

SENSES

Spa & Life Style Magazine

Aug/Sept 2021
Issue 4



**Diabetics
How to
Care for
Your Feet**

**Visit to
Guelph
Donkey
Sanctuary**

**Lower
Back Pain
Cause and
Treatment**

**Warm Up
Before You
Workout**

**A Male
Esthetician's
Industry POV**

SENSES

Cover 54

If you have diabetes, learn how to care for your feet. Homecare and safe and effective pedicures.

Field Trip 72

Field Trip! Read about our visit to a Donkey Sanctuary in Guelph. Who knew that donkeys love to get their ears scratched!

RMT Digest 06

Lower Back Pain. You only have one back, and you need to take care of it. Support your back so it can support you!

The Men's Room 68

Spa treatments aren't just for women. Men are starting to hit the spa for an afternoon of care and are leaving feeling good about themselves.

3 Step Warm-up 62

It's been a while but don't be so eager to start your routine without an import 10-15 minute warm-up.

Male Esthetician POV 38

Read about Arjae - His unique Point of View on being male in a female dominated industry.

Insulin 100 Years 16

Discovered here in Toronto, with a 25-word hypothesis, Banting & Best changed the way people with diabetes live.



Aug/Sept 2021



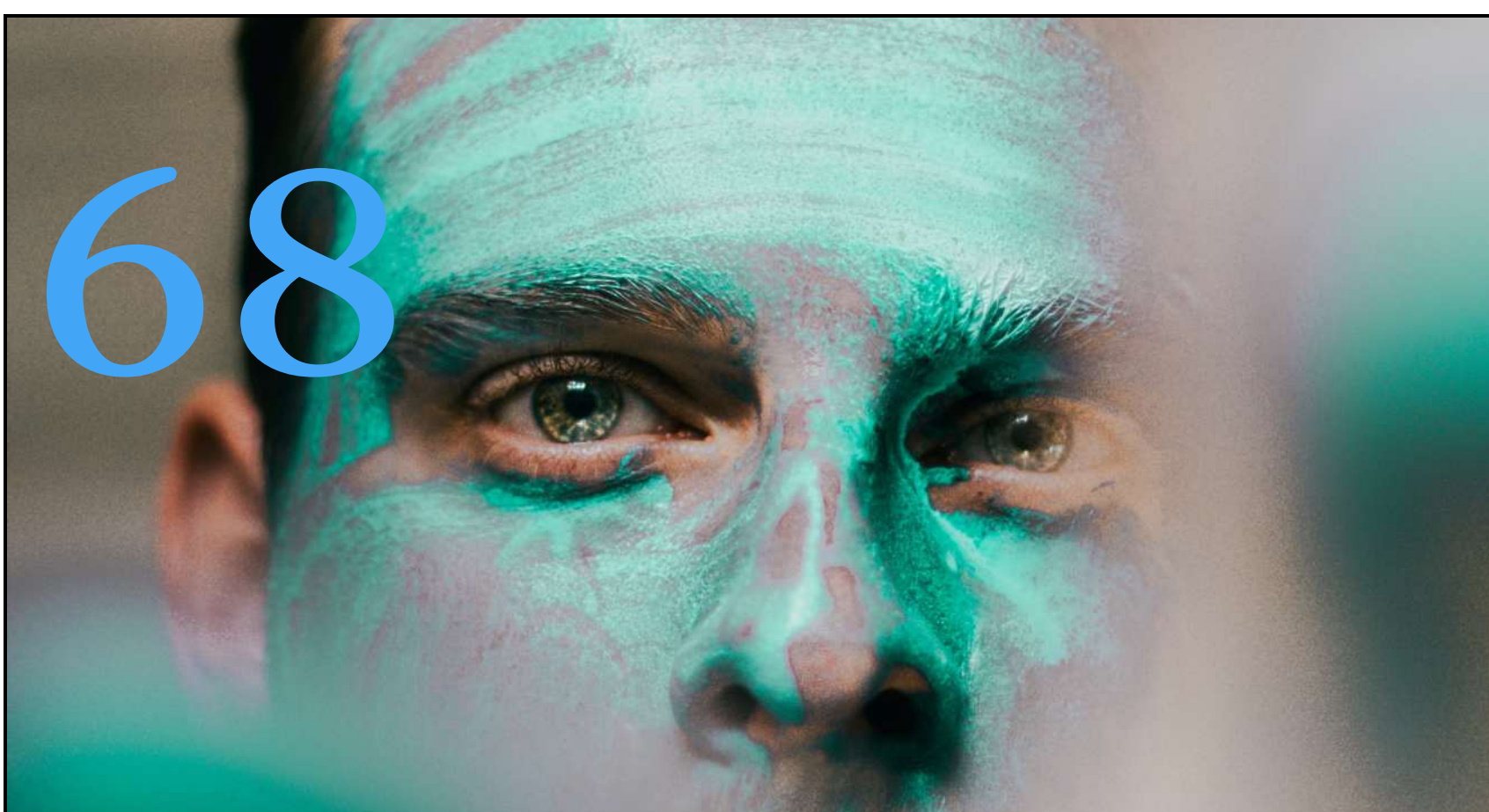
In Every Issue

Janet's Beauty Corner 24

Janet, our Esthetic Manager gives you insight on common issues. This month Nail Fungus and what you should do about it.

In Season with Rain 30

Rain our Certified Holistic Nutritional Coach offers nutritional information on this month's pick of eggplant and pears along with some fun facts and new pear salad dressing.



Our Five Senses Monthly ...

Top 5 Reasons to ... To Change your Toothbrush 80

Ask Janet ... Lips are losing colour can you help? 10

Wellness Spotlight ... Compression Socks How They Work 44

Seasonal Recipe ... Fasta Pasta Salad 56

Travel Tips ... A Less Expensive Way to Tour 76



Watch videos and look for these symbols in different colours throughout the magazine.



Contact us and send us a note, comment, or question.



Direct link to website pages for more information, different colours to match the brand.



Learn more about the product and purchase via our secure online shop.



Book Now
You can book your appointment at Five Senses with our online booking site.



Shop Local Canadian companies - online

Notes from the Editor...



After opening our doors for all esthetic services we have seen the return of many of our clients and a lot of new faces.

I have been asked how we have changed our day to day operations. Well to be honest with you, Five Senses has always been a leader in our industry. We have been using disposable tools, pedicure bowls, nail polish brushes, buffers etc., for years. We have always sanitized equipment after every client.

We have added daily screening, face masks and the use of Zoono hand sanitizer for all staff and clients. The use of Plexiglass barriers in reception and mani/pedi areas. We now use Zoono Microshield monthly in all areas of Five Senses for added protection. Our soft furniture has been replaced and we created a Muskoka Lounge to relax in.

Clients tell us that they feel safe and comfortable and that is and always will be our goal.

Thank you from all of us. We appreciate your custom and always look forward to seeing you return.

Stay Safe
Wendy



My Lower Back Hurts!

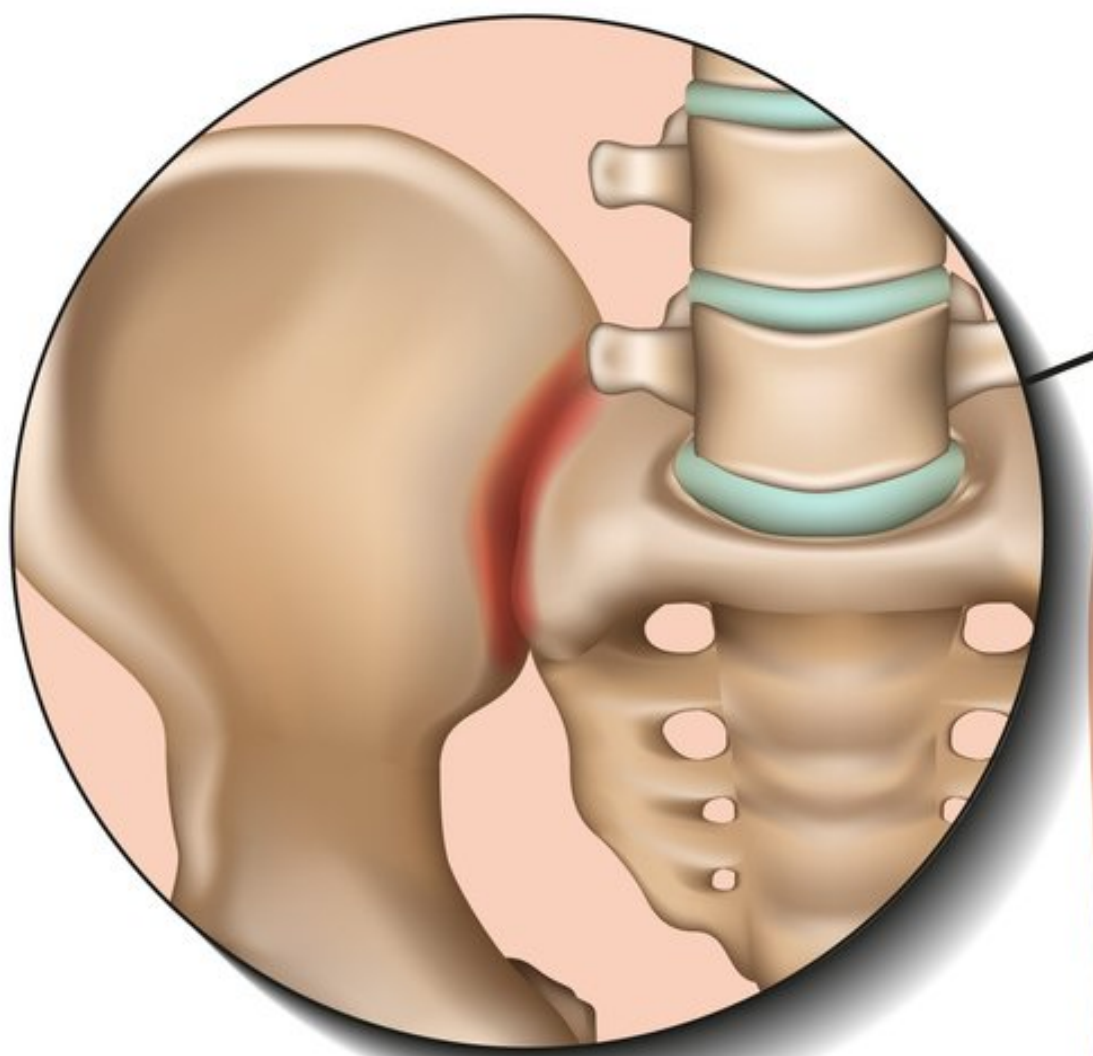
One of the common complaints we receive from clients is that they experience low back pain or discomfort. There can be many causes of low back pain, but first, let's look at the anatomy of the low back. Your low back is made up of two hips bones or in medical terms ilium and a sacrum. The two ilium are joined in the front at what is called the symphysis pubis and at the back, they connect with the sacrum at the sacral iliac joint or for short SI joint. The SI joint looks like two boomerangs put together so one bone can rotate on the other. Your sacrum is made up of 5 fused vertebrae and is connected to

your lumbar vertebra at L5 via your first disc. A disc is made up of a fibrous outer circle with the spinal cord running thru the middle. The best way to imagine this is to think of a jelly donut. The jelly is the spinal cord and the donut is the fibrous out circle. There is a disc between each vertebrae starting at the L5 S1 joint.

