

A couple of experts share their know-how for summer survival

By Margery Stearns Krevsky
special writer

IT'S THE middle of summer — already! It's been great for the most part, hot days, the time outside, and everyone looks healthier. But most of us have begun to notice a few concerning things about ourselves. A peek in the mirror reveals that there are things that need taking care of to look better. Feet need some attention after wearing all those sandals. That tan looks more like a burn; and skin is screaming for some conditioning. Even our hair is not as carefree as we expected. And there is a half summer to go.

Well, here are some tips on summer survival from a couple of experts located in Applegate Square.

BEAUTY — Mira Linder has dedicated her life to finding out the best kept beauty secrets and bringing them to her "spa in the city."

As far as summer weather survival goes she advises, "Accept the sun as a

way of life. You cannot avoid it. We've been waiting all winter to go outside and swim or play tennis. You just need to learn how to take the sun properly, gradually, and not feel guilty about it.

"First, a strong noon day sun without protection is very damaging. Use the late afternoon sun. It's more kind."

She suggested four necessary items for summer, including moisturizer, sun screen or sun block, makeup with sun screen properties and an after sun preparation.

That's great for protection, but what if you've been a bad girl and gotten a burn?

"If you have a burn I suggest a collagen skin treatment to revitalize. Also, at least twice during the summer a body facial to remove dead cells. This is 90 minutes of sheer heaven and total relaxation," she explained.

Mira Linder's beauty musts for summer include:

- A good manicure for pretty hands and a pedicure that includes a paraffin bath which softens and relaxes the feet.
- A leg and bikini wax because this

is the most effective hair removal technique and lasts a lot longer than shaving.

- An eyelash tint to eliminate the need for mascara during casual daytime hours.

Summertime makeup can be tricky, because a "melted" look does not look great and alluring. It's one thing to know how to apply makeup and another to keep it in place, she said.

Linder suggests, "The products must be good and sometimes different from the ones you use at other times of the year. A lighter moisturizer is usually necessary, plus a mineral water spray to fix the makeup."

Mira Linder opened her newly expanded "spa" this month, with a staff of over 25 professional women, who pamper and work beauty magic on her clients.

She boasted, "The ladies who work for me are always retrained to my specifications. We keep a very high level of professionalism."

The new, plush environment offers such luxuries as private and personalized workout sessions, new options for her famous "day of beauty," plus a newly added section just for men, who are housed in their own private quarters.

The most exotic treatments at the spa are the European mud and seaweed preparations. "These have been used by beautiful women for centuries, so they must be good," Linder said. "Most of the modern beauty techniques were developed in Europe and brought to this country. I am constantly visiting European and American spas and beauty centers to make sure I get it first."

A monthly pedicure and manicure are musts for Phyllis Bricker of Southfield, who said, "I come here to relax as well as get beautiful."



Janet Adler (in center) shows a client how to attain the summer natural look under Mira Linder's watchful eye in the esthetician's spa-in-the-city.

In the cosmetic area is Jackie Shecter of Bloomfield Hills, who came for an eyebrow tint and a makeup consultation.

"I'm careful about the time I spend in the sun and want a natural look," she explained.

A beauty philosopher, Linder said she believes, "There are no ugly women, only lazy ones."

HAIR — You can tell immediately that Derrick Vennard of Snips knows about hair.

First, his own dark locks are precision cut, and his schedule is packed with men and women who swear by his "wash and wear" styles.

One of his fans, Leslie Roland of West Bloomfield, boasts, "He's made me so lazy about my hair. I just wash it, comb it, drive to work and that's it."

"I do indulge in a henna treatment to add red highlights. But, after fighting with a natural curl for years I now have the perfect cut."

A good cut is what Derrick recommends as the basis for "summer free hair." When asked how often a good cut needs to be shaped he explained, "Every four to six weeks should keep everything in control."

Vennard's summer suggestions include:

- Try a gel for a slick wet look, or a styling mousse that produces a shiny surface. This can be used on blown and set styles.
- A little henna will bring out red and summer sunshine highlights.
- Summer lengths don't always have to be short. Longer lengths can give more versatility. Wear braids, or a top-knot or chignon, plus evening combs can jazz up a look.
- Permanent are bigger than ever, because for most people they are maintenance free and great for the swimming buff.
- Vennard cautions about the sun. Prolonged time in the sun can damage hair, especially if it's tinted, bleached

or has been given a permanent. After a swim, hair must be washed and conditioned immediately to get rid of chlorine or salt.

For damaged hair, he said, hot oil treatments can help, but you'll probably need more than one to restore lustre and shine.

Another summer secret is using the juice of a lemon in your rinse water, which will make hair silky and shiny.

Concluded Vennard, "A conditioner helps lock in moisture, too."

Eileen Guz of Southfield seated herself in Vennard's chair, after which he skillfully showed the versatility of her short cut.

She smiled and showed how pleased she was with her reflection.

Vennard commented, "Summer is a time for casual living and your hair should be the least of your worries. When your hair looks great, you look great."

Then he picked up his scissors and comb and began his magic.



Derrick Vennard gives Eileen Guz the new wet look haircut, which is the newest summer look for casual to dressier occasions.

Sweet Adelines invite guests to "Sing with us"

Members of Farmington Hills Sweet Adelines host "Guest Night" at 7:30 p.m. Tuesday, Aug. 9, in St. Paul Lutheran Church, 12 Mile, east of Orchard Lake Road.

"Sing with us" is the invitation from Jo Gray to guests who want to sit in on a rehearsal and get a glimpse of how Sweet Adelines work, the music school, music education and competition the international organization offers to its members.

"Membership is open to women from 16-116, you just have to be able to stand on the risers," Gray said.

The chorus is directed by Juleno Fabrizio, who won the "Novice Director's Award" for 1983 just a few months after she had taken the directorship for the award-winning chorus.

The chapter holds medals for competitions won in 1974, 1980, 1981 and 1983, and were international competitors in 1982.

The chorus was a first-place winner in the adult choreographed category of the Johnny Mann Great American Choral Festival this spring, and later this year will perform during an educational session for the international competition to be held in Detroit.

Baptists host Bob Jones

Dr. Bob Jones III, president of Bob Jones University in Greenville, S.C., will speak in First Baptist Church of Wixom at 9:45 a.m. and again at 10:45 a.m. Sunday. All are welcome to attend.

Bob Jones University received much press recently when the U.S. Supreme Court ruled May 24 to withhold tax exemption from the university.

Jones is the third president of what has been called the "world's most unusual university," founded by his late grandfather in 1927. The university has grown from a small college of 100 students to the largest independent fundamental-Christian institution in the

world. The university now has more than 8,500 students from throughout the nation and some 30 foreign countries.

The young college executive appears regularly on "Show My People," a 30-minute color television program produced by the University and shown weekly on numerous stations throughout the United States.

Jones will also speak at the church's annual father and son banquet Saturday night in MCL Cafeteria in Southfield at 6:30 p.m. Reservations may be made by calling the church office 634-3823.

The church is located at 620 N. Wixom Road.

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