

THE LOWDOWN ON



LYME

By Kris Campbell, Hale & Hush

Around 30,000 people are diagnosed with Lyme disease each year in the United States; however, the Center for Disease Control (CDC) estimates that it could be up to 300,000 yearly due to under-reporting and misdiagnosis.¹

Clients with this disease are looking for ways to de-stress and feel better, whether through a relaxing massage or facial. More physicians are letting their clients know that professional treatments done by someone that understands the disease may actually relieve symptoms associated with it during their medical plan.

In addition, skin care practitioners are in close proximity with skin for a long duration of time, affording them a unique opportunity to spot the signs of Lyme disease (or even a tick), so that the client can arrange to see their medical professional for treatment.

TRANSMISSION

The bacterium of Lyme disease, *Borrelia burgdorferi*, is spread through the bite of infected ticks. It is important to remember not all ticks carry Lyme bacterium. There are two main types of ticks that spread the disease in the United States: *Ixodes pacificus* (western blacklegged tick) on the west (Pacific) coast and *Ixodes scapularis* (deer tick) in the northeastern, mid-Atlantic and north central United States.

Ticks tend to attach to parts of the body that are hard to see like the armpits, scalp and groin areas. Immature ticks (nymphs) are the most common, as they are usually less than 2 mm in size, while adult ticks are easier to discover on the body before they can transmit bacterium. They must be attached to skin for 36-48 hours to be able to transmit bacterium. This is a good reason to always check your body after being in the outdoors for any period of time, especially after activities like hiking and camping.

THE LOWDOWN ON LYME

SYMPTOMS AND DIAGNOSIS

The various symptoms past the initial stage can make Lyme a very complex disease to diagnose. It can mimic symptoms for other diseases, and blood tests are not always reliable. If someone spends any time in the outdoors and/or regularly participates in activities such as hiking and camping, they should make their physician aware so they can keep this in mind when working to discover sources of symptoms. If not diagnosed in its early stages, it is much harder to treat once it becomes chronic. There are three stages of Lyme Disease (See Stages of Lyme Disease).

Stages of Lyme Disease

Stage One: Early Localized (1 to 4 weeks)

- Red circular rash (erythema migrans)
- Flu-like symptoms that may include: swollen lymph nodes, fever/chills, extreme fatigue, muscle/joint issues and stiff neck

Stage Two: Early Disseminated Infection (1 to 4 months)

- Expansion of circular rash and possible rash on other areas of body
- Memory issues, headaches and migraines
- Loss of control in facial muscles
- Weakness or pain in legs and arms
- Joint issues
- Possible heart palpitations and sometimes more serious heart conditions

Stage Three: Post-Treatment Lyme Disease Syndrome (months to years)

- Numbness in arms, legs and face
- Arthritis, most common in knees
- Problems with memory, mood, sleep and sometimes speaking
- Severe fatigue



Erythema migrans (the bullseye rash) is often a way to spot Lyme disease.



Lyme disease is caused by the bacteria borrelia from a tick bite

TREATMENTS

Most physicians choose a plan using some type of antibiotic therapy to start. Many cases of Lyme disease can be cured with two weeks to one month of specific oral antibiotics. There are some patients that can have symptoms of pain, fatigue or difficulty thinking that last for more than six months after they finish treatment. Several antibiotics may need to be tried to find the right one for the individual.

Detoxifying the body is another option available. This can be done through a variety of methods including dietary and natural treatment options. Diets that include fiber are important, as fiber binds to toxins and removes some when elimination occurs. Also, not putting “toxins” like sugar, alcohol, etc. in the body may help. It is common for a nutritionist to be brought in to help with Lyme patients. Colon cleansing, infrared

Ticks that Transmit Lyme Bacterium



Ixodes pacificus (western blacklegged tick)



Ixodes scapularis (deer tick)

saunas, lymphatic drainage, and various enemas are a few options that are sought out if looking for more natural options to relieve the symptoms of this sometimes debilitating, long-term disease.

Post-treatment Lyme disease syndrome patients' symptoms linger for months and years. While many can be in a state of relief after a month of treatment if caught early, this particular group of patients will have to continue alternating options to relieve their issues. The medical community has not found a definitive cure to help this group. Because of this, we are seeing more of these clients reaching out to the professional spa community for any possible help with relief, alongside their medical treatments. Functional, holistic-minded practitioners (MDs, DOs and NDs) may use herbs, nutrition, mindfulness training, meditation, and exercise to support the entire body and its ability to heal itself.