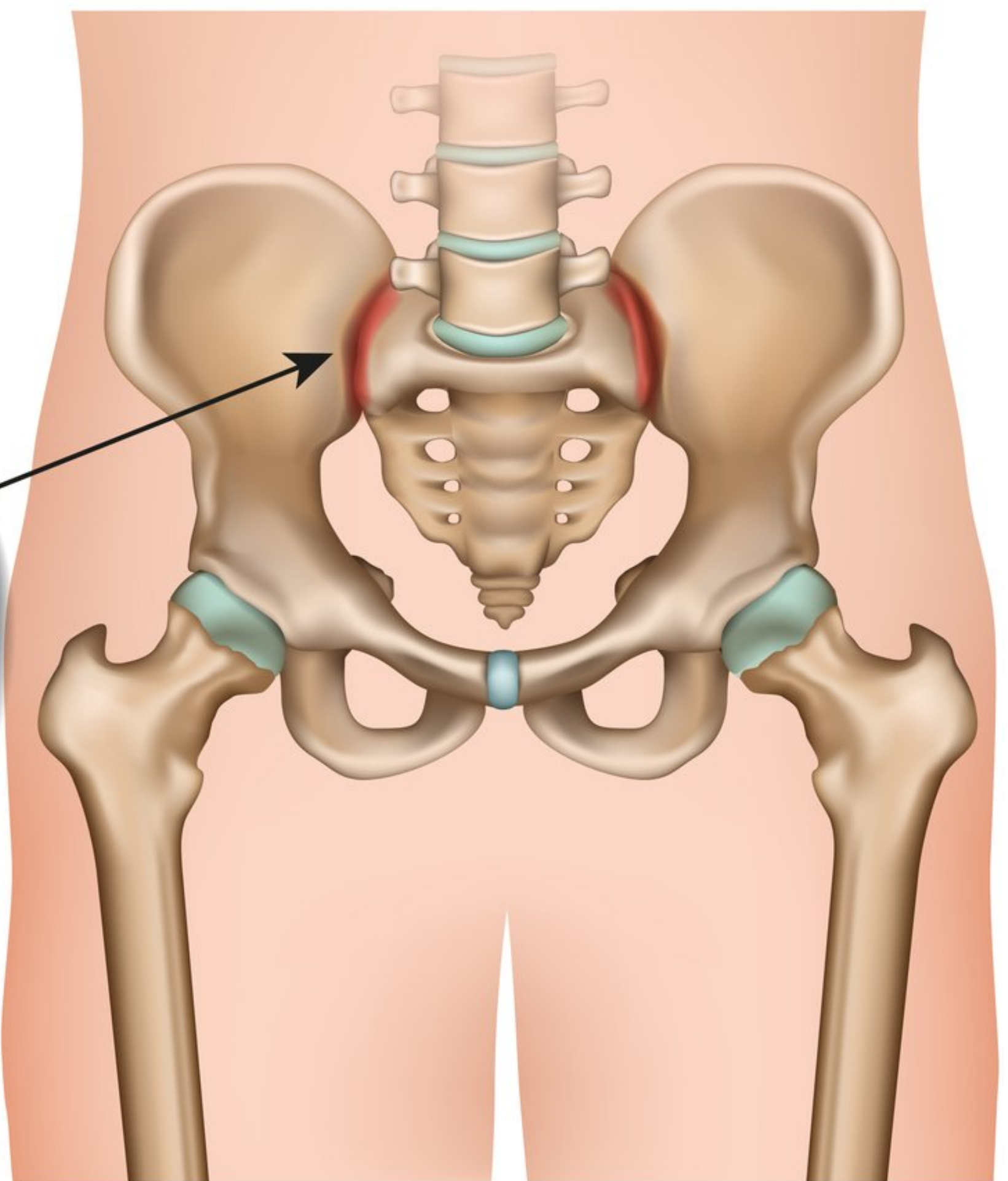
One of the common causes of low back pain or discomfort is SI joint dysfunction. So, what causes this dysfunction? As mention earlier the ilium and the sacrum rotate on each other as we bend forward and backwards. In a standing



Back



**Inflammation of
Sacroiliac joint
(Sacroiliitis)**



position, the sacrum stays stationary as the ilium rotates forward and backwards. In a sitting position, the ilium are stationary and the sacrum rotates forward and backwards.

If we sit or stand for long periods of time the SI joint can become fixed and not rotate properly or smoothly causing discomfort. Another cause of SI joint pain is from picking up items from the floor by bending at your waist instead of bending at your knees. It can be a one-time incident picking something up that is too heavy or as simple as picking up a pen off the floor. Lifting a child

from a car seat or lifting items out of the trunk of your car in an awkward position can also cause the SI joint to get locked.

When the SI joint gets locked in either a forward or backward position, it can be on either side or both. The pain can be localized over the SI joint or it can refer to the pain in your gluteal region or low back.

We also see a number of SI joint issues with people who work out in the gym doing deadlifts usually improperly and without a weight belt. Deadlifts put a lot of pressure on your low back discs and if you lift improperly you can lock



My Lower Hurts!

up the SI joint causing pain. As a massage therapist, I don't recommend doing deadlifts unless you are wearing a weight belt and you have really good form.

So, what is the treatment for this condition? If this pain is immediate from a lifting injury Ice is the first course of action. Use an ice pack with a dampened towel around it and ice the joint for 5-7 min every half hour. You will need to book a massage treatment so the therapist can relax the muscles around the SI joint. Then you will have to book an appointment with our Chiropractor to get the SI joint adjusted so it can move properly again. If this is a chronic condition and the pain is a low dull ache with periods of sharp pain then see your massage therapist and chiropractor for treatment.

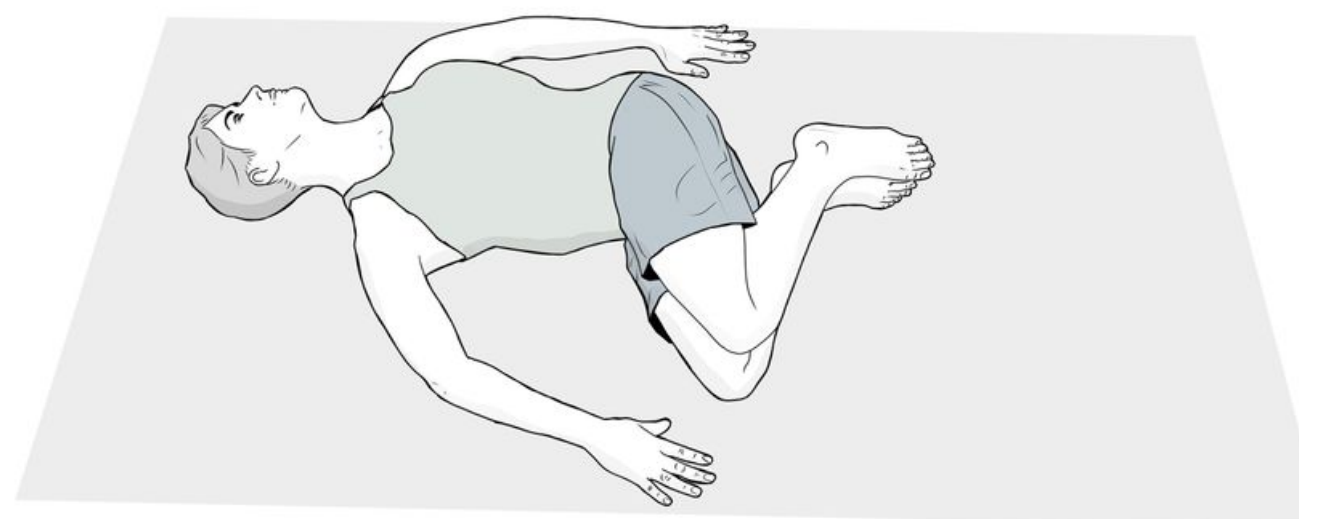
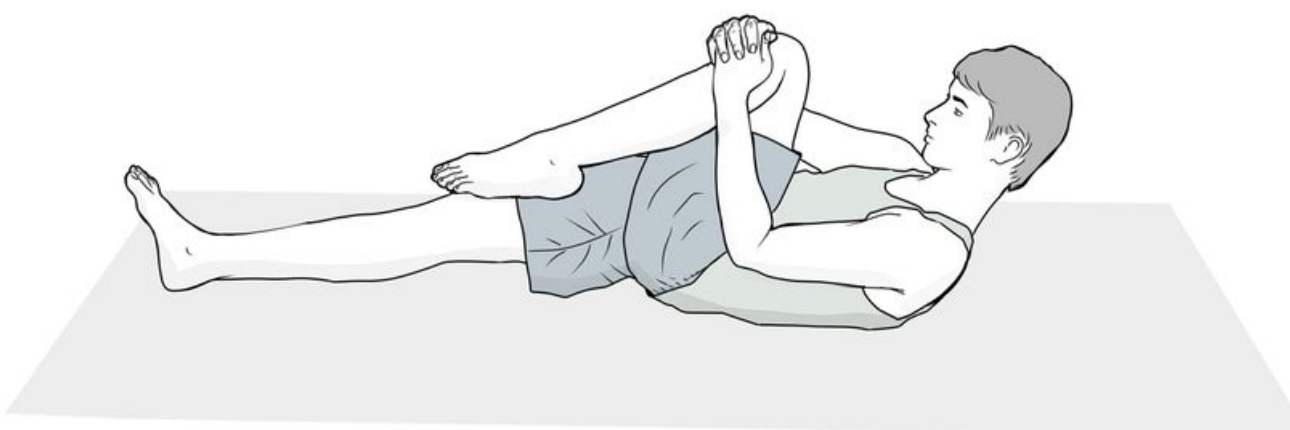
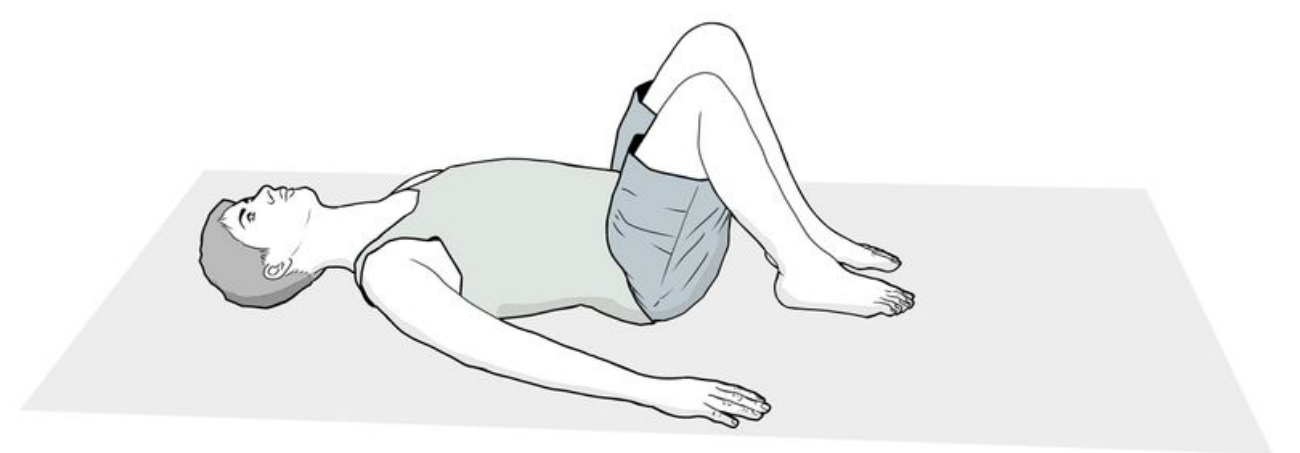
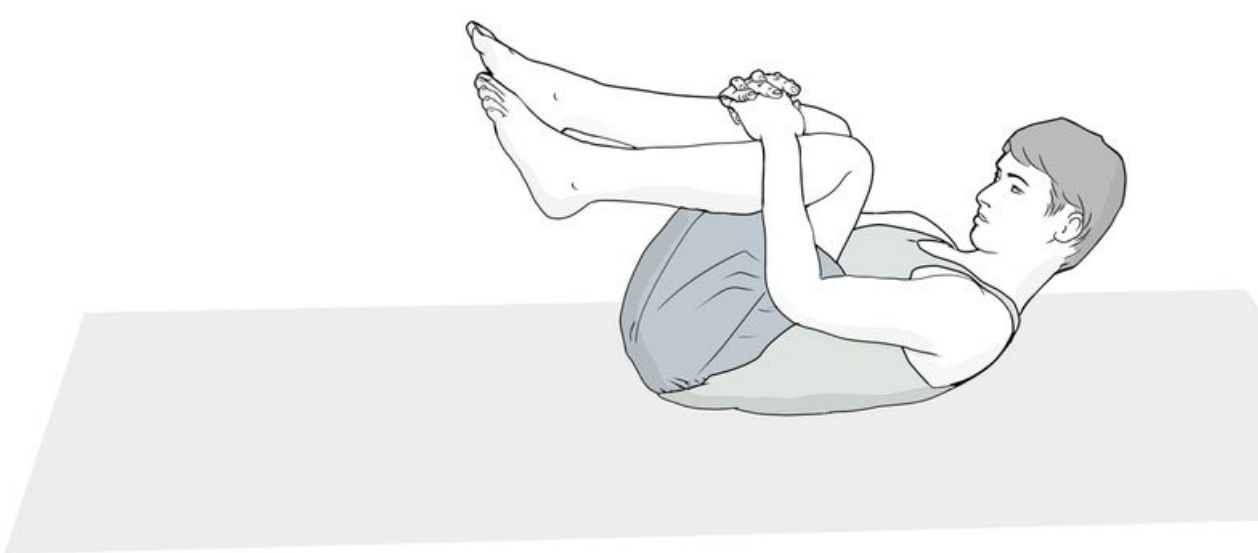
How do I avoid SI joint pain? First, look after your back. Remember to bend at your knees to pick items up, if the item is too heavy have someone help you and you both lift using your legs. Support your back, when sitting place a pillow in the small of your back when sitting on the couch, desk, or dining table, as well as in your vehicle. Don't sit or stand for long periods of time, take breaks and get up and move around.

You can lie on the floor on your back with your knees bent up and bring one knee towards your chest by placing both hands around your knee and pulling your knee towards your chest hold for 30 secs while breathing and then switch legs. Repeat this 5-7 times each leg, try to keep your low back flat against the floor and not allow it to arch as you perform the exercise. side.

Back

Then with your feet flat on the floor keep your knees together and then allow them to fall to one side then back up and fall to the other side. Keep your upper body flat on the floor as your knees fall from one side to the other. Repeat this 5-7 times on each side. Try and do these exercises at least once a day even better twice a day especially once you get home from work.

Always remember as I tell my clients you were born with two arms and legs if you were to lose one you still can function. You only have one back if you don't take care of it, it can causing you a lot of pain and discomfort. So be kind and take care back.





ASIK

Janel

I've noticed as I'm getting older I'm losing colour and volume in my lips, is there a product or treatment I can use that will improve this? – Diana

Hi Diana!

