

# Malls & Mainstreets

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## Chase winter blues away with a spa day at home

### DISCOVERING BEAUTY



MARY ANNE TOCCALINO

Fighting the flu, cabin fever or the holiday bulge? With spring's first bloom still weeks away, get rid of the winter blues by having an in-home spa day.

You can even send out invitations and make it a party! It's also a great way to catch up with old friends.

Our schedules are so crazy that it's important to take time out for ourselves. Besides, with a little imagination and the proper products, any space can be transformed into a pampering retreat. And, if everything is planned in advance, you will enjoy the party as much as your guests do.

Here's a helpful guide to creating your personal day-at-the-spa:

#### Set the mood

It's important that you make your guests feel at home. Clean out things you don't need, including furniture. Keep the room warm and cozy, 72 degrees is just about right. Program soothing, relaxing background music so you won't have to keep changing it.

Set up stations for each spa treatment, and have an area of cushy chairs and pillows where everyone can gather and gab. You can drape fabrics of rich colors over the tables and chairs. This helps to protect your furniture and adds to the soothing ambience.

Scented will help to set the stage, as well. Eucalyptus and thyme work well, or you can put oils in a diffuser over a light bulb. Also, you can simply place favorite scented candles around the room.

Keep the lighting low and relaxed, but increase the light a bit in the treatment areas.

#### Invite a few professionals

I recommend bringing in one or two experts to do facials, manicures, body massage and the like.

Cheek with your favorite esthetician to find out whether he or she makes house calls. You can also contact your stylist or local health food store for recommendations.

For licensed massage practitioners in your area, contact the American Massage Therapy Association at 1-888-843-2832. An in-home hour massage for one person runs about \$60. However prices do vary, and keep in mind the most expensive services are not necessarily the best for you and your guests.

Also, beware of prices that seem too good to be true, and don't be afraid to ask for references. After all, you are inviting this person into your home.

A professional esthetician should bring their own equipment, even a pedicure tub. You should only need to supply towels.

Now, if you just want to relax on your own, rather than throw a party, there are some great products and home remedies out there. Here are just a few that you may want to consider:

**Uvavita Exfoliating Dead Sea Mud Mask** - Despite its appearance and name, the mud in this product draws impurities from the skin and is a nice treatment to give yourself in between professional facials.

**Retarocytes by Mia Pella** - For a quick pick-up or to relieve tired eyes, try this soothing eye gel. It feels silky but soothes and hydrates dry eyes in minutes.

**MOP Bodywash and Bodybars** - Replace your basic bath bar with something nourishing, as well as cleansing. MOP's Basil and Lime bodywashes, for example, purify and refresh the skin right in the shower.

**Kiss My Face Olive Oil Bar** - Another good soap that helps repair dry skin.

The list of home remedies goes on and on. Experiment and have fun finding the products that work best for you and help you relax and enjoy what's left of this Michigan winter.

Please send your questions to: Mary Anne, c/o Toccalino Cosmetics Studio, 470 N. Old Woodward, Suite 300, Birmingham, Mich. 48009 or call (248) 243-9477. Mary Anne is also a professional make-up artist and skin care consultant at Red The Salon in Birmingham. The founder and owner of Toccalino Cosmetics, she studied at Joz Blawie's School of Cosmetics in Hollywood where her training included work in special effects and make-up for film and print.



**Fabulous fabrics:** Even jean jackets have come under the spell of the embellishment trend. At Rear Ends in West Bloomfield, a leopard-print fabric dresses up ordinary jean jackets.



**Time to trim:** From imported fabrics to dangling beads to French ribbon, all kinds of unique and interesting materials are being used to embellish blue jeans and other denim attire.

## An American classic helps you feel sophisticated and urban

By CARL WALDMAN AND NICOLE STAFFORD

Blue jeans are an American classic, and, for years, we've been reinventing them.

Today, the evolution continues with embellished jeans and a turn towards chunky style.

And the look - a cross between the funky '70s and the "Rhinestone Cowboy glitz" of the 80s - has been quickly embraced by fashion-forward shoppers in Birmingham and other local communities, according to Karen Daaskas, co-owner of Tender, a women's clothing boutique in downtown Birmingham.

"We started carrying hand-embroidered jeans last fall when Gucci first introduced them," said Daaskas of the demand for the look and its origin.

While the famous fashion house, headed up by designer Tom Ford, may have started the embellishment explosion, the trickle-down principle is already in full force. You don't have to look far to realize a host of mainstream designers, from Karen Kane to Tommy Hilf, are bedazzling denim to get in on the action.

Remaking blues jeans is nothing new, but our reasons for doing so usually are.

In the 60s, rebellious teens and hippies embellished their jeans with applique and patches. Shortly thereafter, bell-bottom and hip-hugging jeans grew out of the disco scene.

In the 80s, denim went designer, and status-conscious women of all

ages lived and breathed for their Gloria Vanderbilt jeans. Ripped jeans, too, hit the scene, coming to us via rock singers, punk rockers and other underground sources.

Along the way, all sorts of variations showed up, from stone-washed and acid-washed jeans to stretch and zipper-bottom silhouettes. By the 90s, pre-washed and "worn-in" denim aimed at comfort were a staple, and women and men alike were addicted to their blue jeans.

Today, denim seems to be helping us feel sophisticated and express our individuality.

And, the details are far from under-



**Patches: Anthropologie in downtown Birmingham now carries jeans with patchwork.**



STAFF PHOTO BY TOM HOFFMEYER

**Setting trends:** Sherri Christy, who works at West Bloomfield's Rear Ends, which carries loads of embellished jeans, models a pair from the store. The embellished denim trend is already big in Birmingham, West Bloomfield and other local communities.

stood. From the waist to the cuff, the latest jeans are spruced up with sparkles, French ribbon, tpestry, rhinestones, studs and beads. Even jean jackets are being embellished.

