the skin and motivates the movement of stagnant lymph. Gentle dry brushing can also be incorporated in these treatments.

## Emollients

Now that skin is free of dead skin cells and exposed to excessive dry heat, opt for oil-based serums and balms. A few drops of a good quality oil-based serum will protect and hydrate, leaving skin glowing with healthy moisture. The lip

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and eyes require special care as well. Offering clients add-on services that target these delicate areas can provide great relief and comfort.

The chemistry of autumn colors parallels our own pigmentation system as it also begins to change. Less sunlight means less production of melanin! During the winter months it is important to catch 5 to 10 minutes of sun a day. We tend to be more vitamin D deficient in the winter, which can lead to skin rashes and autoimmune disorders. Do not block the sun, but rather capture small amounts for its many health benefits.

## Moody skin

Skin goes through moods too, and its mood in the winter is pale, dry and blotchy. Energize skin by incorporating



dress stagnation and improve skin color. These techniques are therapeutic and beneficial to the client:

- Lymphatic manipulation moves stagnation and obstruction of waste in connective tissue.
- Pressure point therapy moves stagnant energy or Qi.
- Traditional European manipulation moves stagnant circulation.

We never know what magical weather will blow our way this winter, but having a winter survival kit ensures your clients that you have the remedies to keep their skin healthy and vibrant during the most challenging months. ■

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