Thank you for asking such a great question! As we age, we lose bone density which can create a more sunken in look, as well the lips can sink into the face resulting in a thinner appearance. Sun damage and collagen loss is also a factor in thinning lips. SPF should be in your lip balm to protect your lips!

There are two options you can do to create luscious lips.

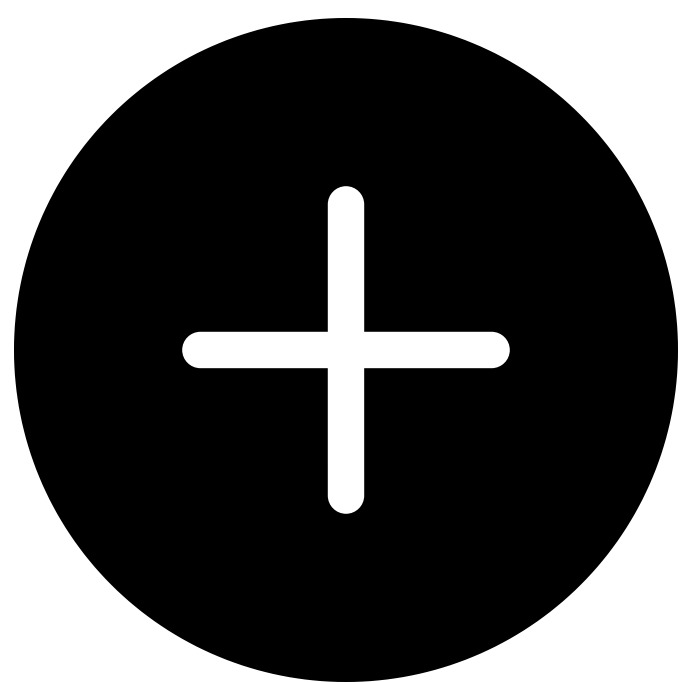
Lip fillers are an amazing solution to plumping up your lips, with Nurse Aman you two will discuss how much volume you like, what you're looking to achieve and what would work

best for you. Each client is different, and she makes sure you get natural, perfect looking lips! Fillers last 6 months – 1 year depending on each person.

Four weeks after your lip filler we can perform Lip Blush, now what is Lip Blush?

Lip Blush is a cosmetic tattoo that uses pigment to enhance your natural lip colour, help with pigmentation or rebuild areas that have been scarred.

Lip blush is a 2-3 session process, this is done to get the best results and appointments are scheduled 8 weeks apart to have the lips heal properly. Pigments are custom-created for



Click here and send your questions to Janet. You can ask her anything...and I mean anything!



After one session. The second session picture will be in Oct/Nov SENSES Issue 5.

each client to give beautiful results. Lip Blush lasts 2-5 years before needing a touch-up

A numbing cream is used during the treatment. There is no downtime with Lip Blush. It is important to moisture lips on a regular basis (part of the aftercare and is provided to you), and there is some flaking of lips a few days after treatment.





FIVE
SPA & V
— Quali

Join our loyalty
program today.

TAP MANGO*

Get points for
every visit and
referral. Save your
points up to use
on spa services
and products.
For every pretax
dollar, you spend
you receive 15
reward points.

Redeem your points:

3750 points = \$10
7500 points = \$25
11,250 points = \$45
15,000 points = \$70

tapmango

*not redeemable on any
therapy treatment.



E SENSES

WELLNESS CENTRE

ty & Care Since 2012—



Josie and her family certainly added sunshine to Caruso. Not only with fields of sunflowers but with workshops and activities that will enrich your

A great outdoor activity to be enjoyed by people of all ages.

Take some time out of the hustle and bustle and spend some time with the sunflowers.

Check out their upcoming workshops including

Sunset Yoga with Caruso

Mom & Daughter

Food & Energy Workshop

Field to Table Dinner

Sunflower Family Photography Shoot

Kids Paint Class & Stretching Canyons



Field Trip - Take it local and visit Caruso

family have
some
ledon.
elds of
with
events that
summer.

experience
y everyone

e away from
bustle and
ne among the

many
uding:

th Andrea

ter Yoga

Wellness

winners

ily Mini
hoot

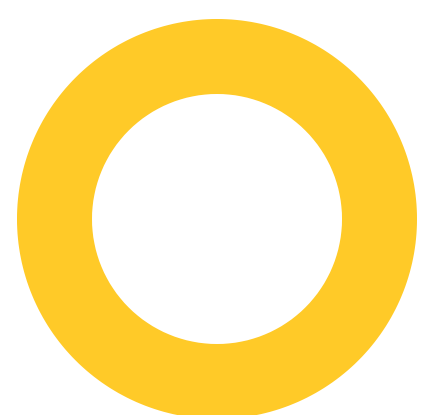
ss with
vas



HOW TO FIND US

FROM TORONTO: 401 WEST TO THE 410 NORTH. TAKE THE 410 UNTIL IT ENDS AT
HURONTARIO ROAD GOING NORTH. MAKE A RIGHT ON KING STREET. PASS
KENNEDY ROAD. AFTER 30 SECONDS WE WILL BE LOCATED ON YOUR LEFT.

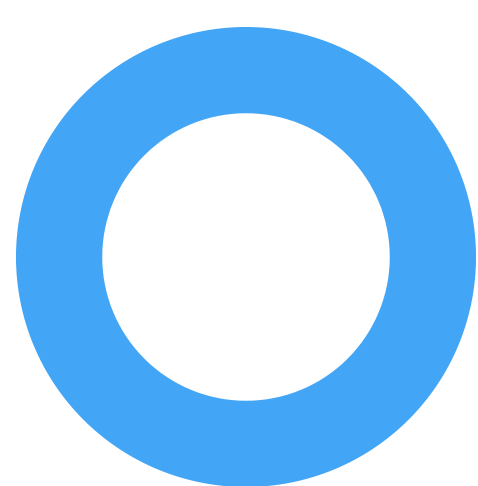
3634 KING STREET
CALEDON, ONTARIO, CANADA
L7C 0R5



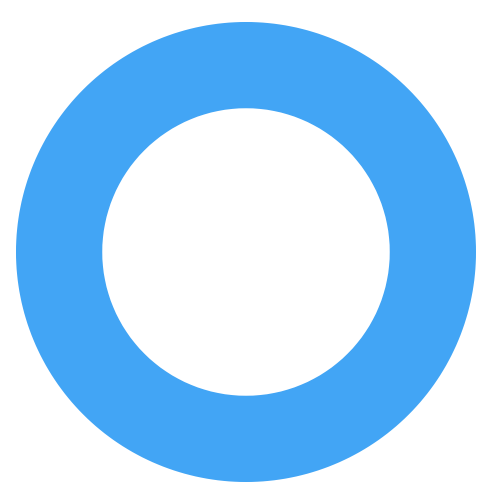
Campbell's Cross Farm in Caledon.



The Canadian Mint has issued toonies to mark the discovery of insulin 100 years ago.



U of T celebrates 100 years of discovery and innovation that changed the world. From Pabulum to the first electronic heart pacemaker read about discoveries here at the University of Toronto.



U of T
The Next 100 Years

Insulin 100 Years



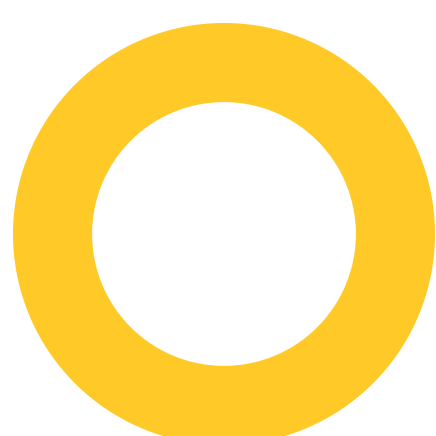
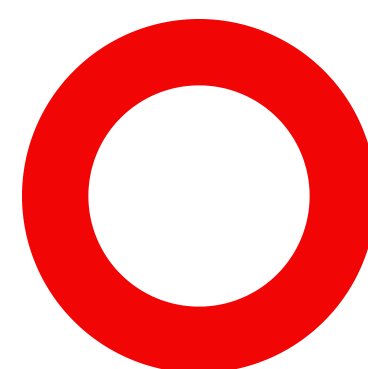
Frederick Banting woke up in the early morning hours on October 31, 1920, and wrote a 25-word hypothesis which in just one year would end up changing the lives of hundreds of millions of people around the world. (Today it is estimated that there are 422 million diabetics worldwide.)

Banting had the idea but no lab space or research experience. He approached J.J.R. Macleod at the University of Toronto. Macleod was a physiology professor and an international expert in diabetes. He saw merit in the hypothesis and on May 17, 1921 experiments started.

Banting was paired with Charles Best, who allegedly won a coin toss to be Banting's assistant. By August 1921 they were starting to see their extract lowering blood sugar levels.

This discovery would change the world.

For full details of the story and pictures please click on the University of Toronto link:



Fredrick Banting was born in Alliston, Ontario

Turning Wood Scraps into a Business

In 2017, David began working for Raintree Woodworking in British Columbia, making upscale dining tables for Once a Tree furniture store in Vancouver. David had free access to exotic and perfectly good cut-off woods which were being burned, so at first, he took those cut-offs home to warm our own house in the winter months.

One day he came across some very expensive strips of mahogany, black walnut and kingwood, which he was about to burn, and had the idea to save them and make a simple cutting board for our home. From that idea grew the assorted pattern of kitchenware cutting boards you see on our website now. As we were only able to use the random cut-off woods from his workplace that were given to us, each

product we created was unique and contained various wood species. This has become one of our values by creating sustainable kitchen and housewares in all of our assorted designs.

Since moving to Ontario in September 2020, we have expanded our woodworking business around the Niagara region. We are dedicated to working with local small businesses and homeowners to create one-of-a-kind furniture pieces and kitchenware byproducts.

As David was born and raised in B.C, reducing waste and celebrating nature is the foundation of our business and our personal life.

Business

as

. This
r core

nd
ur

rio in
ave
orking

re
with
s and
e one-
eces

d
g
r
on of



Holley Woodworking's Mission:

**To upgrade your home with
luxurious handcrafted solid
wood furniture and bespoke
kitchenware that will leave
an impression.**



n
d
e
e





HOLLEY

WOODWORKING

- Handcrafted
- Unique
- Sustainable
- Personalized
- Engravable
- Furniture
- Gifts





Not So Beautiful... Foot Fungus

Fungus can start with one nail and spread throughout your nails. If you suspect you have fungus then go to the doctor. They will be able to test and determine if it's truly fungus, or something else. If it is a fungus your doctor will prescribe medication, this is important to use properly and diligently.

What are the signs of fungus?

Thickened nails

Crumbling, brittle nails

Dark colour under the nail (not caused by injury)

Foul smell under the nail

Yellowish/Whitish substance under the nail

White dots on nails

What causes fungus?

Older age reduced blood flow

Heavy sweating

Walking barefoot in communal areas such as pools, showers, resorts, water parks, bathrooms and gyms

Spending a lot of time in the water

Having diabetes

Circulation problems

Weakened immune system

How to prevent

Wash your feet

Wash your feet

Wear socks

Use antifungal

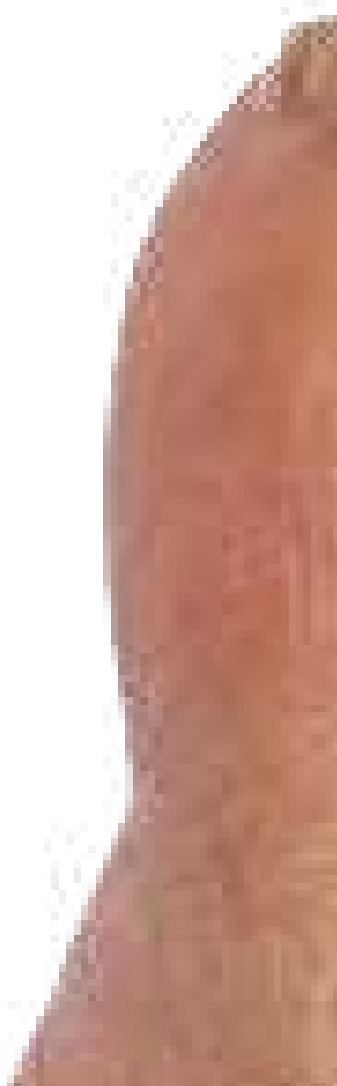
Wear foot powder

parks and

Make sure

While treating

Do a foot



Janet's Beauty Corner



prevent nail fungus?

Wash your hands and feet on a regular basis

Wash your hands after touching an infected nail

Use sweat-absorbing socks or use powder to absorb sweat

Use anti-fungal powder in shoes

Wear footwear around communal pools, gyms, bathrooms, showers, water parks, and resorts.

Ensure your esthetician is using sterilized and disposable products

If you are treating fungus don't apply polish or artificial nail enhancements

Get a nail check over once a month and look for anything new



Available at Five Senses \$19.95

Limited Supply

Authorized by Health Canada for both commercial and domestic use; Zoono® Hand Sanitizer's active technology is effective both at work and at play.

DIN 02470403



HAND & BODY

Long-lasting protective shield against 99.9% of germs.