SPA CARE

When a client has Lyme, one must consider all the symptoms that affect their particular client so as to "do no harm." A thorough intake form should be done to learn what symptoms the client has, as well as any contraindications to spa treatments, medications or ingredients. Ask clients if they have areas of their face and/or body that are numb and/or tingling or sore to touch, so as that you can avoid those areas or alter the touch.

Massage, while enjoyed by most in a spa treatment, should possibly be altered. Some with Lyme have

chronic pain, tenderness or even numbness to various parts of the body. Many people with Lyme have found light-touch massage to be beneficial in terms of helping them to relax, cope with pain and enhance the lymphatic response. "Supplementing medical regimens with a steam room, sauna, and gentle massage therapy can assist healing among Lyme patients," shares Dr. Richard Horowitz, a national bestselling author and world-renowned Lyme disease specialist from New York. "The massage can ease their joint and muscle pain during treatment, while helping to lower inflammation, and the heat in a steam room and sauna will help their bodies to sweat out toxins associated with the illness."

Providing stress free and stress relieving treatments is wonderful to the Lyme client. Lyme can also have flare-ups like rosacea and eczema. Stress can cause a release of cortisol, which can then speed up the reproduction of Lyme bacteria, making the symptoms worse at various times. A comfortable bed and linens will be helpful. Possible essential oils used in treatment whether through diffuser, candles and products may also help.

Since many physicians recommend antibiotic therapy on Lyme clients, the skin may be photosensitive. It may be wise to avoid treatments like dermablading, peels, lasers, microderms, etc. Gentle enzymes seem to be a better choice along with dry brushing for the body exfoliation choice. The skin can be sensitive to touch and irritation. Gentle detoxifying and hydrating facials are highly recommended for this client.

HOME CARE

Lyme clients need to be given a good home care regime as well to keep skin in good shape between their professional treatments. Because the skin needs detoxification due to Lyme, a great technique to teach your client is dry brushing. When you dry brush your skin, it increases circulation to your skin, which encourages the elimination of waste in the body. Dry brushing stimulates your lymphatic system and thus helps it release toxins, therefore making this a powerful detoxification aid. It may also feel like a light massage and provide some stress relieving.

When encouraging clients to use good home care for their skin, look for products that have a variety of benefits for Lyme disease. Detoxifying ingredients

THE LOWDOWN ON LYME

Spotting Lyme Disease

When examining the client's skin or performing a treatment, if you notice either a bullseye rash or a tick, follow the following steps.

You notice a tick.

1. Alert client immediately.
2. Ask if they would like you to attempt to remove for them, if they will do on their own or if they would like to consult a physician.
3. If you need to remove a tick on yourself or others, use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
4. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
5. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
6. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. I would recommend putting in sealed bag to give to the client so they have in case they need to show to a physician at any time.

You notice a bullseye rash on the skin .

1. Ask your client if they have been in any wooded areas, hiking or removed a tick recently.
2. Take a picture of the rash if it is on an area like the back or behind ear they cannot see.
3. Have them contact their physician right away to let them know of this rash and any other symptoms they may have at the time. Avoid doing treatments on an area with rash and/or where a tick has been removed.

like sea salt, bentonite clay, charcoal and even the ever-popular vitamin C will all be beneficial on the face and body. Do not limit to just detoxifying products, as the skin will also need to have intense hydrators like shea butter, hyaluronic acid, aloe and honey. Many with Lyme try to "sweat out" the toxins, so hydration will replenish the skin after these options. Keeping the skin



Dry brushing can help clients with Lyme detoxify.

barrier protected will also help as it can protect from more toxins entering. Some ingredients that help with barrier protection and repair may include essential fatty acids, cholesterol and ceramides.

SPF for the Lyme client is mandatory. Between possible antibiotic therapies that cause photosensitivity and over all immune body breakdown, SPF will help protect our largest organ from even more damage. A natural or physical block is recommended to ensure no irritation from unknown toxins of a physical block.

Encouraging water intake will also benefit your client. While many outlets say to have eight glasses daily, this client will most likely want to drink much more. A hydrated body will help the skin to stay in good health while doing detoxifying treatments. It will also help reduce some of the pains from arthritis which may occur and keeps headaches to a minimum.

FINDING THE RIGHT OPTIONS

If your client has Lyme, it is good to work alongside their medical or holistic professional to come up with a game plan. This disease can at times be very trying to the client and also be ever changing to address different symptoms at different times in progression. Always ask at every appointment what their current course of treatment is, as well as any changes in symptoms, so you can create a wonderful stress free environment and treatment. ✂



Kris Campbell is a licensed esthetician who has been actively involved in the professional skin care industry since 2004. She created Hale & Hush, the only professional skin care line to focus exclusively on sensitive skin. Campbell is respected as a prominent writer, speaker and educator in the skin care industry.