



Around + About

A journal of everyday wellness

A NEWSLETTER FROM CONTINUUM STUDIO

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Here Comes Summer!

Two months and counting! We'd like to thank all of you, our first clients, for making our first 60 days a terrific success! Your feedback and support have helped us put Continuum Studio on the map in Andersonville.

We recently received a terrific review in *TimeOut Chicago*, where the reviewer noted that "Continuum will soothe the hustle and bustle right out of you." We're expecting another review very soon on the website *ChicagoBeauty.com*, and we continue to get good feedback in person and on *CitySearch.com*.

In this June issue, we share some topics relevant to maintaining health and

wellness during summer activities. We also included some ideas to help you celebrate Father's Day with the special men in your lives.

We hope that this newsletter will help you carry good health into your daily life.

Read on for wellness tips, research, industry news and upcoming events and promotions at Continuum Studio.

Please send us feedback on this issue: we expect to keep learning from you every day!

Give Dad the Gift of Wellness!

Continuum Studio offers gift cards in any denomination, so that you can treat your special man to a gift of good health! Gift cards can be used for any Continuum Studio service or for retail product purchases.

Call us for more gift and package ideas!

Father's Day: Men's Skin In Focus

To celebrate Father's Day, Continuum Studio services are a great choice—massage, skin care and body treatments can help your dad (or any special guy) remain in top shape for summer. In addition, here are some skin care products designed to help him improve and maintain his healthy glow:

Guy Gear: Skin Care System for Men

issimo created Guy Gear to address the complex condition of man's skin. The Guy Gear concept is a simplified, no-fuss, targeted skin care workout. Guy Gear products are effective, easy to use, and all products are organically certified!



Dermalogica Skin Kit for Men

Dermalogica created this kit for a super-effective five-minute treatment for men. Five products will help your guy cleanse, shave, condition, restore, and see healthy, rejuvenated skin.



Skin Care

Did You Miss our UV Defense Event last month?

It's not too late to learn about the latest research and product advances.

Ask for an individual consultation with one of Continuum Studio's skin care professionals! The 20 minutes you invest today can help keep you and your skin in good health!



Summer Sports & Skin Fitness

Follow these simple tips from the American Academy of Dermatology to avoid summer trouble with your skin!

Wear loose clothing that allows sweat to evaporate. When skin becomes too wet from perspiration, sweat glands become blocked, causing *miliaria rubra*. This is a type of heat rash that forms big red bumps on the skin. Blocked sweat glands can also elevate the body's temperature, which could lead to heat stroke or heat exhaustion.

Dry & moisturize skin soon after swimming. Wrinkled skin resulting from time immersed in water is more prone to injury, rashes and chafing. Dry off quickly to protect your skin. It seems counterintuitive, but skin will actually dehydrate after being in the water unless moisturizers are used.

Don't mix perfume with outdoor sports. Fragrances mixed with sweat and sun can cause a photoallergic or phototoxic reaction. Many colognes contain oil of bergamot: when exposed to sunlight, it can cause the skin to discolor, a condition called *berloque dermatitis*. With repeated exposure, the discoloration may become permanent. Wearing makeup

during sporting activities can also irritate acne.

Select a gentle deodorant. Deodorant-antiperspirant combinations can cause sensitivities. Most antiperspirants contain aluminum chloride, which when mixed with water or sweat can turn into hydrochloric acid and can cause burns under the arms.

Use an effective cleanser immediately after activity. *Acne mechanica* results from heat, pressure and friction, often caused by sports gear. Wash immediately following activity with a skin-type specific cleanser, especially areas that appear to be irritated.

Defend against UV damage. Protect against ultraviolet rays by applying broad-spectrum sunscreens with a *minimum* sun protection factor (SPF) of 15. Those who sweat a lot or swim should reapply sunscreens at least every two hours. Try to wear hats and cover as much skin as is reasonably possible.

Don't neglect the kisser! Athletes should protect the lips indoors and out. When out in the sun, use lip balm that provides wind and broad spectrum UV protection.

Wellness

"Let your mind be quiet, realizing the beauty of the world, and the immense, the boundless treasures that it holds in store."

Edward Carpenter

Relieve Stress: Create Cues to Mindfulness

Current research is quick to point out that the rising amount of stress in western society is due to the increasing complexity of relationships, responsibilities and world events (think of 9/11 and Hurricane Katrina). Another common stress inducer is the 24x7 connection to work responsibilities created by the internet and technologies such as the Blackberry and cell phones.

Stress is a precursor to anxiety, and approximately 19 million Americans are afflicted with some type of anxiety disorder today—disorders that critically impact our quality of life and well-being.

