

# Skin care outwits the winds of March

Winter's famous one-two punch never varies. Warm interiors alternate with cold exteriors over and over with the result: dry skin, sometimes blotchy and scaly skin.

No one is immune, not even the woman with naturally oily skin, because even it can become very dry.

"Let the March winds blow. They are going to blow anyway," said Mira Linder, a Southfield beautician.

"Makeup will help, because March tends to make everyone a bit pale this time of the year, but first take care to clean the skin," Ms. Linder advised. "Get off the dry layers so you will have a beautiful foundation to work with before you apply the right makeup."

"Ideally, for dry and itchy skin, you should start with a salon treatment of good cleansing, then nourishing with collagen to restore moisture.

There are also skin helpers you can apply at home.

Ms. Linder suggests revitalizers, followed by deep penetrating serums or aloe vera masks as easy, handy, at-home routines to follow no matter how frightful the weather.

PROFESSIONAL body facials are a luxurious experience for the rough skin to be gently peeled away, revealing the soft, fresh, new layer of skin underneath.

Serums and oils are applied to penetrate and hydrate the body skin, and the process is completed with a soothing body massage.

The at-home alternative is a luke-



MIRA LINDER

warm bath or shower. While the skin is still moist, apply body lotion, body cream or body oil for a glowing color and fresh feel.

"And a humidifier at home, either on your furnace or with room units will help a lot to prevent dryness to begin with," Ms. Linder added.

Winter does its damage to hands by chapping, drying, scaling and cracking, while hot heavy boots and slushy streets adversely affect the feet.

In a salon, hands are treated with an enzyme mask for both looks and comfort. For the feet, clients slip into electric booties to help creams penetrate.

For hand care at home, Ms. Linder suggests applying hand creams, especially after immersing hands in water. Always wear gloves for dishes or laundry in order to keep the nails from

chipping and the skin from drying out. She offered some before and after hints for those on the ski slopes.

"A HEAVY protective cream, like Elastocreme 888, with some Creme Solaire on top of that is the best way to cushion the shock of cold, dry air on your face while you're on the slopes or trails," she said.

"When you come inside, cleanse your face properly, and if you're not sure what properly means, please ask, then lavishly apply Gelle Vegetale for calming it down."

A few minutes spent applying the right makeup will do wonders for both the appearance and the morale, Ms. Linder said. This is especially true since the makeup is bold and bright.

Her suggestions are to use full and rich colors, the plums, russets and

browns on the lips; then remember to add a warm gold highlight or gloss on top.

Dramatic eyes come by outlining your upper and lower eyelids with a black pencil. On top of that, ever so lightly, apply a colored pencil shadow. Navy, blue or green gives just a hint of color.

Then contrast this with eye shadows in muted, shaded colors — almost non-colors — in tones of mauve, maroon, grey, plum or taupe, blended for a slightly smudged effect.

As for the cheeks, bold is beautiful, with a cream rouge or powder blusher that compliments your lip color with the same tones.

Ms. Linder will take calls of inquiry, or make appointments for a free consultation by calling her at 356-5810.

## Sing America! comes to FHS

"Sing America!" a musical revue that tells the history of America's westward movement, comes to Farmington High School's auditorium at 1 p.m. Tuesday.

The Albion Production is made possible through a grant from the Michigan Council for the Arts to the Farmington Area Arts Council with the cooperation of the cities of Farmington, Farmington Hills and the Farmington Public Schools.

In 10 scenes, each dealing with a major historic development, actors and dancers tell the story of America's growth in folk songs, folk dances and narrative.

Two of the main characters portray Calamity Jane, a Pony Express rider and scout for General George Custer, and Johnny Flint. Flint is a fictional personality who embodies the best qualities of the American frontiersman.

The scenes run from wilderness to homeland, from rough pioneers to settled families with towns and communities linked by the railroad.



Calamity Jane and Johnny Flint sing, dance and spoof their way through "Sing America!" which will be presented at Farmington High School.

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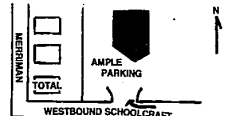
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