



## February, 2011 Newsletter Volume 3, Issue 1



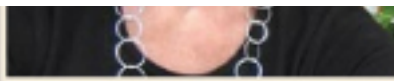
### Thinking Out Loud: Sleep!

I have been amazed at how so many of my clients lately are exhausted. They are experiencing sleepless nights, and have no idea why. I decided to take on this challenge and do a little research about sleep.

### DID YOU KNOW?

Here are 5 things you can do to fall asleep and stay asleep.

1. Stick to a regular schedule. Changing up your snooze schedule confuses your brain center and



According to the National Sleep Foundation, there are 40 million Americans who suffer from sleep disorders. They are also at a higher risk for serious health issues.

New research has determined as to why sleep problems are skyrocketing. The main reason...you guessed it stress!

"Thanks to the economy, there's been a big increase in stress, especially in women," says Alan Lankford, Ph.D., president and CEO of the Sleep Disorders Center of Georgia.

When you're mentally keyed up at night, your body creates the stress hormone cortisol, which acts like an adrenaline shot that prevents snoozing. Caffeine, even in small amounts like in hot chocolate or candy bars, after 2 pm, can impair your sleep. Artificial blue light from the television or computer is another powerful mental stimulant that blocks production of the sleep hormone melatonin. These activities tell the brain to be alert and stay awake. So, put away your iPad and turn off the TV at least one hour before bedtime.

promotes restless nights.

2. Keep things cool. Set your thermostat to around 68 degrees Fahrenheit. If that doesn't work, and you're still warm, change to a lighter comforter. Also, you could try taking a hot bath. As your body cools down, it transitions more easily into sleep mode once you lie down.



o Exercise earlier. Finish off



"Sleep deprivation is cumulative," says Lankford. "If someone needs eight hours a night and gets only six every night for a week, by Friday he or she will be functioning on sleep debt."

Long term that can cause depression, heart problems, gastrointestinal issues, type 2 diabetes and breast and colon cancers. Breast cancer, for example, has been linked to high levels of estrogen and low levels of melatonin; production of both of these hormones is affected when you're sleep deprived.

We all know how exercise helps our bodies stay healthy and young. But, did you know that ample exercise is crucial for good sleep? Plenty of women get up before dawn to slip in a workout. But if they aren't going to bed early enough, their weight loss efforts may be in vain. A study in the *Annals of Internal Medicine* found that sleep-deprived people on low-cal diets lost 55% less body fat than those who were well rested. Unfortunately, what they did shed was lean muscle mass.

## Inside La Residencia

3. Exercise earlier. FINISH OFF your cardio at least 4 hours before bed, any later and your body temperature will still be too high, keeping you awake.

4. Turn off the lights. Even your digital alarm clock can cause the blue light to stimulate your brain.

5. If all else fails, look into cognitive behavioral therapy, in which you learn to challenge, then change, your negative sleep-related thoughts. Acupuncture, massage, meditation or simply taking a series of slow deep breaths before bed may also help soothe you into sleep as well.

## QUOTE OF THE MONTH

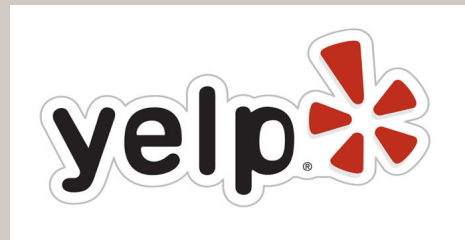
"It's not that I'm afraid to die, I just don't want to be there when it happens."

