



## October, 2010 Newsletter Volume 2, Issue 4



### Thinking Out Loud: Another Birthday!

It's fall once again, and I am approaching yet another birthday. My husband is also celebrating his birthday just a few days before mine. We are becoming senior citizens!

It's so strange to be 21 years old one day, and 67 years old the day after. It really feels like that to me. For sure, I don't feel my age whatever that age is supposed to feel like. Although, I must admit that I am unable to work a full day and then go out dancing!



Many of my clients and friends tell me that I don't look my age,

### DID YOU KNOW?

We all know that massage feels good and helps with stress among other things. However, recently, the New York Times talked about a new study that showed a single session of massage (45 minutes in this case) caused positive biological changes.



Researchers from a division of the National Institute of Health conducted a study in which one

and that's nice to hear. However, I do wonder what makes some people look younger than others when they are the exact same age?

Of course, most of us realize the importance of good skin care. That's a no brainer.

We can also assume that heredity makes a huge difference in the way we age. However, even with skin that has been well taken care of and heredity in their favor, some people just look older than their years!

I do know, for sure, that joyfulness is a great part of the equation. The fountain of youth seems to show its' beautiful face to people who revel in their joyous moments. Some people could say, "How can I be joyous when the world around me is in such a mess?" I do understand those feelings for I have experienced many of those moments in my own life. It's not easy to be joyous when a dear friend is ill or family problems are at an all time high.

What I mean by joyfulness has nothing to do with matters outside our self, but rather an inner reality that keeps us full of hope no matter what is going on at the time. It reminds me of the expression "Do you see the glass half full or half empty?"

I have noticed that my clients who are aging gracefully are the ones who see the world as waves in the ocean and float right along with them. They flow with the changes in their lives and are wise enough to know that nothing stays the same.

Joyfulness comes from the ability to understand that we are never in total control of our lives and certainly not our destiny. Life happens. And, it is that exact notion that allows us to laugh at ourselves, be delighted by others accomplishments and love life exactly as it is.

So, it's not about skin care or heredity that makes us seem younger than our years. Rather, it is our ability to access the joy in our lives, no matter what it may bring our way. Youth is not wasted on the young. It is just the beginning of a journey of joy that, hopefully, will last a lifetime.

## **Inside La Residencia**

**Help us Win!**

group of adults was given a deep-tissue massage and another group was given a light massage. Blood samples were taken before and after these 45 minutes massages, the participants who received the deep-tissue massage displayed decreasing levels of the stress hormone cortisol and an increase in white blood cells, an essential part of the immune system. Those who received the lighter massage had an even greater decrease in cortisol and increase in white blood cells, as well as an increase in oxytocin, a hormone associated with contentment. The study was published in *The Journal of Alternative and Complementary Medicine*.

The evidence is in. Massage reduces stress, plain and simple!

## **QUOTE OF THE MONTH**

"Never fear shadows. They simply mean there's a light shining somewhere nearby."  
-Anonymous

## **JANE'S BOOK CLUB**

We're all guilty of mindless eating! *Mindless Eating: Why We Eat More Than We Think* by Brian Wansink, Ph.D. unveils the hidden cues that make us reach for more and gives us the smarts to reach for less.

## Best of Citysearch [2010]

Voting for the Best of Citysearch 2010 is presently underway. Help La Residencia wins this coveted award! [Vote for us](#) in one or more of many categories by October 29th. Your assistance is greatly appreciated!

### In need of a Fall nap?

Check out our new *Sweet Dreams Facial*! In just 45 minutes, this affordable treatment uses aromatherapy, meditation and massage to induce sleep. Therapeutic, calming essentials oils are used to massage the sleep center of the body and other stress-prone areas. Also includes facial cleansing, a sleep-inducing mask, hydration and optional extractions. Continue your treatment at home with the included relaxation meditation CD. All for only \$75! Call the Spa at 617-244-2280 to book your appointment.

### Obagi is here!

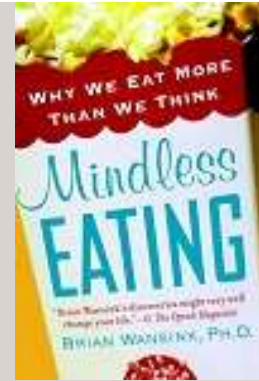


Obagi is one of the most talked about skincare lines today. If you missed our launch event last Thursday then call or stop by to consult with your La Residencia aesthetician to see if Obagi is right for you. Ideal for aging and hyperpigmented skin, this line is usually only available through dermatologists and delivers dramatic improvements in as little as 3 months.

### Keeping Up With Skincare Science: The Importance & Effectiveness of Vitamin A

For many years, I have spoken and written about Vitamin A. However, some of our clients are still unaware of the benefits of this amazing anti-aging vitamin. It can take a while to see the results so we need to be patient. Everyone wants to see improvement immediately, but we must remember that it needs time to work, and it certainly does do the job!

A research team from the University of Michigan demonstrated the importance and efficacy of Vitamin A in skin care. The study



### BUSINESS SPOTLIGHT: ART CLASSES BY GLENDA TALL

Boston artist, Glenda Tall, has been a prominent figure in the art world for many years. In 1981, she was awarded the title, *Copley Master* by the Copley Society of Boston. Her oil paintings, lithographs, and giclee prints are in major collections worldwide.



An experienced teacher, Glenda has resumed teaching adult oil painting classes for all levels. Afternoon and evening classes are each held once a week for 6 weeks in her studio at the Fenway Studios at 30 Ipswich Street in Boston—Tuesday's from 6:30 – 9:30 pm and Thursday's from 1 – 4. Contact

proved that vitamin A in the form of Retinol as well as retinoic acid "effaces wrinkles in naturally aged skin."

Also, a report was published in the May Archives of Dermatology that after 24 weeks of treatments of elderly patients, proof was found that topical retinol improves fine lines and wrinkles associated with the natural aging process. The researchers believe that a stronger, healthier skin matrix that was retinol induced makes the skin more likely to withstand injury and even ulcer formation plus improved appearance.

Manchester University in the UK issued a favorable report on the effects of Vitamin A on aging and photo-damaged skin. It showed that the use of Vitamin A increased the production of glycosaminoglycan and procollagen.

We must remember that the any quality skin care regime must include vitamin A in an appropriate format and strength. Many over the counter products do not contain the adequate levels of vitamin A. Also, many are not packaged to protect and maintain the efficacy of the product.

Look for the following vitamin A ingredients in your professionally available products in one or more of the following forms in meaningful strengths--retinyl palmitate, retinyl acetate, retinol and retinoic acid.

Glenda at 617-262-6295, 617-821-0921 or at [glendatall@aol.com](mailto:glendatall@aol.com).