The



Long-Lasting

ZOONO®'s protective shield has been proven to kill 99.9% of germs on the skin for up to 24 hours and germs on surfaces for up to 30 days.



Independently Tested

ZOONO® has had to pass several efficacy tests to be approved by some of the world's most trusted organisations. Companies that put their people and customers first are rushing to incorporate ZOONO® into their strict hygiene protocols.



WHAT MAKES US UNIQUE

Zoono[®] Difference



Pleasant to use

Our water-based, alcohol free products can be used by all, and our hand sanitiser has been dermatologically tested.

Our Surface Sanitiser & Protectant has food safety approvals in Australia and New Zealand.



Doesn't Wash or Wipe Off

ZOONO[®] provides extra peace-of-mind even after regular handwashing and routine cleaning.



Scientifically Proven

ZOONO[®]'s innovative germ popping technology is proven effective against a wide range of bacteria and viruses.

The long list of efficacy test passes include PAS2424, EN13697, EN1276 and EN1650.



Technological Revolution

ZOONO[®]'s unique technology is only available from ZOONO[®] directly or a Zoono[®] Authorised Partner.



Dr. S.

Hydro-Marin
Cleansing Fo
Hydro-Marin
Cleansing Fo



Dr. Spiller Hydro Marin Foam is invigorating, clarifying and refreshing foam cleanser that deeply cleanses dirt, debris, and bacteria off the surface of the skin with ingredients from the sea such as sea salt, algae, and marine minerals.

Leaves the skin soft and supple.
Hydrating and refreshing.
Invigorating and pore-cleansing.

Available at Five Senses
\$48



Eggplants are actually a berry although they are used as a vegetable.

The origin is thought to be Indian, and some varieties in the eighteenth century were yellow or white and resembled goose or hen's eggs, hence the name eggplant in North America.

There are many varieties and they can be green, white, purple and even striped.

Did you know that eggplants contain nicotine? But only a tiny amount, just 0.01%. You would have to eat 9 kilos of eggplants to get the same amount of nicotine as in one cigarette.

Quite a bitter fruit, it shouldn't be eaten raw.

Like a sponge, eggplants are able to soak up large amounts of fats. It's a good idea to bake them before using in other recipes. It's used in a variety of recipes around the world.

Eggplants are part of the nightshade family - may be best avoided by those with arthritis. Eggplants are a great source of niacin and potassium. They also contain calcium, magnesium, iron, vitamins A and C, and folic acid.

Niacin (vitamin B3) is one of the most stable of the B vitamins as it's unaffected by heat, light, air, acid, and alkali. Niacin works as a part of two co-enzymes that are required in over 50 different metabolic reactions in the body. It also helps to stimulate circulation, reduce cholesterol levels in the blood, and is vital to healthy activity of the nervous system and regular brain function. Niacin helps in the health of tissues of the skin, tongue, and digestive tract. It's also necessary for the synthesis of sex hormones like estrogen, progesterone, and testosterone (along with other corticosteroids).

*Rain Valvanis, CHNC
Certified Holistic Nutrition Coach*



Eggplant

There are over 3000 varieties of pears!

The fruit is harvested green and it continues to ripen when removed from the tree.

They are one of the highest-fibre fruits, with about 6 grams per medium-size pear.

Pear leaves were used for the preparation of cigarettes before tobacco became popular.



Pears have modest to moderate amounts of many different nutrients. They contain a great amount of fibre. They have a decent amount of vitamin C and folic acid. they also contain high amounts of potassium and a good amount of manganese and selenium. Pears are a great source of boron - a trace mineral that helps with balancing calcium, keeping bones healthy, and preventing osteoporosis.

Pear Salad Dressing

- 1 ripe pear - peeled, cored, and chopped
- ½ cup white wine
- 1 clove garlic, chopped
- 2 teaspoons Dijon mustard
- ¼ cup white balsamic vinegar
- 1 teaspoon ground black pepper
- ¼ teaspoon sea salt
- ½ cup olive oil.

In a blender combine all ingredients except the olive oil, once blended; drizzle the olive oil into the mixture in a thin, steady stream while continuing to blend. Blend a few seconds longer until the salad dressing is thick and creamy.

Potassium is one of the main minerals that make up electrolytes, which carry a tiny electrical charge. It works with sodium to regulate the water balance and acid-base balance in the blood and tissues. It's also necessary for cellular biochemical reactions, energy metabolism, normal growth, and building muscle.

Potassium is well absorbed from the small intestine at a rate of about 90% absorption - this is greatly reduced through the cooking and processing of foods.

*Rain Valvanis, CHNC
Certified Holistic Nutrition Coach*

Pears



"Make every day a spa day"

Let's state the obvious. COVID has changed everyone's life, many businesses and if we hear the word pivot one more time we will likely scream! But Kerri-Lee the owner of Comfee Cushion is used to pivoting and designing new products.

In 2005 Kerri-Lee designed a hidden treasure jewelry cabinet. She launched them on the Shopping Channel and sold them in over 250 stores in Canada and the US. That business changed and she needed a new idea.

Who knew that a \$2 pair of slippers at a garage sale would turn into a new business?

Kerri-Lee bought a pair of slippers that vibrated when you wore them. Neat idea, but she did some research and development and created a Portable Designer Therapeutic Vibrating Massage Cushion - aka Comfee Cushion.

Since 2009 Comfee Cushion has been massaging people when they travel, sit at their desk, watch TV, drive and any other activity where someone spends time sitting

But wait - there's more... you can use the pillow to help with tired sore feet, just place it under your feet when you are sitting and enjoy the smooth vibrations. You can use it on your shoulder, legs and yes, even your buttocks to help relieve tensed-up muscles.

Vibration increases blood flow and oxygen to your muscles, helping your body release tension and stress which relieves pain.

Use this Comfee Cushion for increased support and in between regular RMT massages and chiropractor care.

Before use consult a physician if you have a pain condition

cushion

Kerri-Lee Benson

Play with Comfee Cushion"

Kerri-Lee is Inspired by colour & texture, motivated by preserving our environment, driven to design multi-functional items. Comfee Cushion is her unique design.

The covers come in a variety of colours and textures and are washable.



Kerri-Lee lives in the Niagara area and these cushions are handmade here in Canada.

cemaker or any other serious medical conditions.

comfee cushion

by Kerri-Lee Benson

"It goes on when you sit"

"Perfect for the car, home, office or plane"

Portable
Massage
Cushion

They go on
When You
Sit!

Quiet
Soothing
Vibration

Muscles
are Loosened
& Relaxed

Boosts
Circulation

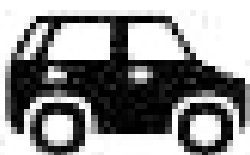
Helps
Diabetic Legs
& Feet

Reduces
Leg Swelling
(Edema)

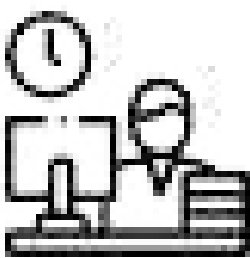
Great in
the Car

Available online 

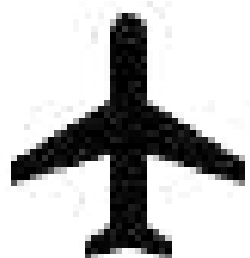
Or pick one up today at Five Senses Spa & Wellness Centre.



Car



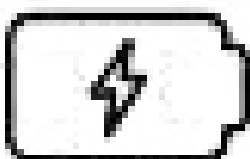
Office



Flight Friendly



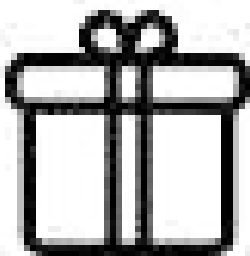
Use in wheelchair



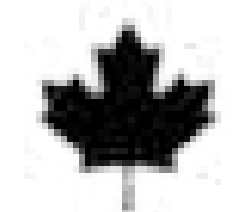
Uses 2 D Cell Batteries



120 Hr's Runtime



Makes A Great Gift



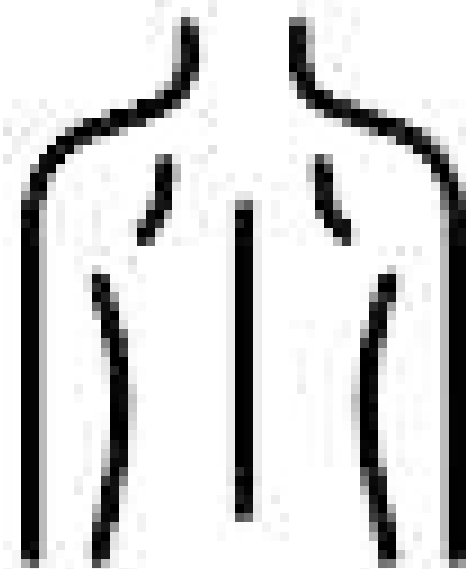
Canadian Made



1 Year Warranty



Neck



Back



Leg



Foot



tableau
water. evolved.

tabl'eau A turnkey

Elegant aesthetic
position tabl'eau
Filtered on-site
are invited to e

How far do

Guaranteed Consistent

Premium Filtration

- State-of-the-art
- Consistent high
- NSF Certified T
and FDA appro

Eco-chilled:

- Eco-forward, e
efficient cooling
- Recirculating li
consistent serv

Enjoy your hyd
tabl'eau filtered
Five Senses Sp

Together We A
water. evolved



eau™
lved.

eau Filtered Water

key approach to premium water

etics, eco-forward functionality and superior taste
au as the preferred premium filtered water solution.
e, all guests at Five Senses Spa & Wellness Centre
enjoy tabl'eau chilled sparkling or still filtered water.

Does your water have to travel?

ed nt Quality

ed:

rt filtration technology
h-quality filtered water
Technology
oved

energy
g technology
ines provide
ving temperature

Hydration & Wellness:

- Enhance wellness, increase energy, and rejuvenate skin and immune system
- tabl'eau signature sparkling effervescence
- Clean finish taste (no sodium, chlorine or preservatives)

Sustainability:

- Decreases carbon emissions by eliminating demand for delivered and packaged water
- Eliminates unnecessary supply chain and disposal services associated with single-use packaged water

ration experience with
d water at the
pa & Wellness Centre.

re.

.



FIVE SENSES

SPA & WELLNESS CENTRE

— Quality & Care Since 2012 —



What motivated you to become an esthetician?

"I never knew how to take care of myself growing up, it caused a lot of issues and complications growing up. I wanted to learn how to take care of my skin and the rest of my body, I also have this urge to always be helpful and always help people in need whether it's picking something up on my way to staying with them for hours just to keep them company. There are a lot of things most people don't know much about, such as skin care, I was one of them, so I decided to take the course to teach myself and so I could help teach others how to care for themselves."

As this is a female-dominated industry were you worried about how you would be received at school?

"Yes, I was quite worried, I remember my first day of school I was nervous that everyone would treat me differently or with disrespect since it is a female-dominated industry. But within a week I quickly realized that gender, sexuality and previous knowledge had nothing to do with it. Everyone welcomed

Working in a Female-Dominated Industry Arjae - A Male Point of View



me with open arms, and I was very friendly and willing to help anyone who was struggling."

How did you change the way your classmates thought about a male in this industry?

"I found that a lot of my classmates came to me for help and advice when faced with a problem they didn't know how to solve, especially when it came to men's skincare and hair removal. I understood the female body better than I understood the male body. I find that it's uncomfortable when there's a female esthetician on a male's body, either feel judged or that they are being laughed at. It happens with males who are friends they are going

ated Industry Esthetician's



nd were super
help when I

e how
of having a
y?

my classmates
and instruction
problem they
live. Especially
s skincare and
stand the male
derstand the
at men can be
they are with a
ly because they
they feel like
ed at. It
who tell their
j."

What was the hardest hurdle to overcome?

"The hardest hurdle was the gender factor, I've been denied and rejected from services from clients thinking that I'm in it for different reasons or I don't know what I'm talking about, or even just religious views. I remember in school we had a client refuse me to do a facial because I was a male. And still to this day when I greet clients I can see it in their eyes that they feel like I don't know what I'm doing. But after a 10 min conversation, their attitude changes and realize that I do know what I'm talking about and I do actually care about them being the best they can be."

What do you enjoy the most?

"Service-wise I enjoy facials and hair removal. Being a male I know that a lot of men don't know how to take care of their skin, or they don't like how hairy they are. Profession wise I enjoy helping people feel good about themselves and feel cared for whether it's clients or co-workers, and then there are the compliments during or after the service, some will

comment on the vibes I give off and some comment on my attention to detail."

Do you find men interested in getting services done by you or do they shy away from the same gender?

"I do find them interested in getting their services done by me, it's the same as a female client to a female esthetician, I understand the male body better than I understand the female body. I find that men can be uncomfortable when they are with a female esthetician only because they either feel judged or they feel like they are being laughed at. It happens with males who tell their friends they are going to a spa and they will poke fun at them over it."