-Woody Allen



## New Meditation Facial

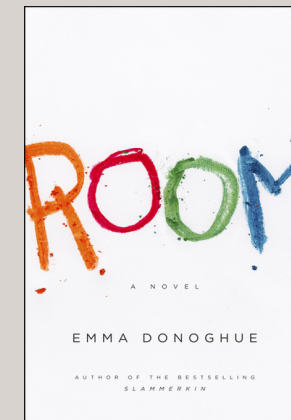
If you're having a hard time getting some rest then try our new *Meditation Facial!* This 60-minute treatment blends the best elements of a facial with the added benefit of facilitated sleep. We will gently guide you into a meditative/sleep state using massage of the pressure points on the neck, jaw, ears, face, feet, arms and hands to relieve tension. Includes skin cleansing, exfoliation and hydration, as well as a complementary meditation CD to continue your treatment at home. *Only \$110.* Call the Spa at 617-244-2280 to book an appointment.



**Review us on Yelp**

## JANE'S BOOK CLUB

I'm reading this book now and can't put it down! *Room: The Novel* by Emma Donoghue tells the riveting story of a boy and his mother who are confined to a single room. It's a must read!



## BUSINESS SPOTLIGHT

[Dunn Gaherin's](#) Food & Spirits is a local Newton pub, catering to guests who want fine dining taste in a comfortable, but polished, atmosphere. Their caring and attentive staff is obsessed with service. Located at 344 Elliot street and a staple of the community since Lewis's closed in 1990, their motto

Help La Residencia get to 20 reviews and an average of 5 stars on Yelp! As I'm sure you can imagine, in our business, online reviews are very important to gaining new clients. Tell the world how much you love us by posting a review on Yelp. It takes only a couple of minutes of your time and would be much appreciated by all of us at La Res. [Click here to submit your feedback.](#)

## Keeping Up With Skincare Science: New Products for Hyperpigmentation & Acne



As most of you are already aware, we have brought in a medical line of products named Obagi. It has been recommended by plastic surgeons and dermatologists for many years and is, in my opinion, one of the best medical product lines available today. I have been following many of my clients now for over 6 months and the results they have achieved have been amazing! Obagi Medical really delivers!

All treatments come in a kit and are numbered, making it easy to apply and use. Following are two of our most popular treatment protocols, as well as testimonials from some of our clients.

### NU-DERM SYSTEM

is, "There are no strangers, only friends you have yet to meet!"



We're all social animals and what could be better after a nice pampering session at La Residencia Spa then a chilled glass of wine and some cool company .

Dunn's features daily lunch and dinner specials, a children's menu and a fully stocked bar. Allergies and special requests are more than welcome. A true Irish Pub serves an important role in the community, so come and become a true local at Dunn & Gaherin's .

[Click here to check out their menu.](#)

This treatment reduces age spots and hyper-pigmentation, including difficult melasma. It also diminishes the appearance of visible fine lines and wrinkles, and transforms rough skin to smooth, glowing skin. It also improves skin laxity for younger, firmer looking skin. Improvement can be seen in just a few weeks, however, its recommended use for best results is 18 weeks.

#### OBAGI CLENZIDERM M.D.

For oily skin types, Clenziderm clears acne and blemishes quickly with products that penetrate deep into the root of the follicle, providing cleaner, healthier skin in as little as 2 weeks. Its ingredients help kill P. acnes bacteria where it starts and, are as effective as a leading topical prescription of benzoyl peroxide/clindamycin.

*I have purchased every skincare product known to man, so when I bought the Obagi system in January I wasn't expecting much. Within 2 weeks \*everyone\* was commenting on how refreshed I looked! Eight weeks later, I can go out without make-up, my 46 yr old skin is as soft as my 14 year old daughter's, and the tone and color is completely even. When your husband begins to tell you how great your skin looks, you know you've found something! THANK YOU!!!*

*-Sheira M., Needham*

*It works! It really works! If you have brown spots or sun damaged skin, Obagi can help – a lot. I've been using it religiously for about 6 weeks and the sun damage (spots) on both sides of my face have lightened dramatically. I've had*

*significant peeling on my face, on and off for the entire 6 weeks, but it's not so bad that I can't live with it. Really. I apply my make-up as usual. My face looks better and better every day. And I'm watching those spots disappear. I would highly recommend this system to anyone who wants a tighter, cleaner, more youthful appearance.*  
*-Jill G.*

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