

SHOPPING

Let your computer plan a relaxing getaway

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Every few months, you need a little pampering. Who can argue with that? And every so often, you need a break from the every-day grind. Combine the two? What an innovative idea!

Over the past few years I've rendezvoused with just about every day spa in town. A hot rock massage here, a paraffin

manicure there. An eyebrow arch over lunch. It's amazing what an hour away does for the mind, body, spirit and soul.

But now that I'm ready for a little more, I've turned to www.spafinder.com to find my next getaway. It's a site I've befriended. Read top to bottom. And turned to as the skies have gotten grayer and temps colder.

Log on, grab a cup of herbal tea and come along. From expert advice on what to know before you go, to articles on juicing the spa way, the site not only helps you plan the perfect spa vacation, it includes articles on

health, nutrition, beauty and relaxation. Ahhhh! And don't miss the one on creating your own aromatherapy.

When you log on, first click to the Hot Deals icon. Amongst the many options, The New Age Health Spa in Nevinsink, N.Y., has an awesome deal.

From now through April 30, reserve your spa package at the single rate and bring a mother, friend or sister for free to share a double-occupancy accommodation. A two-night minimum and four-night maximum stay are required.

Check this spot often, as new

deals pop up each month. Also, if you book your travel through spa finder, you will get a \$25 gift certificate.

Nothing there for you? Scroll to the concierge section of the home page where you can get exact help finding your perfect spa getaway without searching through all of the listed properties on the site.

For the fastest response, you can call the spa concierge travel center at (800) ALL-SPAS (255-7727) and one of the consultants will help you. Tell them if you want golf at your spa; share your budget with them; and let them know such details as if you want

to fly or drive to your destination.

Or, fill out the form on the site with your preliminary requests and a spa consultant will contact you within one business day with several options for your next vacation. Come on, now — what better service is that?

OK, so you can't get away just yet. There are loads of day spa options on the site.

Keep logging on to Hot Deals to find one that will work for you.

But in the meantime, the site has a great collection of healthy, imaginative spa items so you can pamper and rejuvenate no mat-

ter where you are. A few of my tried and tested favorites: The Spa Bath Experience, where the products include curative powers of the Dead Sea. And the Gourmet Spa Flower Box — this gourmet treat revitalizes the body, mind, and taste buds. What a combination!

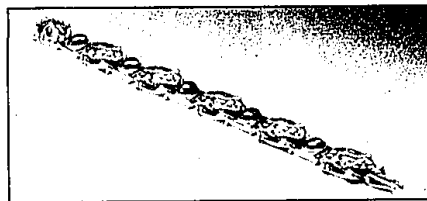
Keep in touch. I would love to know where your spa travels take you. Happy pampering regardless!

Cari Waldman of West Bloomfield is a stylist and freelance fashion writer. Send your Internet shopping questions to Cari at OECYBERSHOP@AOL.COM.

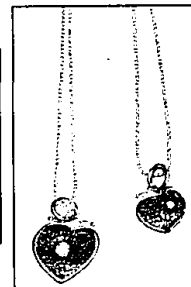
Heartfelt

Unforgettable: These American finely crafted items from Gallery Nikko, 470 N. Old Woodward in Birmingham, would make unforgettable Valentine's Day gifts. All are made by artists. Shown are millefiori vertical flutes by Otto Frankel, \$46 each; large heart marbles by Steve Maslach, \$40; a pewter heart box by Patrick Meyer, \$26; and a turquoise perfume bottle by Mary Angus, \$200. Gallery Nikko caters to all budgets and displays a variety of objects. Call (248) 647-0680.

Wearing your heart



Signs of love: Here are examples of Valentine's Day gifts featured at Sandra Collins Gallery, 470 N. Old Woodward in Birmingham. This sterling silver and 18-karat Frog Prince Bracelet from the Lynn Strong jewelry line incorporates gemstones such as amethyst, citrine, iolite, green tourmaline and garnet. It retails for \$6,600. Also shown are two 18-karat yellow gold necklaces that are among three pieces in Strong's Unbreakable Hearts series. One necklace incorporates a pavé diamond ball set in found metal and retails for \$1,260; the other has diamonds set in rust and retails for \$860. Call (248) 642-4795.



Children of Uganda

FRI 2/8 7 PM
SAT 2/9 8 PM
Power Center • Ann Arbor

This award-winning ensemble of 18 children from the Daughters of Charity Orphanage in Uganda presents an evening of traditional African songs and vibrant cultural dances accompanied by the rhythms of authentic African instrumentation.

Please Note: The Friday performance begins at 7 pm to accommodate families.

The Saturday performance is co-sponsored with the Office of the Senate Vice President for Academic Affairs. This is a Heartland Arts Fund program.

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Michael Tilson Thomas conductor
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Michael Schade tenor

FRI 2/15 8 PM
Hill Auditorium • Ann Arbor

PROGRAM
Schoenberg Theme and Variations, Op. 43b
Schubert Five Pieces, Op. 16
Mahler Das Lied von der Erde

This performance is made possible by a gift from the estate of William R. Kenney.

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San Francisco Symphony

Michael Tilson Thomas conductor
UMS Choral Union

SAT 2/16 8 PM
Hill Auditorium • Ann Arbor

PROGRAM
Berlioz Scenes from Romeo et Juliette
Berlioz Roman Carnival Overture
Traditional Six Hymns
Ives Symphony No. 4

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"No recent union of an American conductor and an American orchestra has sent so many excited ripples across the symphonic landscapes as that of Michael Tilson Thomas and the San Francisco Symphony." (Chicago Tribune)

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