

This technique employs massage

That look of success doesn't all come from the clothes you buy. "It all begins with the self-confidence born of knowing you are taking the best possible care of your body," said skin care specialist Mary Glanz.

"The results of complete body care show in your face, in the way you walk and carry yourself. It releases an inner beauty which replaces that tense look."

"Many of my clients use this time to do nothing but relax. She has pressures of work, of home and her family, and she has little time to devote entirely to herself. When she comes here, she closes out the real world and gives herself up totally to pampering."

In addition to the usual care procedures of facials, body massage, manicures, pedicures, hair removal and makeup lessons, Ms. Glanz has also introduced "Aromatherapy."

Imported from England and recently introduced in New York, the new massage technique employs body peeling, drenching with aromatic oils, and the

pressure point massage technique of shiat-su.

The end result is skin with the gleam and touch of satin and a feeling of complete rejuvenation.

"Body skin care is a year round job," Ms. Glanz explained. "But, during the fall season, it seems to take double the effort. We notice our skin is oily and itchy. In order to better care for our skin, we must first remove the top layer of dead skin."

The BODY TREATMENT combined with aromatherapy begins with a natural vegetable base peeling cream applied to the body and allowed to partially dry. Then the skin is briskly hand rubbed, taking with it the top layer of dead skin.

The new skin, explained Ms. Glanz, is now ready to absorb the essential oil of plants called aromatherapy. "These oils were first prepared for use on the body in ancient China and India," she added. "The species of oil we use will depend on the client's skin type and her disposition."

Aromatherapy oils are prepared in England by Eve Taylor, a pioneer of the back-to-nature school of beauty. An internationally acknowledged expert in skin care, Ms. Taylor frequently visits

New York City to lecture and train aromatherapists. Mary Glanz brought the methods and oils for the new treatment to her Birmingham salon as a result of a visit with Ms. Taylor.

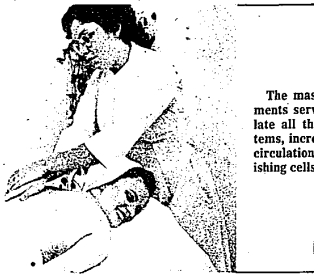
GERANIUM OIL has a cleansing quality and will also relieve sinus congestion, she said. Sandalwood oil is used for dry and sensitive skin. Jasmine oil is generally used for normal skin while lemongrass oil is used when a tonic effect is desired. Neroli oil with the scent of orange blossoms is good for the nervous system.

"My favorite," said Ms. Glanz, "is the lavender oil. It is good for the nerves and is also antiseptic."

Once the most beneficial oil for the client is determined, the body massage proceeds, including the face, arms, hands, abdomen, legs, feet, back and neck. "The massage movements serve to stimulate all the body systems, bringing fresh blood to the parts massaged and increasing circulation. All the while they nourish the cells. Massage is of great benefit in breaking up fat deposits, as well," said Ms. Glanz.

The ultimate in body care, the aromatherapy treatment takes about two hours at a cost of \$40.00.

— Rustle Shand



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Local artists exhibit works

Two local artists have been selected to exhibit their work at the 1979 Lafayette Park Art Fair to be held Sept. 8 and 9.

Suzanne Young, porcelain sculptor, and Margaret Murphy Reed, printmaker, both Southfield residents, will join more than 80 artists in the show.

Participants are chosen by a professional jury and limited to 50 artists and crafts people.

The full range of media is represented

with paintings, pottery, prints, photographs, soft and hard sculpture, fiber crafts and toys and dulcimers.

The fair will be held from 10 a.m. to 6 p.m. Saturday and Sunday in the Towers Shopping Center, Lafayette between Orleans and Rivard, near downtown Detroit. An art auction will take place at 3 p.m. Saturday and at 2 p.m. Sunday.

For more information, call Sue Slameka at 954-5294 or Elaine Moon at 961-8635.

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