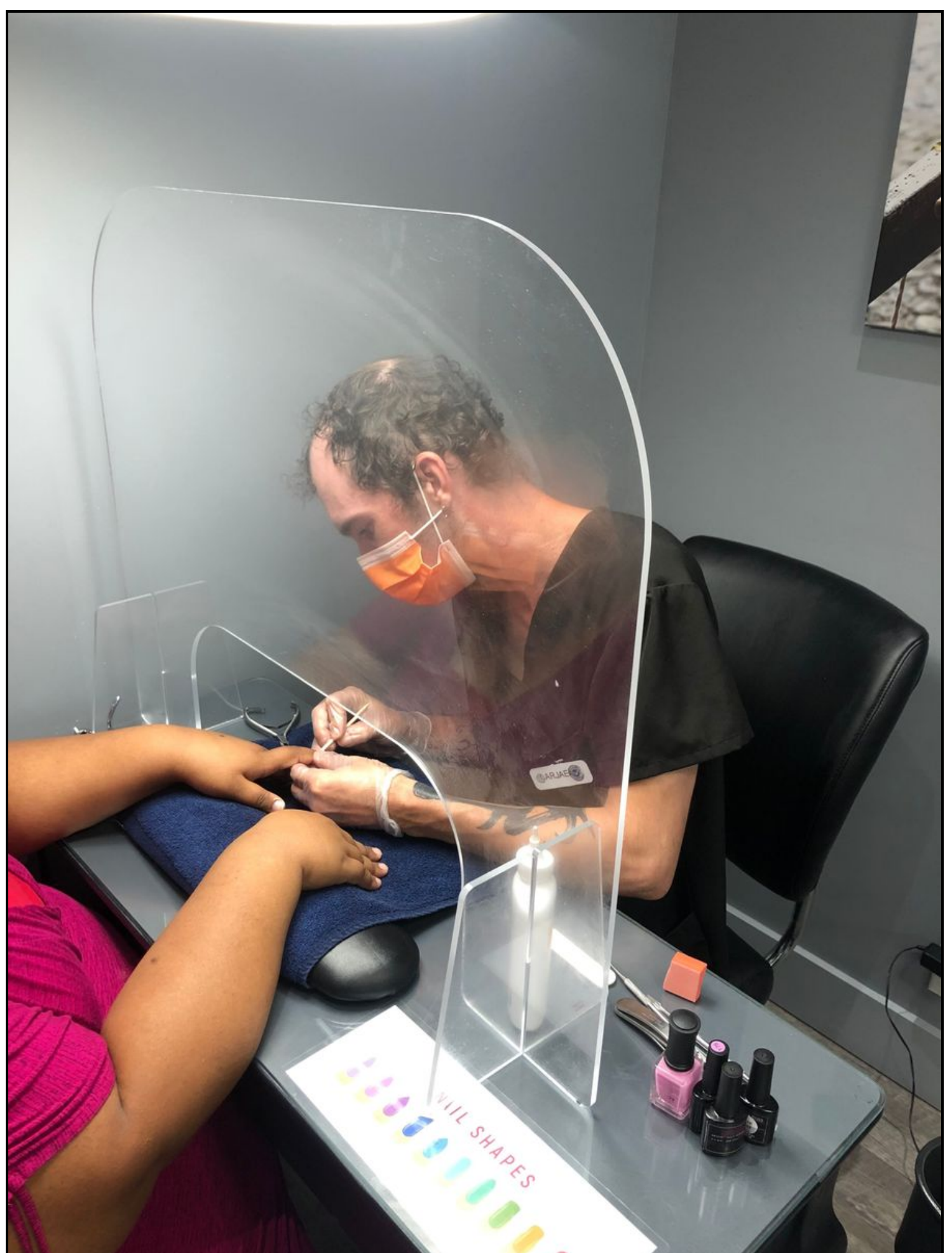
Thinking back to your first days at Five Senses did you think you would be accepted by clients?

"I honestly didn't think I would be accepted by clients, it is a female-dominated industry and it can be very nerve-racking when I can feel clients judging me based on gender roles."



Are clients surprised when they meet you and realize they are getting services done by a male esthetician?

"Yes, I have had quite a few people straight out say "I've never had my service done by a male", or, "I thought I would try a male since I've never had a male do it before." It makes me feel good to hear them be honest with me and makes me feel comfortable doing their services. But it's a double-edged sword, sometimes I feel like I have to live up to high expectations because I am a male in a female-dominated industry and it's all they are used to."







Bushbalm Oils \$46
Safe for any skin type.
Available at Five Senses

WELLNESS

Even though it seems counterintuitive that putting pressure on your legs would actually help your blood flow, that is what compression socks do.

The pressure actually helps your blood vessels work better. Arteries that take oxygen-rich blood to your muscles can relax because the pressure from the socks is doing their job, so blood flows freely. The veins get a boost pushing blood back to your heart.

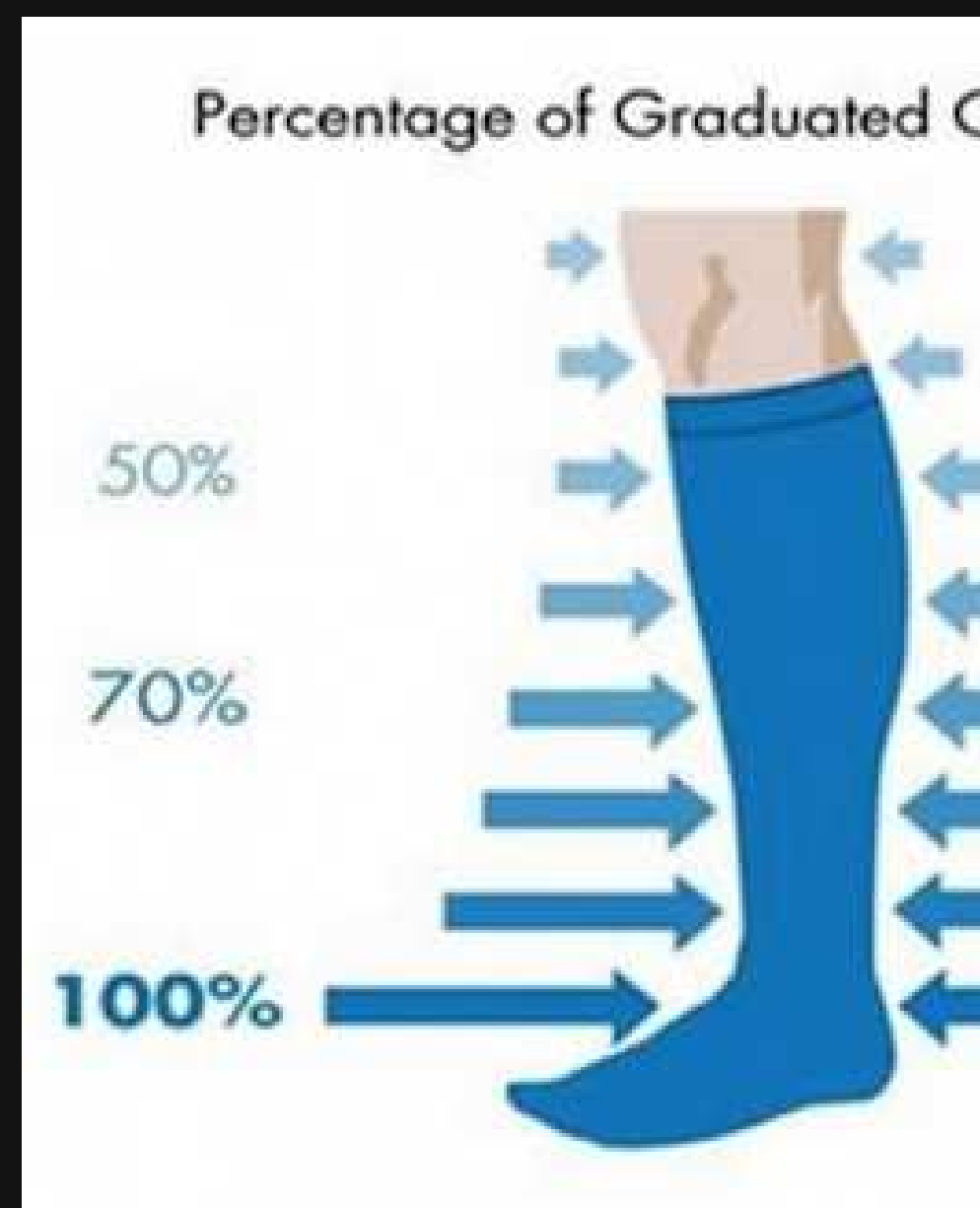
Because your blood keeps moving, it's harder for it to pool in your veins and make a clot. Clots make it harder for blood to flow around them which can cause swelling, and discolouration. More serious if a clot forms and breaks free, it can travel with your blood and get stuck somewhere dangerous, like your lungs.

Compression socks can also ease swelling in your feet and ankles. They also help to prevent and treat spider and varicose veins.

It's important to get the right size, material, pressure, and fit. Don't fit them too tight, because that can cause problems or cut off your circulation like a tourniquet.

Compression socks should not be painfully tight. The pressure at the ankle is less compressed than the calf.

Our Chiropractor, Dr. [Name], can help you find the right fit and pressure. Check with your insurance company to see if they have coverage for socks. It's worth a try.



Compression Socks

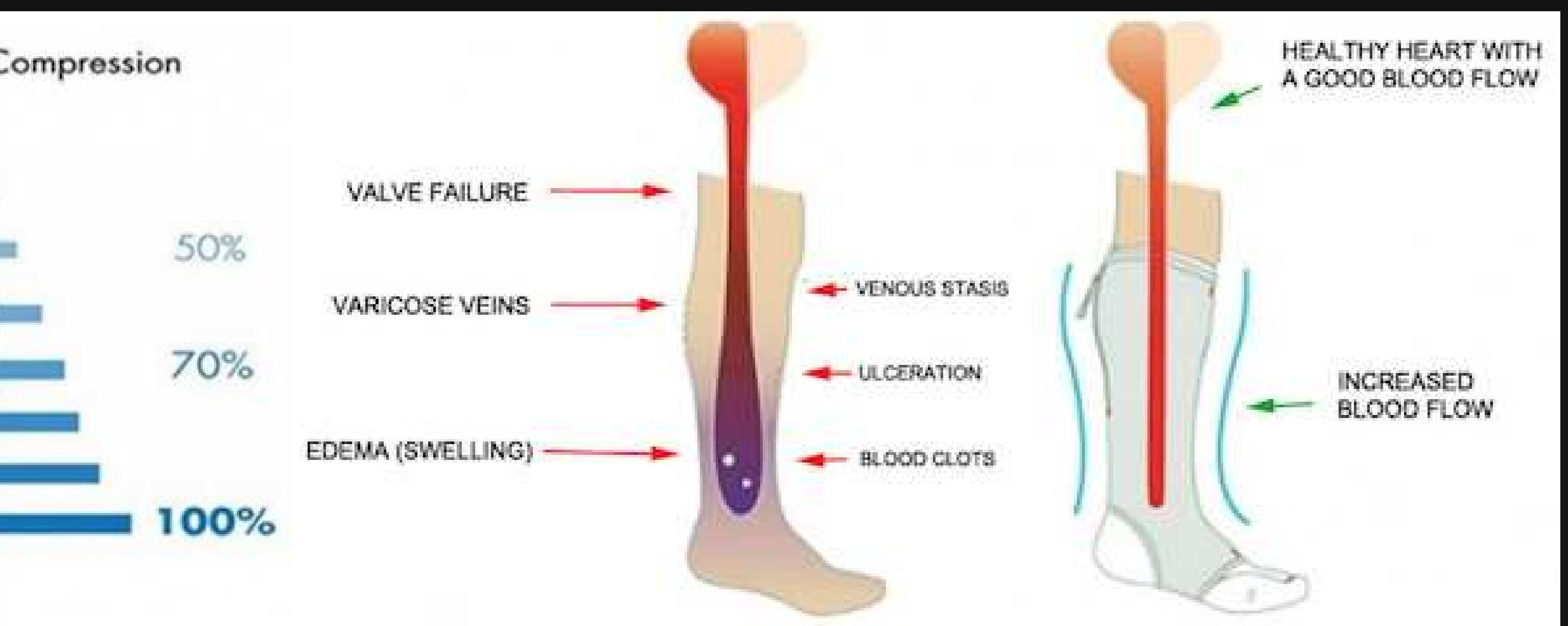
How They Work

The correct length of the sock or roll the tops down can cause blood flow problems in your circulation like a

sock should feel snug, but not too tight. They fit tighter at the top and are compressed at the top.

Michelle DaSilva, and Dr. Kaiser can measure your blood pressure in compression socks. Check with your doctor. In your company, you may need compression socks if prescribed for


- Who Wears Compression Socks?
- People with or at risk for circulation problems, like DVT, varicose veins, or diabetes
- People who stand all day at work
- Athletes
- Pregnant women
- People who spend long stretches of time on airplanes, like pilots and flight attendants
- Travellers who are on long flights
- People who've just gotten surgery
- Those who can't leave their bed or have a hard time moving their legs



Review our Safety
Protocols and Menus
in our e-brochures



Team
Members who
have been
vaccinated
against
COVID-19
show this logo
on their name
tag, room
designation
and on their
profile with
their
permission.