How do we defend against stress and anxiety? Many studies point out that mindfulness—a method of focusing attention on the present as it occurs—can create a better sense of control over your circumstances, which can reduce stress and anxiety.

To illustrate, an example of a common mindfulness moment might be when we stop what we're doing to notice a spectacular sunset or a rainbow... By creating these types of moments during more ordinary, day-to-day events we can help calm our minds and increase well-being.



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The toughest challenge may be this: how can we best cultivate day-to-day mindfulness?

For an easy start, begin to incorporate visual and tactile “cues” into daily routines, to remind you to take a moment to yourself.

These physical reminders can take any form:

- a smooth stone in your pocket or wallet,
- a special candle on your nightstand,
- a scented soap in the bath or shower,
- a note on the bathroom mirror or even
- an electronic calendar reminder, set to remind you early each day.

Each time you encounter one of these cues, it reminds you to create a “micro moment”— simply to breathe deeply, meditate, perform a stretch or two, reflect on the goodness of the moment or the day, and become more in tune with your surroundings and your spirit.

By incorporating mindfulness into your wellness routine, you can build relaxation and stress reduction habits into your daily life.

Bodywork

Flexibility for Overall Wellness

Stretching, yoga, therapeutic massage and chiropractic treatment can help with flexibility and ease muscle stiffness, aches and pains.

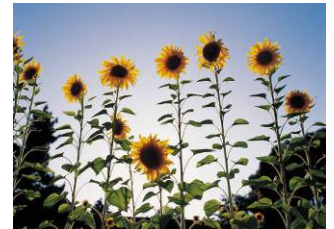
Continuum Studio now offers at-home care items to help you maintain flexibility, including an innovative *Stretch Deck*—a set of cards with detailed instructions for specific flexibility exercises. Please call or ask your massage therapist for a recommendation.

Continuum Studio is pleased to offer a special introductory rate for our clients at **Avalon Chiropractic**, located just blocks away in Andersonville. Again, call us or stop by for the details!

Be Flexible: Landscape Smart for Wellness

Warm weather entices many of us to beautify our yards, gardens, patios and balconies. But landscaping and gardening are not necessarily low impact activities: they actually provide a great workout. But they can also strain the muscles with varied combinations of bending, twisting, reaching and pulling. The back, upper legs, shoulders, and wrists are all major muscle groups affected by digging, weeding, planting, trimming and mowing.

To keep your gardening experiences happy, it is important to acknowledge this degree of physical activity. Be aware of your body technique, body form and correct posture while gardening. Kneel, don't bend, and alternate your stance and movements as often as possible to keep the muscles and body balanced. The following stretches will help to alleviate muscle pain after a day spent in your garden or yard.



First, prepare to stretch! Breathe in and out, slowly and rhythmically; remember not to bounce into the pose or jerk your body, and stretch as far and as comfortably as you can. Stretching should not be painful!

Hamstrings / glutes. While sitting, prop your heel on a stool or step, keeping both knees straight. Lean forward until you feel a stretch in the

back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.

Quadriceps / ankles. Stand up, balance yourself, and lift your foot behind you. Grab your ankle and pull your heel towards your buttocks. Hold the position for 15 seconds. Do this again and repeat with the other leg.

Trapezoids / deltoids / wrists. While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat 3 times.

Obliques. Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat 2 or 3 times.

June Promotions & Special Offers

Sunday, June 18 Father's Day Gift Ideas

Consider giving dad the gift of health – treatments from Continuum Studio. All of our services are designed for men, so you can choose from our full menu of massages, facials, back treatments, body wraps, and more.

If you book any three services together, you receive a 10% discount on the total purchase price. We can also suggest great Guy Gear, Dermalogica and other products for him to take the wellness experience home!

Call us to discuss gift ideas today!

New Client Special: 30 Minute Services, just \$30

Do you know someone who is hesitant to try massage or skin care services?

Continuum Studio is offering a special for all first-time clients: 30 minute massages, facials, hand and foot treatments, and ear candling—all for \$30 each. Purchase one service or all four!

Just book your services on a Wednesday, Thursday, or Friday, and ask for the Happy Hour Service special. This is a great way to experience how Continuum Studio can improve your wellness! Visit our website for details.

Wedding Bells are Ringing! We Can Help You Look & Feel Great

Summer weddings and commitment ceremonies are a great opportunity to improve your health and wellness at Continuum Studio.

We can help ensure you and your wedding party are relaxed and glowing for the most important celebration of your life!

We can also arrange for special wellness events at Continuum Studio for you, your family and your attendants.

Call us for suggestions for bodywork and skin care packages, or see our website for details.

Bodywork is good health

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