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in the news



Washington Wows LA

On Wednesday, August 24, OPI hosted a launch event at a Los Angeles ULTA Beauty in celebration of the polish company's new Washington DC Fall Collection. The seasonal set of 15 lacquers was designed in collaboration with *Scandal* star Kerry Washington. As part of the meet-and-greet event, Kerry met with fans, took pictures and signed Washington DC collection paraphernalia. That afternoon, *DAYS* had the chance to sit down and chat with the actress.



DAYS: What's your best beauty advice?

Kerry: Drink a lot of water and get a lot of sleep! There's nothing you can buy over the counter to replace those things.

DAYS: What's your favorite way to pamper yourself?

Kerry: I love massage therapy—that's my favorite splurge. Growing up, it was really about mani-pedis. I didn't grow up with a lot of money, but my mom always had her nails done. I think for her, it was less about looking a certain way, although obviously it made her look polished, but it was more about her time and trying to be good to herself. That little bit of massage, that little bit of elegance, that little bit of her saying, 'I'm going to do something special for me,' as a working mom and a professional who could barely carve out time for herself.

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Flipping the Bird

Whether you're a seasoned yogi or have only been to a few classes, you're most likely familiar with *Eka Pada Rajakapotasana*, or Half Pigeon, an external hip rotation that provides a deep stretch to the hips and thighs. Yogis often turn this well-loved hip opener into Sleeping Half Pigeon by folding the top half of their body toward the floor.

"The reason we love this stretch so much is because it takes pressure off our rear ends," explains Garrett Neill, a chiropractic physician and Registered Yoga Trainer (RYT). "Most of us sit all day, therefore we're constantly in a lengthened position, putting pressure on our butts," he says. "When we fold forward, we don't have to use those muscles."

However, by "turning off" these muscles, our body bends in an unnatural way. "The butt muscles are cushions to help limit motion," Neill explains. "When they're shut off, the femur bone can move further, and it ends up slamming into the cartilage." Of course, notes the physician, a handful of occasional Sleeping Half Pigeon postures won't damage the hips permanently. "But over a long period of time, I've seen firsthand this type of movement cause significant damage," warns the yoga pro.



As safe alternatives, Neill suggests postures that provide *internal* rotation and stretch for the hips, such as Heroes Pose, Revolved Triangle and Warrior One. And Half Pigeon is still a great option—just make sure yogis are staying upright (as pictured), with palms or fingertips rooted to the floor in front of their folded leg.



A GOOD RUN

Participating in a Breast Cancer Awareness fundraising walk or marathon this month? To avoid injuries, Mayo Clinic urges you to keep the following checklist in mind—both before your shoes hit the pavement and throughout your run. Here's to record-breaking results!

- GAZE: FORWARD** Doing so will keep you in balance, plus help you see where you're going!
- HEAD AND SHOULDERS: ALIGNED** Torso rotation wastes precious energy.
- CHEST: LIFTED UP AND OUT** Expands the lungs and allows for deeper breathing.
- STRIKE: MIDFOOT FIRST** Heel striking increases the risk of injury.
- FORWARD KNEE: BENT** Keep your forward foot directly below the knee for proper form.

AWARD-WINNING PERFORMANCE



Left to right: Jane Hyde Kordish, LMT (2015 award recipient); Lynda Solien-Wolfe, vice president, massage & spa, Performance Health; Blythin Leggett, LMT; Leah J. Carr, LMT, president, FSMTA

The Performance Health FSMTA Humanitarian Award was presented at the Florida State Massage Therapy Association's Convention and Trade Show in June to licensed massage therapist and FSMTA member Blythin Leggett. This was the 14th year that the FSMTA and Performance Health had partnered to present this award, which honors massage professionals who have demonstrated a standout level of dedication, not only to their craft, but to giving back to their communities.

Leggett was recognized for her ongoing work with military veterans, to whom she has devoted herself throughout her professional career, donating time and expertise at MacDill Air Force Base in Tampa, Florida, and Quantico, Virginia. "Blythin is another 'poster child' of generosity," says Performance Health president Marshall Dahneke, and FSMTA president Leah J. Carr added, "Blythin truly demonstrates the qualities of an outstanding humanitarian who changes lives on a daily basis."

In addition to honoring Leggett at the FSMTA convention, Performance Health donated \$1,000 to Special Operations Bionic Warriors, a nonprofit organization that provides sports-related coaching and equipment to U.S. Special Operations soldiers affected by injuries, wounds and illness resulting from their service.