FIVE SENSES
SPA & WELLNESS CENTRE
— Quality & Care Since 2012 —

COVID-19
VACCINATED

de
dence







FIVE SENSES
SPA & WELLNESS CENTRE
— Quality & Care Since 2012 —

COVID-19
VACCINATED

Guidelines For
Your Spa Visit















FIVE SENSES
SPA & WELLNESS CENTRE
— Quality & Care Since 2012 —

COVID-19
VACCINATED

Spa Menu


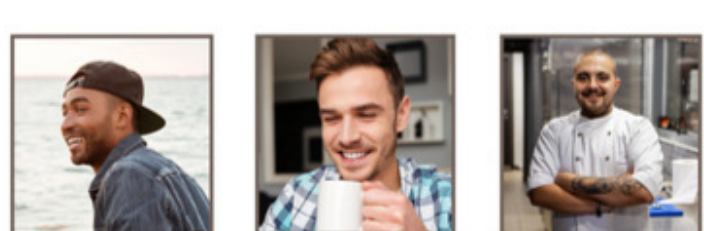
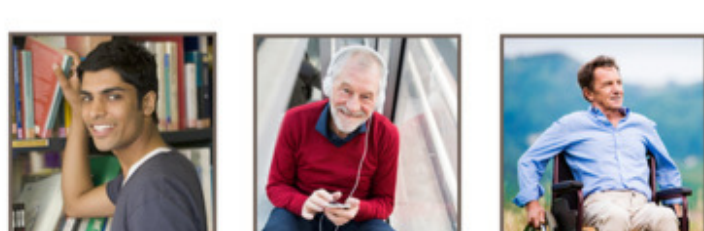






		
		
		



FIVE SENSES
SPA & WELLNESS CENTRE
— Quality & Care Since 2012 —

COVID-19
VACCINATED

Men's Menu



Queen Anne's Lace

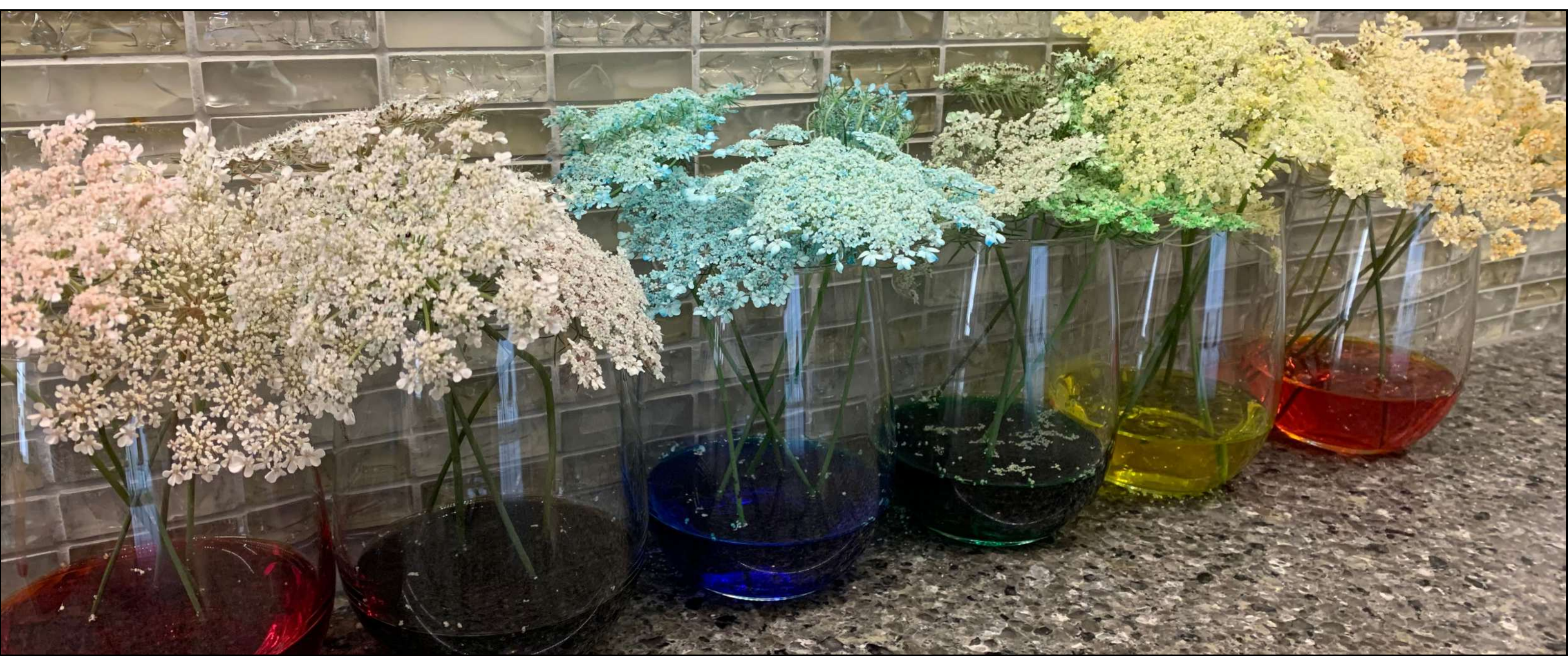
Queen Anne's lace is said to have been named after Queen Anne of England, who was an expert lacemaker. The Legend says that while crafting away, Queen Anne pricked herself with a needle and a single drop of blood fell from her finger onto the lace, leaving the dark purple spot.

This tall wildflower is actually a wild carrot. The young taproot can be cooked and eaten, but beware it is very similar to poisonous hemlock. We suggest that you buy carrots instead and use the flowers for decoration.

For a fun project with the kids, or if you want to make an impressive flower arrangement you can actually dye the flowers with coloured water.

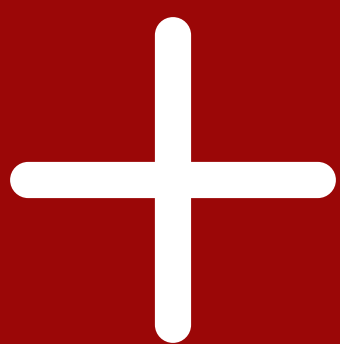
Find a field with Queen Anne's Lace flowers. Wear gloves when cutting stems as the sap can cause a very severe rash. Once home set up glasses with coloured water. Cut the stems of the flowers (again, wearing gloves) to the desired length, place in glasses and in about 12 hours you will have a lovely coloured flower arrangement.





**It takes a
lot of
energy
to be a
Dad!**

**Have
more
success
with
your
workout,
get
stronger,
and
increase
your
energy**



**Click
Here**







K

FUR-WELL
2020
CCPL1305

B.F.F.
CCP

We love our pets and this new Kittens & Canines collection from Cuccio is a PURRRFECT excuse to come in and PAWS for a couple of hours while you get a manicure and pedicure.



cuccio™

Kittens & Canines

COLOUR COLLECTION



Safe & Effective Pedicures

At Five Senses we want to provide safe and effective pedicures for all of our clients. All of our estheticians are trained and educated. They have all completed post-secondary school programs and are further trained on our safety and treatment protocols. All of our tools are disposable or metal which are sterilized using hospital-grade products. Our top priority is your health and safety.

Diabetic Foot Care

Almost half of all people with diabetes have nerve damage, this can affect anywhere on the body, but your legs and feet are the most common. Nerve damage can feel like numbness, tingling, pain, while others may have no symptoms. Nerve damage also affects your ability to feel heat, cold, and pain. Having poor blood flow and nerve damage puts you at a risk for developing foot ulcers.

At Five Senses we want to provide safe and effective pedicures for all of our clients. All of our estheticians are trained and educated. They have all completed post-secondary school programs and are further trained on our safety and treatment protocols. All of our tools are disposable or metal which are sterilized using hospital-grade products. Our top priority is your health and safety.

For Diabetics we approach with care by inspecting your feet, checking for injuries, ingrown nails, corns and calluses. We soak the feet and push back cuticles. We never cut cuticles for diabetics to prevent any infections or injuries. The cuticle is a barrier protecting your matrix from organisms that can harm you. We also paddle lightly to protect the bottoms of your feet. A lovely foot and leg massage is done to get the blood flowing and help you relax.





How to have Healthy Feet with Diabetes

- Wash your feet every day with warm water, dry feet completely including in between toes.
- Apply lotion to the bottoms of your feet
- Never go barefoot, wear slippers when inside
- Check shoes regularly for rocks, holes or anything that could injure your foot
- Trim toenails straight across
- Have your esthetician check your feet each visit to see if anything new has come up
- Have your doctor check your feet for nerve damage and blood flow
- Check feet daily for any cuts, scrapes, or infections

Fasta Pasta Salad

***Use
store
bought
pesto
for a
quick
"Fasta"
pasta***



2 cups cooked pasta
2 cups chopped green beans
2 cups shredded spinach
1 jar pesto sauce
½ cup Parmesan cheese
salt to taste
fresh lemon juice to taste
3 cloves garlic, minced
¼ cup olive oil
¼ cup balsamic vinegar



INSTRUCTIONS

Cook pasta to your desired "al dente", drain, put in a large serving bowl and toss with a little of the olive oil to prevent sticking.

Heat a tablespoon of olive oil in a large skillet over medium heat. Add the green beans and the garlic cloves and saute quickly just until the garlic is fragrant and the green beans turn bright green and tender.

Toss the green beans and garlic with the pasta. Place in the fridge to cool for 15-20 minutes.

When the pasta is cool, add the spinach, basil and olive oil spread, Parmesan, and salt. Toss, taste, and adjust as necessary.

Serve each individual portion with a drizzle of olive oil and a splash of balsamic vinegar.

Love Your Skin



A facial is a skin treatment that cleanses pores, exfoliates away dead skin cells, and treats common skin concerns with a custom mask. Rejuvenate and nourish your skin, making skin appear healthier and younger. We custom each one of our many facials to your skin type and area of concern.



For persistent foot and nail problems.



Active Ingredients: Lanolin, Vaseline, medicated soap, panthenol, Bisabolol, zinc oxide, eucalyptus oil, lavender oil, oil of rosemary, menthol, camphor

The salve is based on a well-tried mixture of special soaps and selected skin-friendly oils. It is used best for severe hard skin, dry or rough skin, or very cracked skin. Helps protect against inflammation and symptoms linked with cracked skin. By regular use, the skin will regain its natural elasticity.

Medicated soap, lanolin, and Vaseline soften hard skin quickly and keep it smooth. Camphor and menthol cools and refreshes.

Dermatologically tested.
Also suitable for diabetics.

Treat Your Feet





**Back to Real
Getting Back
To Your Gym
Routine**



lity
k
n



Chris Brown, BKin, CPTN-CPT

Chris owns Muscle Performance Personal Training, a personal training company based in Toronto where he specializes in helping dads get stronger, have more energy, and find a fitness program they can succeed with.

He has a Bachelors's degree in Kinesiology and is a Certified Personal Trainer through the Canadian Personal Trainers Network (CPTN). He has over 10 years of experience as a personal trainer having worked with a broad range of clients: youth athletes, professional athletes, business owners, executives, and moms and dads.

Chris is also a cancer survivor which has impacted his coaching because he wants people to reach their fitness goals while also improving their health.

3 Step

With gyms re-opening many are getting back into a gym routine. Beyond your workout, if you haven't worked out in a while (or more), don't forget to do your warmup. It also contributes to driving fitness.

The great news is that I'll show you how to do this effectively & safely in about 5 minutes. It's like jogging on a treadmill or riding a bike. It doesn't hit all the potential of a full workout. Here are 3 tips for a quick workout in a short period of time!

Tip #1: Bike or Treadmill

This type of activity is great for a quick benefit of a good warmup: getting a light sweat going.

Just doing this leaves other muscles un-stimulated. So do this, but don't be too tight on time. Once you're done, move on to the next tip...

Tip #2: Stretch Dynamically

One of the other main benefits of dynamic stretching is that it warms up the muscles and the joints with movement which helps prevent injury outside of a workout.

Dynamic stretching beats static stretching by combining movement with stretching. It warms up muscles & reduces tension. The cardiovascular aspect also better promotes blood flow.

Warm-up

any of you may have been trying to get back and building back up to a typical gym workout after being out for the past couple of months (or more) – here's your warm-up! Doing a good warm-up can lead to better fitness results.

Let me show you how to warm up your body in just 10 minutes! The main point is that just running on a stationary bike for 10 minutes doesn't cover all the factors for warming up properly before a workout. We'll be covering those important factors all in a

(Time: 3+ minutes)

Running is the best for achieving probably the most obvious benefit of warming up: increasing your body temperature and

getting your valuable benefits and physical qualities. However, don't limit it to about 3 minutes max if you're running. Once you have that light sweat going on, apply

Dynamic (Time: 3-5 minutes)

One of the benefits of a good warmup is to prepare both your body and mind for movement – particularly full range of motion. Preserve movement ability both during and

avoid static stretching here because you end up losing the benefits with stretching. Not only does this lengthen your muscles prior to a workout, but the movement itself increases blood flow and muscle contraction.



Tip #2: Stretch Dynamically continued

Options here can range from simple callisthenics like doing arm circles or leg swings, to doing a few non-fatiguing amounts of bodyweight exercises like pushups or squats. Another option is to do the first 1-2 sets of your workout exercises with a lower weight and a slower pace of lifting, while not fatiguing the muscles greatly.

In general, pick 3-6 movements and do a low number of reps for each (about 5-8) which takes 3-5 minutes at minimum.

