



the treatments are given in Esthetics of Mira Linder now as an intrin-sic part of the salon's anti-cellulite program.

Esthetics of Mira Linder

Hope for those with cellulite

By LORAINE McCLISH

Cellulite is the dimpled flesh that resembles an orange peel with its lumps and bulges that do not go away after dieting. Doctors call it "fat gone wrong"

arter dieting. Joconis Statist Lias going wrong."
The jumps form, more often than not, on the lower torso and upper leg. The problem has bothing to do with a statist to the statist control of the statistic like the statist

For a long while women endured and

For a long while women endured and covered up. Now it's known that cellulite is caused by poor circulation, improper diet and the slowing down of the body's waste removal system.

Calbuilte lumps stem.

Calbuilte lumps and a constant go-around of producing larger bluges and more flab.

"IT'S TAKEN a long time to find an answer for this," said Mira Linder of Esthetics of Mira Linder in Southfield. "But we have an anti-cellulite program going now that works. It's my method,

put together after years of research.
"For years, every time I'd go to Europe I to Iring lack one more piece to
tage purzle and now we're getting fanstatte results."
Her anti-cellulite program incorporrates treatments in the Appliegate
Square salon and spa with the newest
European equipment, methods, products and techniques. These are supplemented with diet, exercise and products for use at home.
She will be the first to tell you that
salon treatments alone are not going to
do it.

salon treatments alone are not going to do it.

"We're offering exciting new helpful treatments in the salon, but proper diet and meticulous home care are imperative to show results," she said.

"One of the biggest problems for the woman who wanted to get rid of her cellulite is that she didn't distinguish between cellulite and fat. So she went on a diet. When that didn't work, she went on a stricter diet. What she got for her trouble was a compounding of the problem." between cellulite and fat. So she went on a diet. When that didn't work, she went on a stricter diet. What she got for her trouble was a compounding of the frustration and a compounding of the problem."

MS. LINDER'S anti-cellulite diet is not so much of an eating regimen as it

is concentrating on the intake of cer-tain foods.
"One of your best allies in this fight is iodine," she said. "This is an oxidiz-"One of your best allies in this light is idnie," his said. "This is an oxidizing catalyst that contributes to thorning up of all food eaten. Iodine is the raw material that powers the thyridi, and that is the gland that rules the rate of the metabolism process, which "The combustion is important because any food not properly burned up may be stored as unwanted fat, which leads to the formation of cellulite." Foods high in iodine are liver, tish, apples with skin, cranberries, fligs, cranges, oatmeal, egg yolk and raw carrots, caulillower, green beans, radishes and spinach. Drinking prescribed amounts of meral water and taking multi-vitamins are also part of the diet.

for the gel to carry out its work and allow the body's own processes to eliminate the unwarded toxins.

Quickelin was did not be a set of the s



Vhere It's At

By JUDY SOLOMON

"Talking Turkey"
Well, my dears, I ask you, what will they think of next? Here's an item designed for the veritable guest of honor at your Thanksgiving dinner—the turkey itself—and it presents all kinds of gift-giving possibilities. If your hostess is renowned for her elegance, she'll be delighted. If she is one of those women who has everything under the sun, she'll also be delighted. Lastly, if she's wowed by gimmicks, she'll think this is the living end. What we're talking about are "urkey leggings," silverplated ornaments (\$20.25 per set) that slide over the drumsticks of the turkey. Now I ask you, if that isn't the ultimate in chic, what is? mate in chic, what is? Stalker & Boos, 280 North Woodward, Birmingham, 646-4560

Just Bearly Just Dearry
Rialto has an adorable stuffed animal that would make a terrific gift for all the high school- and college-aged kids on your shopping list. It's a cuddly white bear that sports a sweater hand knit in the school colors of your choice. The appropriate school name or initials are also knit into the sweater front acenter, plus a matching stocking cap complete with long, fringed tassel is attached at a jaunty angle to the bear's head. Priced at \$12.55. Orders take two weeks.
Rialto, 217 North Woodward, Birmingham, 642-2230.

Feet Feat
Gentlemen, take note! When it's cold outside because of winter
weather, and cold inside because you've promised to dial down,
your toes, not the Department of Energy, will be the first to
know. It you want to keep your feet warm and cozy this winter,
head to Sherman's Shoes where you'll find lightweight, genuine
sheepskin boot slippers. Interestingly enough, because the
slippers are made of natural fibers that breathe and absort
weat, the slippers will also serve to keep your feet cool in the
summer. In stock in sizes small through extra large, the price
is \$20 pen pice.

is \$32 per pair. Sherman's Shoes, Somerset Mall, Troy, 646-8431, and 115 West Maple, Birmingham, 646-8431.

In Case
No matter where you travel, be it from Birmingham to Novi or Detroit to Paris, these canvas kits are handy items to keep in your purse, glove compartment or suitease. The "Short Notice" kit contains a comb, razor, bar of soap, tube of toothpaste, toothbrush and rain bonnet. The "In Case of Emergen" kit cotains 27 different kines, including aspirin, paper cup, emery board, note pad, pencil and bandaids.
Lee Specialty, 4688 West Maple, Birmingham, 644-3444, and Claire Pearone, Somerset Mall, Troy, 643-9318.







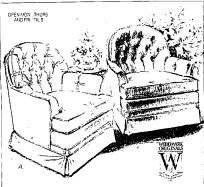








Mira Linder has just concluded her series of seminars called 'The New You.' Anoth-The New You.' Another, set to begin in mid-January, covers The New You from posture to wardrobe accessor-izing; from fad diets to wearing the correct make-up. And, of course, prevention of cellulite.



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