

# Take time out to celebrate yourself this season

By Lori Jones  
Special Writer

Think about your activities from January to October. Throw in the months of November and December when your normal daily routines are multiplied by the demands of the holidays: shopping, gift-wrapping, food-preparing, house-decorating and party-giving or going. It's a recipe for stress and few people this time of year make it through the season without some frazzled feelings.



An expert gives the customer a relaxing and soothing facial at Tamara.

"I came to Tamara looking for a miracle cream and she told me that there was no such thing," says Elaine Stein of Farmington. "Tamara explained to me how important it is to take care of my skin and stay out of the sun. I gave her routine a try and loved the results. Years later, I'm getting facials every month and I know it works because people never believe my age when I tell them."

Tamara Friedman, the owner of the Institut, says that the word "spa" sometimes intimidates people who have never been to one before. "People call who have received gift certificates and express concern that they will not feel comfortable or won't 'fit in,'" she says.

"I was really leery before I came to Tamara's. I thought only indulgent people got massages and was I wrong," says Suzanne Kelly of Roseville.

Whether you can only spare a few minutes or an entire day, there's something for everyone at Tamara's. For women, men and teens, there are services and packages available in all price ranges. You

can spend as little as \$7.50 for a polish change or \$12 for a hot oil manicure to any amount you want and can afford to spend. Take 15 minutes out of a crazy day and spend it in a massage chair or take an hour and get a soothing, stress-relieving massage by a male or female certified massage therapist. Kelly gets an hour-long massage twice a month.

"Between working, going to school,

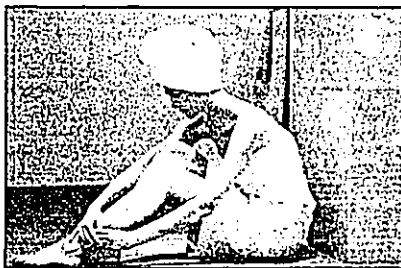
sage experience. Clients begin face down on the heated table, body parts covered with blankets to retain warmth and ensure modesty. Beginning at the neck, and continuing on the feet and legs, gentle, kneading motions and modified acupressure techniques are combined to smooth away tight muscles in the body. After the client turns over, the process is repeated on the front of the body with special attention paid to the temples and forehead. All the movements of the therapist's hands are eased by the skin-softening lotions used at Tamara's.

The spa is truly a full-service one, offering various types of manicures and facials, makeup, different body treatments or hair by the Institut's next door neighbor, Salon Kennice Bashar.

Pure relaxation - when do you need this feeling more than during the holidays?

They also sell special packages that make wonderful gifts to special friends. "My first massage was one of the greatest gifts I've ever received," Kelly says.

Contact Tamara Institut de Beaute at 855-0474 at 35250 Northwestern Highway for information or appointments.



A visit to Tamara Institut de Beaute is the ultimate gift of luxury for yourself this year!

taking care of my son and being a wife, my massages help me unwind and deal with stress. The effects from them last for weeks," Kelly says.

The muted, soft mauves, low lighting and gentle instrumental music in the private rooms contribute to the relaxing mas-

# Small treasures sized-to-fit any stocking

By Carole Strong  
Special Writer

Where do you find them? Those mini or skinny, don't-cost-too-much treasures to fill a special Christmas stocking.

If children's stockings are your number one priority, head first to The Disney Store, at Twelve Oaks in Novi or Fairlane in Dearborn. There you'll find a big array of small-world Disney character products displayed in movie-set ambiance while cartoon favorites cavort on the big screen.

If "Aladdin," Disney's newest, is your child's passion, there's a product display devoted just to that movie. Mini-figures of Genie, Jasmine or Aladdin himself sit on a cutluge Aladdin Sipper straw. The same characters appear on a 10-color retractable ball point pen, also a pen and pencil set. How about a notepad or, for the girls, stick-on jewelry or hair ornaments and bows (\$2.50-6 for all the above).

Characters from all the popular Disney movies—Pooch Bear, Mickey and his friends, Belle and the Beast—show up on same or additional products: pencil toppers, magnets, figurines, musical toothbrushes, night lights, glitter pins, trading cards, purses, key rings, sticker sets, trading cards, wristwatches (\$1-5).



Above, a miniature of Donald and Goofy trimming the tree, found at The Disney Stores, is scaled to fit any stocking!

At Borders Bookshop in Birmingham and Borders Books & Music in Novi, you'll find the perfectly sized literary product...Little Books. Only 2-3-inches square, their subjects satisfy all ages and tastes. For teething toddlers, that may be quite literal. Thick-paged board books

featuring baby animals and learning concepts are in the children's department (\$3-5).

The main collection is on a special display, also at the cashier's desk, with dozens of titles: classics like the Love Sonnets of Shakespeare, Poe's Raven; inspirational writings on motherhood, friendship; children's classics like Alice in Wonderland and the Velveteen Rabbit; Great Moments in all the major sports; discourses on food, birds, cats and flowers (\$5-7).

Other right-sized suggestions include artistic and inspirational bookmarks (\$1.50-2); self-sticking bookplates

to personalize books (a pad of 30, \$5). Take time out—at the Novi store only—at the Espresso Bar: drinks to warm and revive you, bagels and muffins, newspapers for browsing. Special little somethings from exotic places are waiting to be discovered at the Pier 1 stores in

many Detroit suburbs. A big selection of feel-good, smell-good bath and body care products include soaps and bath gels in cute shapes and pretty colors—fishes and shells, Christmas trees and exotic fruit, stars, hearts even green "dinosaurs" for your little guys (\$1-2).

From India, mini-purses and hair ornaments made from exotic fabrics: tapestry florals, embroidered velvet, jeweled and beaded designs (\$4-8). Lots of "littles" for collectors of miniatures: mini-glass bottles from Spain (\$1-3); fanciful blue and white fish salt and pepper shakers (\$7) and tiny teapots in traditional and animal shapes (\$5 and \$2), from Thailand and China.

And just for fun, for anyone: a shellfish cracker that's shaped like a crab claw (\$5), 10 pair of carved wooden chopsticks (\$1.29), or—the best bargain—a 15-inch-long back scratcher (\$.79).

If you love to shop at craft fairs, you'll be pleased to know about the year-round Countryside Craft Mall, recently opened at 35323 Plymouth Road in Livonia.

Specialties from 200 crafters include stocking fillers such as earrings and jewelry, ornaments, small stuffed animals, games and toys like miniature wooden trains (\$2-10).