Tip #3: Move faster (Time: 1-4 minutes)

The last thing to achieve with a good warmup is to prepare the body for faster, more powerful muscle contractions. This also provides unique stress to the body that for most adults counters the natural effects of aging.

For athletic individuals, perform some jumps, skipping, or running drills at the end of the warmup.

This can be scaled to a level that is key is simply to safely move back to normal.

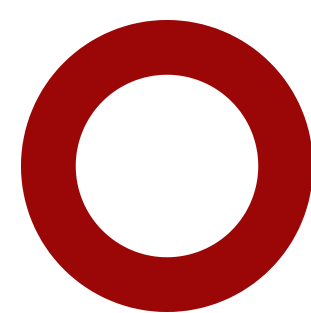
One example is marching in place progressively faster pace for 1-3 times with a short rest in between.

It can also be an extra set of a movement done in the previous paragraph with the same or less weight at a slightly more explosive pace.

Think 2-3 movements of 10-30 seconds each.

That's it, enjoy your workout! If you're back exercising at your previous level, still prefer working out at a lower level, or just tips a try to have a better warmup that can be done in 10 minutes.

Virtual Training Available



MUSCLE
Performance
Personal Training

anyone though – the
move faster than

ng in place at a
ce for 10-30 seconds
est.

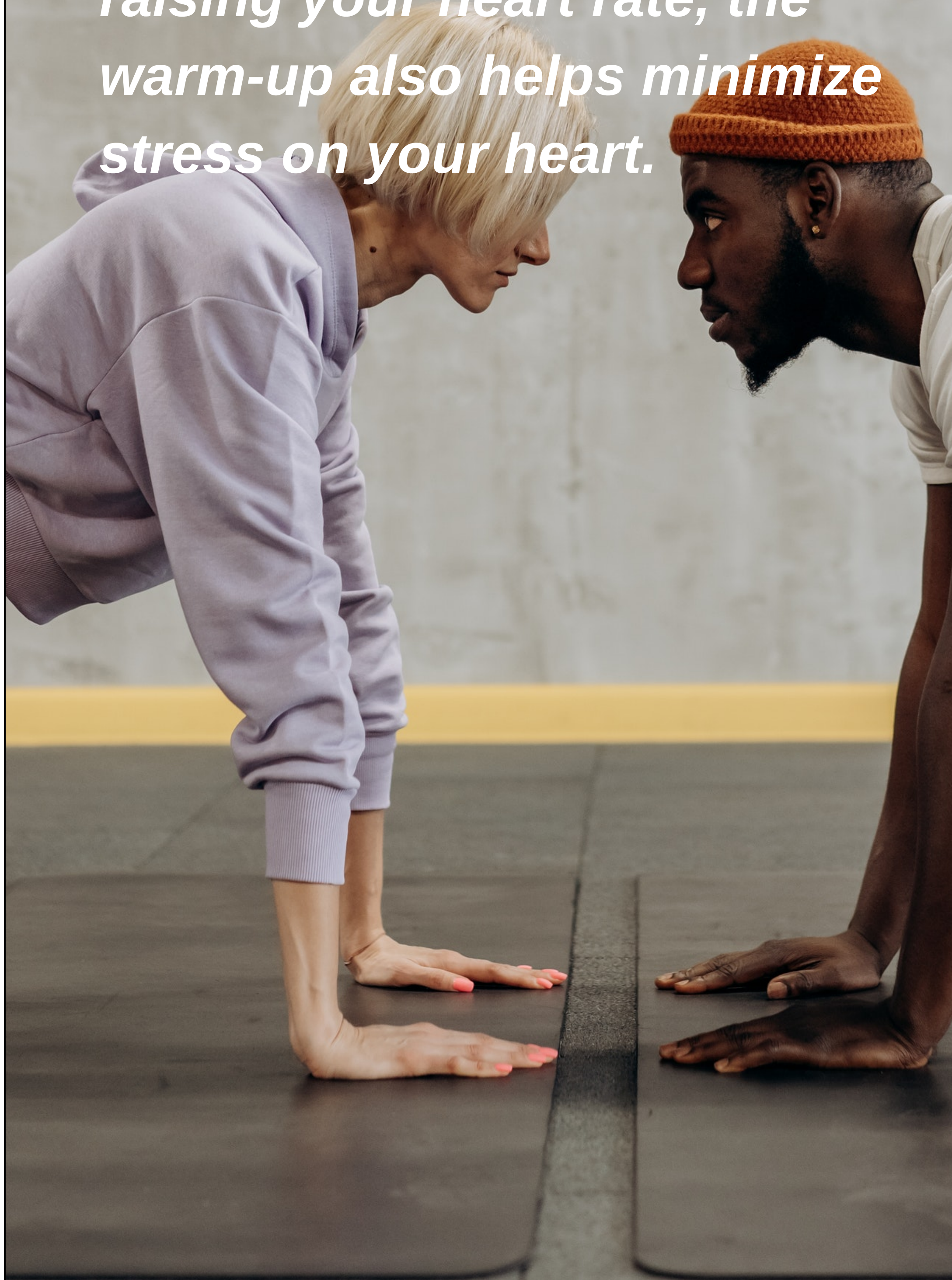
round of the exercises
art of the warmup, just
weight and performed
sive/faster speed.

done 1-3 times for
ach.

rkouts whether you're
local gym or if you
at home! Give these
er pre-workout
ne in 10-15 minutes!

Did you know ...

Warming up helps prepare your body for your exercise routine. It decreases muscle pain and stiffness, increases flexibility and by slowly raising your heart rate, the warm-up also helps minimize stress on your heart.





Available at
Five Senses



BLOCKING RAYS EASY AS ...

1

Apply SPF 50+
sunscreen



2

Wear UVA & UVB
protective clothing



3

Seek shade
peak times 11-3





**Men
Time to
Take Care
of Yourself**

More and more men are realizing that taking care of themselves is the only way to go!

You take care of your house, boat, and car; so why not take care of yourself?

Year after year males visiting spas has increased. In the Spa Industry men makeup 47% of clients! This is amazing and exciting news.

We embrace everyone and want everyone to know our Spa is for them.

What treatments do we offer for men? Everything!

Manicures, Pedicures, Massage, Waxing, Laser Hair Removal, Cosmetic Tattooing, Injectables, PRP, Skin Resurfacing, IPL, Body Contouring, Microblading, Scalp Micropigmentation and much more!

We have our amazing Beard Facial for men with larger beards that caters to ingrown hairs, removing trapped dead skin cells, and refreshing your beard. Facial hair tinting is a great option before special events to darken grey/white hairs.

With our individual spa rooms available you can now feel confident and secure knowing you'll be able to relax in privacy.

Our estheticians understand men have different concerns and challenges when it comes to skincare and we are here to help you. Whether it's acne, anti-aging, or overall relaxation we have a service for you.

Not sure where to start?

Book a consultation and let our staff guide you.



Like & Comment

**Purchase a
Gift Card**



Write Reviews





**Schedule for
reopening**



**Tag or Refer a
friend**



Give a shout out




**SUPPORT
LOCAL**

Do you own a small
business?

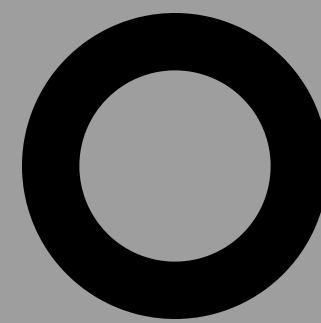
Do you want your
product, service, or
venue featured in
our free interactive
e-magazine for no
cost?

Join our spa &
lifestyle community
and get your
message out.



Click here and drop
us a line. We will be
happy to work with
you.

Field Trip Donkey Sanctuary of Canada



This is a great field trip to do with the family. Donkeys are gentle, soulful animals and visiting them can't help but put a smile on everyone's face.

The Donkey Sanctuary of Canada (DSC) is located just outside of Guelph. Started by Sandra and David Pady this sanctuary has over 70 donkeys and 15 mules onsite and other donkeys live on foster farms.

After being greeted and a short orientation Terry took us on our tour. What a great day!

Who knew that donkeys love getting their ears scratched? They are quite curious and many of them took a break from their breakfast to come over for a scratch and a pat on the neck.

The tour isn't just about scratches though, it is about learning in a fun environment.

Many of the resident donkey stories start off with sad beginnings and as they are rescued their lives changed.

Donkeys are not solitary animals so when they are rescued and brought to DSC not only do they find human love, but they find donkey love as well.

I don't want to give away all this interesting facts you will want to take some time out of your schedule and visit DSC.

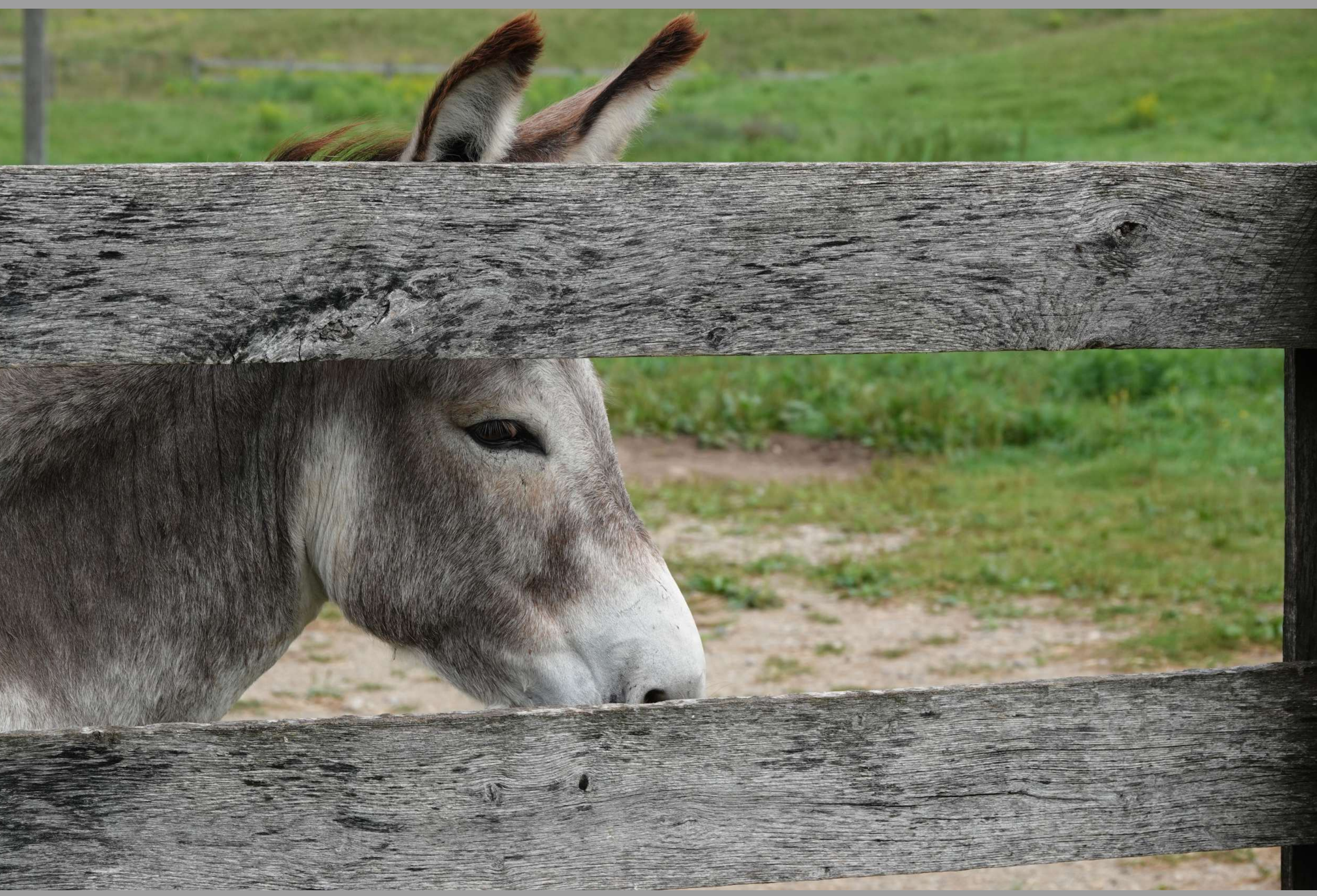
Not only do you get a chance to interact with donkeys and mules, as they stroll over for a scratch, you can also visit the learning centre that they have created in on of the large barns.

take a picnic with you. There is a beautiful pond with picnic tables set up. A fantastic place to spend some time with family and friends.

If you can't make it to the DSC this year, then check out their website. They have virtual tours set up and there is a 5km Pace for the Donkeys happening on September 26th. Wondering why it is called a pace and not a race? A group of donkeys is known as a Pace.

There have been a few changes because of COVID, but they are open again for tours on Fridays & Mondays. You have to book ahead. The current price for the tour is \$150 + HST and you can have a maximum of 8 people in your group.

Please also note that you are required to wear a mask at all times during your visit.









A Less Expensive Way to Tour

If you are a traveller that likes to get the best out of their trip by seeing as much as possible it can be overwhelming and expensive when booking tours.

