

Baby It's Cold Outside

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Member, Associated Bodywork & Massage Professionals

Comfort For All

An Introduction to Clothed Massage

Faith Cornwall

While we most commonly think of massage as involving a massage table with lotions or oils, and draped sheets for privacy, did you know there are many kinds of massage you can receive while still keeping your clothes on?

The style of clothed massage you are most likely to be familiar with is chair massage. Available at airports, health fairs, and even in grocery stores, chair massage is easy to give and receive in public places. But the options for clothed massage don't end with this traditional favorite.

TYPES OF CLOTHED MASSAGE

Many of the techniques used in chair massage are adapted from shiatsu, a type of massage that originated in Japan and

meridian theory to feel the effects of a shiatsu massage--simply lie back and enjoy it as you would any other bodywork. Traditionally given on a mat on the floor, shiatsu has also been adapted to the table. While appropriate for relaxation and wellness, it also utilizes passive stretching.

Tui na and Thai massage are two other types of Asian massage. Both use many of the same techniques as shiatsu to ease the recipient into a state of relaxation. The more gentle tui na is generally given on a table, while the more vigorous Thai massage is traditionally given on a floor mat, though it may be adapted to tables as well.

Acupressure uses the same meridian system as acupuncture, but uses the

*One kind word
can warm
three winter
months.*

-Japanese Proverb



Clothed massage is a great introduction to bodywork

literally translates into "finger pressure." Like acupuncture and traditional Chinese medicine, shiatsu uses a system of energy meridians. Techniques used include brushing, compression, kneading, rocking, shaking, stretching, and, of course, thumb pressure, to stimulate the meridians. You do not have to be interested in, or knowledgeable about,

practitioner's hands and fingers instead of needles to stimulate each point. Of all the kinds of massage mentioned here, acupressure is the subtlest.

Reflexology, a style of massage that aims to affect the whole body by touching only the hands and feet, is another widely available type of massage that can

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be received fully clothed. It is great for people who do not wish, or are unable, to receive touch on the rest of their body (for instance, due to burns, a rash, or modesty).

Sports and deep-tissue massage may be given partially clothed--for instance, in a sleeveless shirt and shorts--if the session is focused on one area of the body, such as the calf or forearm. Oftentimes, you'll see massage tents set up at various sporting events, like bike races. Weary athletes will find their way to the massage tables after a day's ride, looking to have their aching muscles attended to through their clothing.

A GREAT WAY TO START

If you have ever felt timid about undressing for a session, or have a friend, family member, or colleague who is hesitant to try massage for that reason, clothed massage can be a great way to feel safe and secure while receiving the healing gift of touch. You may also enjoy it simply because the sensation of being touched through clothing is different from the sensation of skin-to-skin contact. Ultimately, if remaining clothed gives someone the courage to try massage for the first time, then it's a worthwhile option.

In shiatsu, there is a saying: "It takes almost as long to learn how to receive shiatsu, as it does to give it." This is a great reminder that touch therapy is a very wide world, with many different flavors, tastes, and colors to try and explore. Good luck on your bodywork adventure!

Faith Cornwall is a massage therapist, yoga teacher, and student of Healing Touch in Oakland, California.



Reflexology therapy

Skin Care Through Changing Seasons

Keep your skin looking and feeling great

With the change in season, many people will begin to notice a difference in the way their skin looks and feels. Many people find that as we move closer to winter, their skin becomes more dried out and flaky. The good news is there are things you can do to keep your skin looking good as the seasons change.

"Winter approaching doesn't mean your skin has to look dull and dry," says Katherine Goldman, celebrity esthetician/waxologist and owner of the Stript Wax Bar. "It also doesn't mean you have to turn to chemicals in an effort to maintain some of your tan throughout the fall and winter. There are much better options available to everyone who wants to take advantage of them."

Here are some tips that can help keep skin looking and feeling great as the seasons change:

- Dull skin can be countered by having regular facials. Facials remove dead and flaky skin and help restore a natural glow. They give skin an overall healthier appearance.

- When winter approaches, it is important to moisturize the skin so it doesn't become dried out. After cleansing, follow with an anti-aging serum and apply a good quality moisturizer.

- Bypass the chemical tans that come in take-home spray bottles and lotions. They usually contain chemicals you should avoid putting on the skin and will most likely not provide the natural tan look most people seek. Tanning booths also have risks, so opt for an organic spray tan instead

- Go to a waxologist for hair removal, so skin irritation and problems can be avoided. Having hair professionally waxed will keep the skin smooth and unblemished.

- Drink plenty of water to maintain youthful cells. If the skin doesn't get enough water, it will look aged and dehydrated.

- Eat foods like strawberries, tomatoes, salmon, edamame, tea, carrots, broccoli, and avocado, which have nutrients that help protect the skin and

keep it looking great.



Keep your skin looking great all winter long.

Handwashing for Your Health

HANDWASHING FOR YOUR HEALTH

You know that washing your hands is important, but studies suggest that how you wash your hands is even more important. Washing frequently and thoroughly can help keep you, and the people you come in contact with, healthier.

STAY CLEAN, STAY HEALTHY

Researchers in Denmark conducted a study in which students at one school were required to wash their hands three times a day. According to the study, which was published in the American Journal of Infection Control (August 2011), the children that learned new habits significantly reduced their amount of absences due to illness.

HAND SANITIZERS VS. SOAP?

A study by the American College of

Preventive Medicine showed that alcohol-based hand sanitizers are less effective than soap at preventing outbreaks of norovirus in long-term care facilities. Alcohol-based hand sanitizers clean the skin by killing some bacteria, diseases, and germs on the skin's surface, but they don't actually remove dirt.

The CDC recommends using these sanitizers with at least 60 percent alcohol if soap and clean, running water are not available. Here is some more hand-washing advice from the CDC:

WHEN SHOULD YOU WASH YOUR HANDS?

- Before, during, and after preparing food and before eating
- Before and after caring for someone who is sick
- Before and after treating a cut

- After using the toilet or changing diapers
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage

WHAT IS THE RIGHT WAY TO WASH YOUR HANDS?

- Wet your hands with clean, running water and apply soap.
- Rub your hands together to make lather, then scrub the entire hand.
- Don't forget the backs of your hands, between your fingers, and under your nails.
- Continue for at least 20 seconds.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air-dry them.

*When it snows,
you have two
choices: shovel
or make snow
angels.*

-Unknown

As we bring the year to a close, just know that I am truly thankful for my client's love and support. Here is to a new year! Happy Holidays!

Best Wishes,
Vickie

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