



Facialist Mary Glanz electronically measures the amount of moisture in Kathy Moraru's face before beginning a thorough moisturizing. Center: Ms. Glanz applies a co-

coa butter mask on top of gauze, which holds in an application of collagen to remoisturize dried winter skin. (Far right): Ms. Moraru shows the result of the complete treatment.



à la mode

## Moisture called key to keeping best face forward

Story: RUSTLE SHAND  
Photos: STEPHEN CANTRELL

There is no doubt about it — winter is taking its toll.

January blazes are setting in, and with them, dry skin. Heated air indoors and cold winter winds lead to faces becoming parched and dry.

One can almost feel the aging process as skin tissues cry out for moisture.

Mary Glanz contends it is just as important to check to water content of your facial skin as it is to make sure your car battery has water.

And for the Birmingham facialist, it is just as easy to measure that water content of your skin as it is for your gas station attendant to determine the water level in a battery.

Mrs. Glanz has a new device, called a "dermatist," that reads the water content in skin similar to the way a battery tester measures the energy level of your car's battery.

"When the car won't start, it's usually because the battery has run down," said Mrs. Glanz, a Farmington Hills resident.

"When your face looks dull and feels drawn and dry, it's because your skin has lost too much water."

**THE PARALLEL** is that both your car battery and your face will give you better mileage if you keep adding water.

Charging up a winter dry skin is simply a matter of putting moisture-retaining collagen back into the second layer of the skin, she said.

She accomplishes this with an age-old cosmetic aid, cocoa butter, and an application of collagen.

If she decides facial skin lacks moisture, she follows one of two courses to moisturize it.

"By the time one has attained the age of 30, there is sufficient collagen loss to warrant supplemental collagen replacement," she said.

"Younger skin, on the other hand, mostly likely suffers from a loss of vitamin A in the diet."

To rehydrate younger skin, Mrs. Glanz applies 10,000 units of vitamin A, followed by a cocoa butter mask.

Aging skin is treated with a collagen mask, followed by the warm cocoa butter mask, which takes the collagen into the second layer of the skin.

**"THE COCOA** butter mask is made from roasted seeds of the cocoa plants," she said.

"Honey, beeswax and soya oil, with its concentration of vitamin E, are combined to create an all-natural product."

After the vitamin A or collagen has been massaged into the skin, the warm mask is applied over a layer of gauze and allowed to set for 20 minutes.

The heavy mask prevents the skin from breathing and forces it to absorb the collagen or vitamin A product. The warm mask also lubricates and smooths the surface of the skin.

The result is a dewy looking skin that may hold the water for as long as a month.

Moisture loss begins slowly from birth, she said. Care against premature

aging of the skin should begin in the teen years.

"The new born baby's skin is three fourths water."

"As the years go by, the moisture content slowly diminishes until it reaches about 50 percent by age 70."

An effective home care procedure for adding water to the facial skin is to frequently spritz the face with facial mineral water, she said.

**"ALSO,** it helps to fill the bathtub with hot water and leave the door open so the moisture will permeate the air in the house."

"Teenagers with problem skin have a special set of problems trying to cope with skin eruptions and, dehydrated skin at the same time."

"I recommend that the 10,000-unit

vitamin A oil be applied to their skin three times weekly at night. They should also increase their consumption of milk, cheese and take a teaspoon of castor oil at least twice a week."

A special, dry skin body treatment is guaranteed to renew your faith that spring is just around the corner. The treatment begins with a 20-minute sauna, followed by a slathering with cucumber toner.

Next comes an all-over application of vegetable body peeler accompanied by a heavy massage. After all the dead, dry skin is removed, a one-hour massage with cocoa butter oil leaves your skin feeling like — well, you know, — a baby.

Mary Glanz' European facial and cosmetic salon is on Pierce Street in downtown Birmingham.

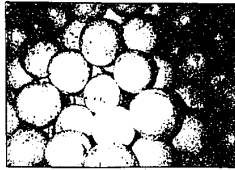


## Where It's At

By JUDY SOLOMON

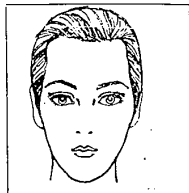
### Orange Joseph

Joe Dovitz of Continental Fruit calls them "bring 'em back oranges." That's because once people taste them, they keep coming back for more. Grown in Florida and available only in January and February, Minneola Tangelos are a cross between a Duncan sweet grapefruit, a Dancy tangerine and a mandarin orange. Tangelos are extremely juicy and very sweet and, lest you forget, they're also low in calories and high in vitamin C. Continental Fruit in the Continental Market, 210 S. Woodward, Birmingham, 642-2735.



### Tricks and treats

I admit it's cheating, but Indian Earth is a sensational way to make you look as though you came back from Acapulco yesterday instead of two weeks ago. A mineral powder, recommended for both men and women, Indian Earth (\$12.50) is free of dyes, fragrance or artificial agents commonly found in other cosmetics. All you do is apply it sparingly with the accompanying puff applicator and you'll achieve a natural bronzed look. The product can also be used for highlighting, contouring and blushing purposes. Betty's Grocery Store, 877 Hunter Blvd., Birmingham, 644-2323.



### Tin Can Ally

These metal tins from Bottle 'N' Gift are not just decorative, they're practical too. They can be used as kitchen canisters or as family room catchalls for candy, crayons or what have you. Priced at \$5 each, some feature reproductions of old ads for such products as Tiger Chewing Tobacco, Gillette Safety Razors and Maxwell House Coffee. Others feature reproductions of old Ladies' Home Journal magazine covers. Then there are replicas of antique tobacco tins (\$9) that are shaped like little, roly-poly fat men. Bottle 'N' Gift, Orchard mall, Orchard Lake Road near Maple, West Bloomfield, 851-9700.



### Of note

Oops! It's your birthday or anniversary and it's time to write thank you notes and you open your stationery box and it's bare. Don't despair, just head right over to Barbara's Paper Bag where you'll find note paper, cards and envelopes in 25 different colors that you can mix or match. Then on Thursdays through Saturdays, the shop will print either your initials (\$3.75 plus the cost of the paper) or full name (\$4.75 plus the cost of the paper) while you shop. You may choose from three different sizes of type, upper or lower case, and from 21 colors of ink. Barbara's Paper Bag, 135 Pierce, Birmingham, 642-3860.



## Film deals with family

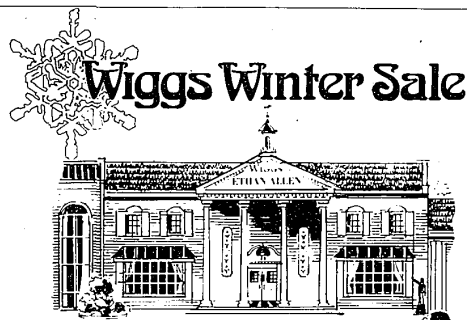
The Parent Teacher League of Our Shepard Lutheran School, Birmingham, will continue its film series, "Focus on the Family" at 7:15 p.m. Jan. 26 at the church, 2225 E. 14 Mile.

The seven-film series, filmed at family seminars, is designed to give Christian insights into dealing with child-raising and marriage relationships.

Dr. James Dobson prepared the series. He is associate clinical professor of pediatrics at the University of South-

ern California school of medicine. He is a licensed psychologist in the state of California and has written several books including, "Dare to Discipline," "Hide or Seek," "What Wives Wish Their Husbands Knew About Women," "The Strong-Willed Child" and "Preparing for Adolescence."

Reservations may be made by calling Sue Kowitz at 626-8881 or by calling the school office at 646-6101. There is no admission charge.



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