Save money on activities and meals. Check out discount sites for the cities you are travelling to. Groupon has many cities within its group, so you can pick up some great deals on parks, restaurants, day tours by signing up once you book your trip. Keep your eye on the deals and work them into your trip.

In larger cities, you can meet up and go on a FREE city walking tour. We have done many of these and have always had a great experience. The concept is that you meet up with a group, go on the tour usually an hour, but some are two hours. You pay the guide at the end of the tour what you feel is appropriate.

Tours can be historical, city art, street art, ghost tours and even food tours. Not only do you get some interesting information, but often you get some great tips on places to visit or restaurants that aren't on the main streets and known.

Do a search for free concerts or museum tours. When in Amsterdam one year we had a terrific experience at the opera house. They offered free concerts which gave new musicians a chance to play in the opera house in front of an audience.

Many cities have free self-guided tours. If you like to move at your own pace then these are for you. They are also often broken into categories and they are totally free.

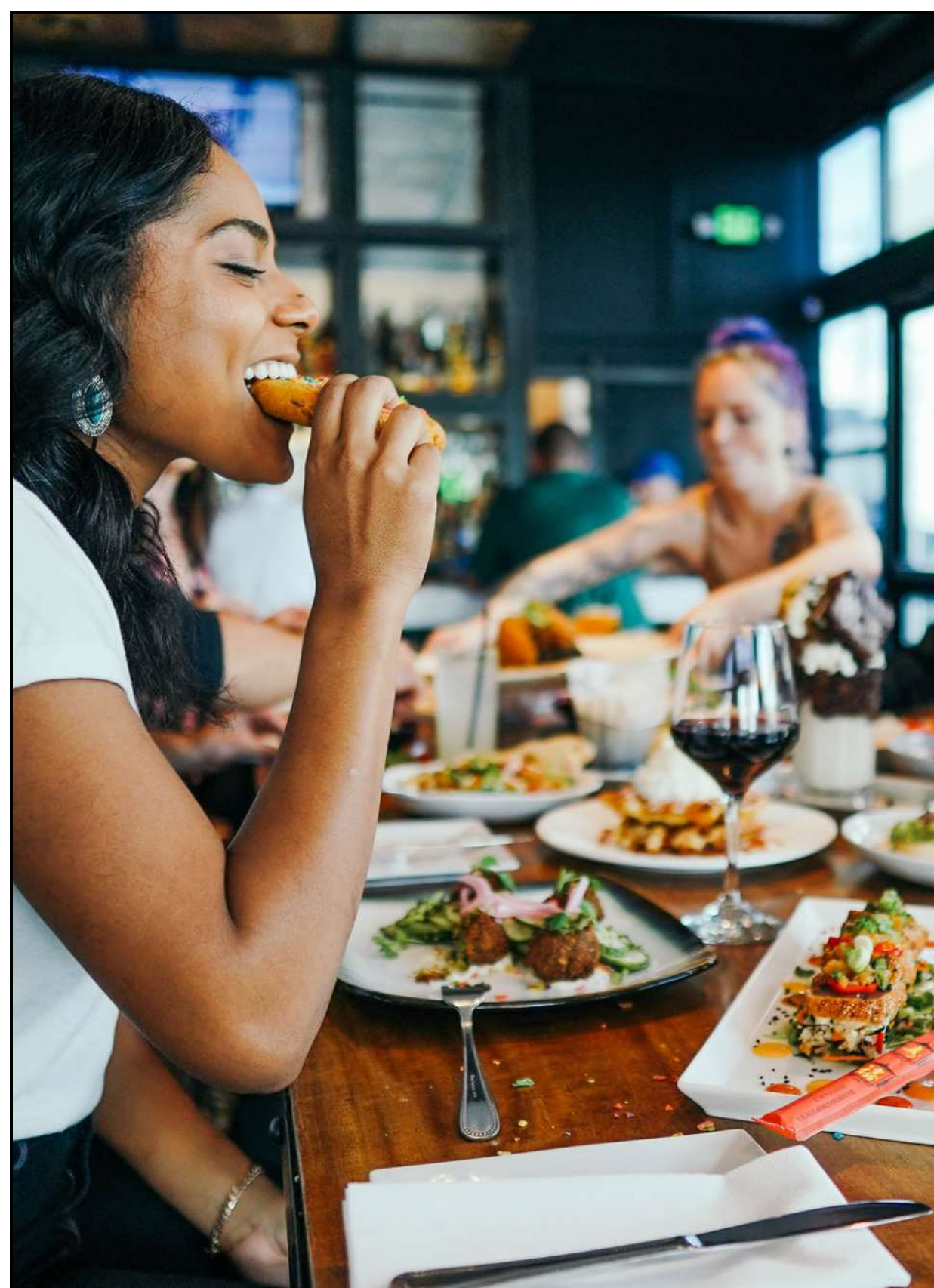
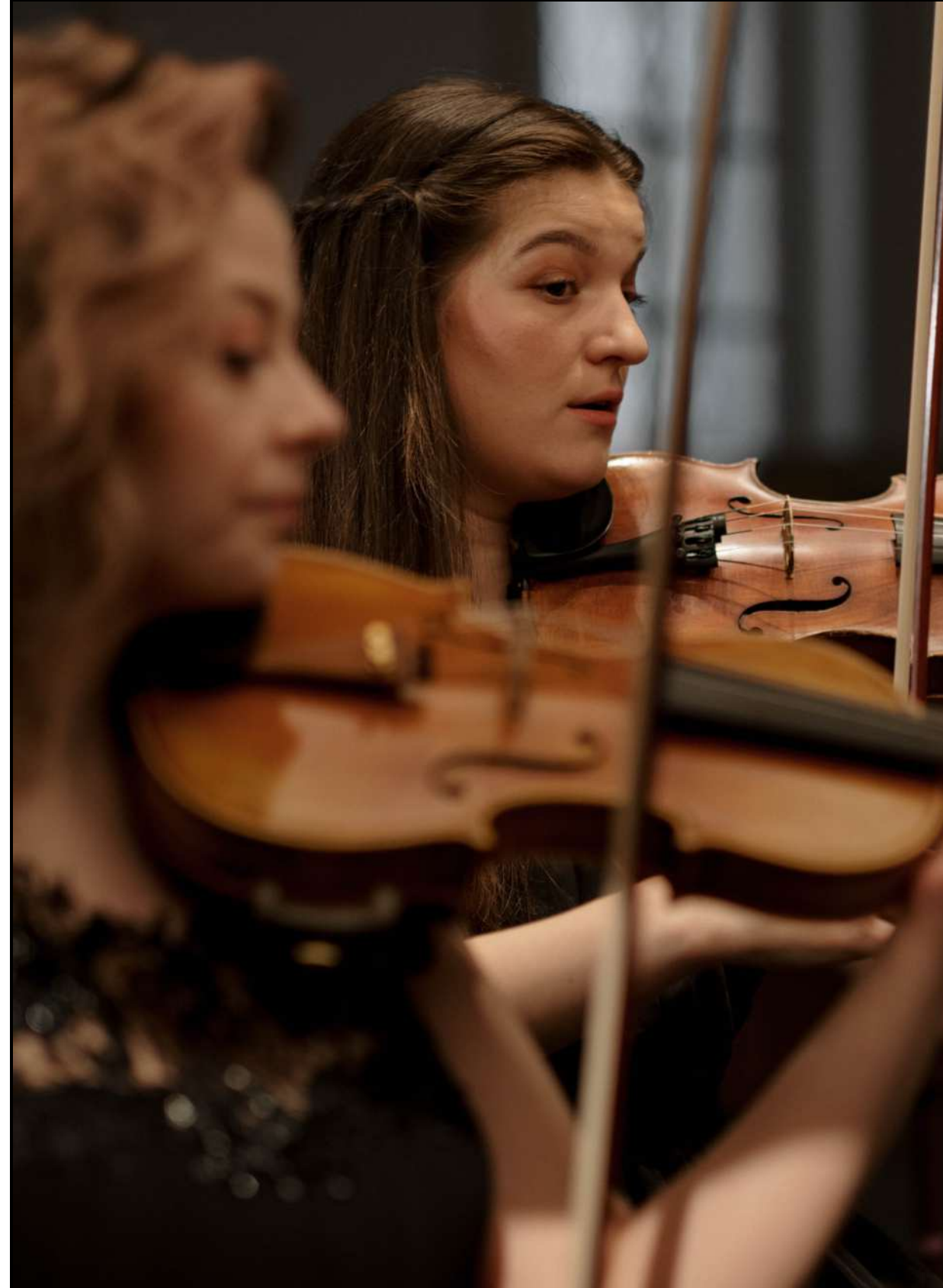
Check out Free Walking Tours by Foot - they even offer links to free city self-guided tours.

Comprehensive our

When it comes to meals besides picnic or street food we try to share items, so eat more small meals throughout the day so you can taste more local delicacies.

If you are with a group who wants to try different items, then once at a restaurant pick some appetizers, entrees and desserts and put them in the middle of the table for everyone to try a bit of each. We usually do one less of each item for the group. So three of each for a four-person group. Everyone shares the bill and you get a variety of items. Such a great way to fully experience a restaurant and what they have to offer.

Check out this map of Toronto with marked Street Art. Our own cities get overlooked because we live here...spend some time checking out Toronto.





*When you support
small businesses,
you're supporting
a dream!*



LOCAL

IS

THE

NEW

BLACK

Top 5 Reasons... to Change Your Toothbrush

You use it twice a day and most people don't think of changing their toothbrush unless the bristles are worn. But, for oral hygiene health, it is suggested that you replace your toothbrush every 3 months.

1. REDUCE RISK FOR BACTERIAL INFECTION

We have healthy oral bacteria that help with the digestion of food. But, it can also damage our teeth and gums, which is another reason to brush your teeth and floss two times a day.

Unfortunately, brushing leaves bacteria in the bristles of our toothbrushes where they can multiply. To ensure your toothbrush can effectively remove oral bacteria, make sure you're rinsing the bristles thoroughly after each use.

2. WORN TOOTHBRUSHES AREN'T AS EFFECTIVE

A brand new toothbrush or a replacement head for an electric toothbrush is engineered to remove bacteria and plaque buildup on teeth. After months of daily use, the bristles of your toothbrush will wear out and warp, becoming less effective at removing foreign matter from tooth enamel.

3. WORN BRISTLES CAN DAMAGE TOOTH ENAMEL & GUMS

You may not be able to see the tips of toothbrush bristles, but they can get worn down, making them more abrasive, increasing the risk of damaging soft tissue and causing excess enamel erosion.

4. PREVENT REINFECTION IF YOU'VE BEEN SICK

Bacteria and viruses that cause illnesses like strep throat and the cold can live on toothbrushes. If you've been sick, you should replace your toothbrush. Using the same toothbrush after you've been sick can increase your risk for reinfection.

5. AVOID EXPOSURE TO MOLD & MICROORGANISMS

Old toothbrushes also contain large amounts of fungus, mold, and microorganisms that can impact your oral and overall health. To keep your toothbrush free from mold, and microorganisms, don't store it standing upright with the bristles up.

DAMAGE

TISSUE

see it, but the
s are designed
ces of the
nnecessary
oothbrushes
be more
risk of
d causing

ON AFTER

t cause
, the flu, and
nbrushes, so if
uld get a new
me toothbrush
n increase your

FUNGUS,

ISMS

ntain larger
, and
negatively
rall health, To
e of fungus,
s, make sure
, uncovered,



Storage Tip:

Store your toothbrush standing up.

Do not store your toothbrush in the shower, in a travel case or covered, as these high moisture environments are perfect for microorganisms to thrive and survive.

A Few Easy Back to School Hacks



If you want to remember the
just memorize the sentence —
a large container of coffee?’
number of alphabets in ea
3.1415926!



Bulldog Clips to the re
So many electronic devices
Clear the clutter away by usin
back of your table or c

For even more organization, u
coloured cords.



digits of pi,
“May I have
” Count the
each word



scue.
to charge.
g clips at the
desk.

use different



Use this quick hack to save your locker
combination. Save the combination in your
phone under Mr. Locker



Don't forget something important. Most
kids check themselves out in the mirror
before leaving for school. So turn their
mirror into a to-do list.

Use DRY ERASER markers and write out
everything that you need for the next day.

Works for adults as well.

SENSES

Spa & Life Style Magazine

Oct/Nov 2021
Issue

**Sciatica
A Pain in Your Butt
We Can Help**

**Brighten-up
with a
Pumpkin
Facial**

**New Beer
No Alcohol
Full Taste**

**Manage Holidays
and Your Workout**





Follow us for up to date information



Spa with Confidence



905 487 0973
fivesenseswellness.com
fivesensesdayspa@gmail.com



The information in this e-magazine is for entertainment and information purposes only. Five Senses assumes no liability or responsibility for any errors, omissions, inaccuracies, delayed or incomplete information, nor for any actions taken in reliance thereon.

All information can be withdrawn or changed without notice. Whilst every care has been taken in producing the information on this site, does not guarantee the accuracy of the information. Five Senses is not responsible for any opinion, expressed by its author.

Comments are welcome, but they should be on-topic and well-expressed. Abusive, antisocial or off-topic comments will be deleted. Please send any advertising inquiries, comments, questions or concerns to fivesensesdayspa@gmail.com