"The whole craze about embellished jeans stems from people's wish for individuality," said Joe Rucker, denim design director for Guess jeans. "The idea ... is that people want to be different and unique. Customizing your jeans makes you different than everyone else. Kids on the street started this trend, and manufacturers capitalized on it."

Sharon Bergman, 39, of Bloomfield Hills, said she couldn't agree more. She wears embellished blue jeans precisely because they make her feel as if she's wearing a one-of-a-kind garment.

"Jeans have always been principal fare in my wardrobe," said Bergman. "Even before Brooke Shields told the world that nothing came between her and her Calvin's, I remember shelling out \$45 for my first pair of designer jeans ... I thought it was a fortune back then."

But, today, Bergman doesn't bat an eyelash at the high cost of embellished jeans, \$100 and up. That's because, in her opinion, they can worn in both casual and dressy settings depending on your outfit's styling. "It is a personal statement," she said.

While blue jeans are a basic wardrobe staple and denim is a familiar, comfortable fabric we've become

attached to, if not obsessed with, in America, their position in our society is changing, said Elaine Blumenfeld, owner of West Bloomfield's Rear Ends. "Denim has now entered a new fashion arena," she said. "When worn with a simple black cashmere sweater or sleeve tee, embellished denim will take you anywhere."

"Originally when we brought the embellished denim into the store, I thought it would appeal to our trendy 20 to 30-something crowd," she said. "But, on the contrary, it has appealed to our (more) sophisticated customer."

### Embellished jeans - do it yourself!

What: Instructions and help making your own embellished jeans with ribbon, fabric, lace, buttons and other materials.

Where: Haberman Fabrics, 117 W Fourth Street in Royal Oak

When: Anytime during regular store hours, 10 a.m.-6 p.m. on Monday, Tuesday, Friday and Saturday; 10 a.m.-9 p.m. on Wednesday and Thursday; noon-5 p.m. on Sunday.  
Phone: (248) 641-0010

## ADDED ATTRACTIONS

### SPRING TRUNK SHOW

View whimsical designer Stoley Gretzinger's spring and summer collection for women at Roz & Sherm, 6536 Telegraph Road in Bloomfield Township, through Feb. 26, 10 a.m.-8 p.m. on Thursday and 10 a.m.-6 p.m. on Friday and Saturday. For more information, call (248) 855-8955.  
FRIDAY, FEBRUARY 25

### CHINA PAINTER VISITS

China-painting artist Marie Woehle visits The Purple Bear, 244 E. Maple in downtown Birmingham, to demonstrate how she does her work and personalize children's china for customers through Feb. 26, 1-4 p.m. For more information, call (248) 645-0400.

### GUERLAIN FRAGRANCE EVENT

Neiman Marcus, the Somerset Collection in Troy, hosts a Guerlain facial and makeover event through Feb. 26, Cosmetics, first floor. To schedule an appointment, call (248) 643-3300, ext. 102.  
SATURDAY, FEBRUARY 26

### SWING THE NIGHT AWAY

Wonderland Mall in Livonia hosts a Swing dance with free lessons, 5-9 p.m., Food Court. For additional information, call (734) 522-4100.

### COLLECTIBLES SHOW

Livonia Mall, 7 Mile and Middlebelt roads, hosts a sports cards, memorabilia and collectibles show through Feb. 27, 10 a.m.-9 p.m. on Friday and Saturday and 11 a.m.-6 p.m. on Sunday. For details, call (248) 476-1160.

### PRETZEL-ROLLING CONTEST

Great Lakes Crossing in Auburn Hills and Auntie Anne's hold a pretzel-rolling contest for kids with prizes and giveaways, 4:30-6:15 p.m. For details, call the mall's management office at (248) 464-5010.  
SUNDAY, FEBRUARY 27

### FAMILY ARTS & CRAFTS DAY

Livonia Mall, at 7 Mile and Middlebelt roads, presents "Arts & Crafts Day," an arts and crafts project day for families, 1-3 p.m., Sears Court. For more information, call (248) 476-1160.  
WEDNESDAY, MARCH 8

### DIKNY'S SPRING COLLECTION

DIKNY's spring collection for women is introduced by a designer representative at Hudson's, the Somerset Collection in Troy, 7 p.m., Oval Room, second floor. Reservations are required. Call (248) 816-4599.

Retail, style and special store events are listed in this calendar. Please send information to: *Malls & Mainstreets*, c/o *Observer & Eccentric Newspapers*, 305 East Maple, Birmingham, MI 48009. Fax: (248) 644-1314. Information must be received by 5 p.m. Monday for publication the following Sunday.  
SUNDAY, FEBRUARY 20

### VENTUROUSHOEN SHOW

Livonia Mall, at 7 Mile and Middlebelt roads, presents "Wacky, Wild & Wonderful," an interactive, family show with ventriloquist Richard Paul, 1 p.m., Value City Court. For additional information, call (248) 476-1160.

### RENEW TRUNK SHOW

Fibres, 470 W. Maple in downtown Birmingham, hosts a trunk show of spring clothing by Renfrew, including bathing, noon-5 p.m. For more information, call (248) 723-2890.  
THURSDAY, FEBRUARY 24

### ELLEN TRACY FOR SPRING

Saks Fifth Avenue, the Somerset Collection in Troy, hosts a presentation of Ellen Tracy's spring collection with a designer representative, 10 a.m.-6 p.m., Designer Bridge Sportswear, second floor, and Special Sizes, third floor. For details, call (248) 614-3338.