



# Esthetic Therapy for Oncology Patients

When you come in for any treatment at The Spa Within, you can park at the Center of New Hampshire Parking Garage is attached to the Radisson Hotel, for only \$2.00 per day! Spend an hour, spend four hours in the spa, or enjoy the day and pay only \$2.00 to park! The Garage is clean, well lit for our night guests, safe and will keep you dry during the upcoming inclement winter weather.



The Spa Within  
Radisson Hotel, 3rd floor  
700 Elm Street,  
Manchester, NH  
[www.thespawithin.net](http://www.thespawithin.net)

## CHEMOTHERAPY AND THE SKIN

Chemotherapy undeniably wreaks havoc on the skin. As the body's largest organ, the skin of those undergoing chemotherapy has an overwhelming task. In addition to simply trying to process the drugs that are introduced into the body during these necessary treatments, the skin is also reacting to the unavoidable increase in emotional stress that the cancer diagnosis will cause.

Different cancers necessitate varying combinations of chemotherapeutic drugs. Each combination comes with its own risks of side effects and the skin of those going through chemotherapy becomes extremely stressed.

Common dermatological side effects of treatment are; sensitivity or allergic reactions, severe dryness, flushing, hyperpigmentation, photosensitivity, rashes, and folliculitis (an acne-like skin rash.)

Through good skin care, the staff at The Spa Within can help you look and feel better. It is wise to select skin care products that do not contain synthetic fragrances, colors or other known sensitizers and irritants to avoid instigating any reactions.

At The Spa Within, we offer many advanced daily care products that provide gentle, non-irritating cleansing, soothing and strengthening benefits for stressed skin.

**We also have hair stylists and a barber who are standing by to help you with your hair needs. We carry two product lines suitable for our oncology clients, one that pushes the boundaries of earth-friendly technology. These green products are formulated to nourish, protect, and revitalize the hair. To learn more, give us a call**

## CARING FOR THE SKIN

One important component to healthy, functioning and resilient skin is proper hydration. Having skin well hydrated prior to starting a series of chemotherapy treatments is an enormous help.

Extremely **dehydrated skin** is a common side effect. For those, daily regimens should include ingredients that draw moisture from the dermis up into the epidermis, plumping and hydrating the skin while improving overall function. It is equally important to ensure that light occlusive agents are applied to bind and retain this

increased moisture within the skin. Well-hydrated skin will be poised to handle the chemotherapy with fewer complications.

Typically what appear to be acne breakouts during chemotherapy is actually **Folliculitis**, an inflammation or infection in the hair follicles. Unlike acne, increased sebum and bacteria

production are not part of the underlying cause, rather the drugs are believed to be the trigger in the development of these follicular irritations. It can appear on the face, the scalp or anywhere on the body. Inflammatory cells inside the follicles create irritation that draws leukocytes, or white blood cells, to the follicle.

***Suggested Treatments***  
*Detox Gel Deep Pore Treatment*  
*Salicylic Acid Facial*  
*Deep Pore Cleansing Facial*  
  
*Safe-Tan Body Bronzing*



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## CARING FOR THE SKIN (CONTINUED)

### Rehabilitating the skin after completion of treatment.

Using gentle products during treatment can help keep hyperpigmentation at bay, but once the skin recovers, blended superficial chemical peels can help to rid the skin of any unwanted pigmentary deposits.

Our Skin Care Specialists will focus on the low-dose approach to allow the skin to adjust and regain equilibrium.

We have several helpful Dermatologist-approved and clinically researched daily care regimens and professional treatments for cancer patients.

Our Broad Spectrum Sunscreens are approved by the American Cancer Society.

We also have an all-natural hair color and shampoo line.

Folliculitis needs to be addressed gently, as this compromised skin is hypersensitive and prone to reactions. Traditional drying and surface-stimulating acne treatments will prove too harsh for this condition, and could result in greater reactivity and follicular distress. Gentle products that clear the follicles of cell debris, such as low percentage salicylic acid, will help shorten the duration of the outbreak.

Also important for clearing folliculitis is reducing the inflammation with ingredients like hydrocortisone, resveratrol, bisabolol, willow herb and white willow bark, while fighting any local infection with sulfur, salicylic acid, azelaic acid and antibacterial botanicals, like calendula and tea tree oil.

Products containing these types of antibacterial, anti-inflammatory and keratolytic ingredients are a

great choice for clearing folliculitis, wherever it appears on the body, including the scalp. At The Spa Within, we have treatments which include these products.

**Hyperpigmentation** is a common side effect of chemotherapy. For this reason we use products in our treatments that have gentle melanogenesis inhibitors. We do not use ingredients that are drying, stimulating or irritating.

At The Spa Within, we recommend using products that also contain anti-inflammatories and are hydrating.

**Sensitivities and allergic reactions** are also common side effects of chemotherapy. It is especially important for the chemotherapy patient to avoid the use of products containing synthetic colors, fragrances or other known sensitizers. Additionally, good

hydration, anti-inflammatory ingredients and topical steroids can bring relief and soothing to this severely stressed skin.

At The Spa Within, we carry PCA Skin Care products that are an ideal choice for soothing and supporting the skin of those undergoing treatment.

Below we have listed some of our skin care daily products. They will help support your skin during chemotherapy. The products included will help to minimize the appearance of some of the common skin concerns brought on by cancer treatments.

Patients undergoing cancer treatments should consult their oncologists before starting any new skin care regimens.

### Daily Care Products The Solution for Chemotherapy Support

**Creamy Cleanser**  
**Anti-Redness Serum**  
**Hydrating Serum**  
**Brightening Therapy® with TrueTone**  
**Perfecting Protection Broad Spectrum SPF 30**  
**ReBalance**  
**Silkcoat® Balm**  
**Peptide Lip Therapy**

*Nioxin Shampoo*

*Our hair stylists and barber standby to help you with your hair care needs as well!*

*Located in the Radisson Hotel Manchester, The Spa Within brags of its sunny and inviting rooftop atrium windows that offer a peaceful view of Manchester's beautiful parks. Serving in-hotel guests, visitors, and the general public, The Spa is staffed with specially trained medical, advanced, and certified spa professionals. If you are not a hotel guest, our luxurious treatment rooms provide the perfect in-town getaway... any day!*

*While having some treatments, feel free to partake in the convenient room service offered from Café on the Park and JD's Tavern - two outstanding restaurants located in the hotel. Enjoy breakfast, lunch, dinner, or even a beverage while having a pedicure, hair care treatment, or any spa manicure service.*

