



Just desserts

Once you've toned up and stilled down, reward yourself with the kind of outfit that looks best on those with slim, healthy bodies. It's a two-piece gauze playsuit with matching beach by Patti Cappalli. \$48 at Lingerique, Somerset Mall, Troy. (Photo by Steve Cantrel)

Body shops

Salons offer total tune-ups

MARY GLANCZ

Entering Mary Glancz' salon in the heart of downtown Birmingham is like entering a European facialist's establishment.

A canopied entrance on Pierco Street beckons you through the door which leads up a flight of stairs into a spacious mix of rooms where women relax in a homey atmosphere.

The underlying emphasis in the beautifying treatments in this European facial, cosmetic and body salon is on health and nature. All of the potions and lotions used are mixed locally by Robert Glancz in the apothecarian manner of using strictly fresh, natural ingredients.

Complete beauty services are offered, including the Shiatsu method of pressure point massage done with aromatic natural oils. This massage tones the body and also relieves tensions and muscle aches, the owner says. It's followed a body peel done with natural vegetable ingredients.

The essential oils used affect mood and emotions and depending upon the oil selected, can calm or invigorate. Many of the oils have an hygienic effect on the skin and have been found effective in controlling skin problems, Ms. Glancz adds.

The treatment emphasis in this salon is directed toward the new working woman.

"I find I am catering a great deal to the professional and working woman, said Ms. Glancz. "I am open two nights a week now to accommodate the special needs of very busy woman. So many of my clients who never worked in their life are working now," she said.

KITTY WAGNER

Kitty Wagner has two local facial salons and spas, both offering the same services, but with totally different atmospheres. Her Southfield salon, at Evergreen and Northwest, is done in the manner of a cozy French salon with all the old-world

overtones of opulence.

Her salon at Twelve Oaks Mall has the contemporary atmosphere in keeping with the fast-paced shopping mall society and is open every day from 10 a.m. to 9 p.m. as well as Sundays from noon to 5.

Beauty services include facials, body massage, manicures, pedicures and makeup design.

"For the month of March we are offering a complimentary makeup," Ms. Wagner said. "So many women don't know what color to wear for spring," she explained. "Fuschias and blues will headline in spring makeup to correspond with the new spring clothes."

Spring facial treatments are not a luxury, said Ms. Wagner.

"They are a necessity. During the winter because of the wind factor and the cold, the facial skin builds up layers of dead skin. We remove these layers with a vegetable peel then follow with a conditioning and hydrating facial."

For toning and slimming the body, Ms. Wagner combines a salon body massage and sauna cabinet with a recommended home exercise program.

TAMAR'S

Tamar's, a new beauty enterprise recently opened in the Claymore Apartment building in Southfield, offers yet one more element in the complete pampering and beauty services — hair care.

Her new European salon opens into an adjacent hair salon, Cheveaux.

Like her counterparts in the field, Tamara Friedman offers a complete list of salon services. Her new salon has a soft, sophisticated, quiet atmosphere.

"There is a strong need today for women to take care of themselves mentally as well as physically," she said. "So, I provide a quiet, restful beauty retreat to combine relaxation with the beauty treatments."

— Rustle Shand



20% off Sale

All Junior, misses and large size swimwear.

Reg. \$8 to \$30. Sale 6.40 to \$24. Every swim style in stock is priced for exciting savings! Boylegs, bikinis, swimdresses and lots more. In all the fabrics you favor, from clingy knits to water-loving solids and prints. Great fashion for juniors, misses and large sizes. Just add water and there you go in a splash of glory!

Sale prices effective through Saturday. Available at all Detroit area JCPenney stores.



Two great ways to charge

This is JCPenney

Shop JCPenney Sunday noon 'til 5 p.m.

Shop these JCPenney stores Monday-Saturday 9:30 a.m. 'til 9 p.m. - Northland, Grandview Plaza & Hwy. 132, 531-5600, Catalog 557-5040 - Eastland, 18000 E. Eight Mile Rd., 521-2300 - Westland, Warren & Warren Rd., 425-4268, Catalog 525-1700 - Eastland, Eureka & Piquette Rd., 287-2070, Catalog 987-2050 - Bloomfield, Minerva Mall, Telegraph & So. Lake Rd., 255-4515, Catalog 858-2525 - Lincoln Park, Ford & Emerson, 282-2994, Catalog 383-4420 - River Park, Franklin, 7344 & Main, 864-2095, Catalog 985-2702 - Riverwood, 12344 & Woodward, 258-8202, Catalog 288-5800 - Shop these JCPenney stores Monday-Saturday 10 a.m. 'til 9 p.m. - Fashion Town Center, Michigan Ave. & Hubbard, 533-3000, Catalog 583-3400 - Tech Plaza, 12 Mile & Van Dyke, 573-3272, Catalog 573-4040 - Towne Square Mall, 17344 and North Rd., 348-3190, Catalog 348-5000 - Lakeside, 3459 & Schwaner, 247-1710, Catalog 247-1760 - Riverwood Mall, Ann Arbor, 500 Riverwood Circle, 769-7913, Catalog 769-6960 - 19500 JCPenney Co., Inc.

THE NEST

Custom, Queen, Half Sizes and Maternity Fashions

Elegant and Tasteful Fashions for Those Hard-To-Find Sizes

GREAT OAKS MALL
1264 WALTON BLVD.
ROCHESTER
652-2800

