

Turn holiday treats into refreshing treatments

Everyone's familiar with those holiday foods that add inches to waistslines and pounds to the scale.

But at Tamara Spa in Farmington Hills, those treats have been transformed into treatments that can lighten the mood, make your skin healthier and provide a relaxing break in the midst of a busy season.

Owner Tamara Friedman says she is always learning about the latest techniques and products in her business.

"I research so much on the Internet, I call magazines and chat with them about what is the newest and greatest," she said. "I love it."

While the holiday season is wonderful, it is also hectic with work, parties and decorating. In addition, the economy has some of her clients working harder than ever due to layoffs or fears about losing their jobs.

"A lot of people are calling to say, 'I need to

relax and enjoy," Tamara said.

She and her staff use natural ingredients with skin moisturizing and refreshing properties, as well as their holiday connection.

For instance:

CRANBERRY FACIAL

Cranberries are a favorite side dish prepared during the Christmas season but can also be good for the skin. The acidity in cranberries is a wonderfully mild astringent and facial toner and is perfect for cleansing the skin of excess oils.

CANDY CANE MINT FOOT

During the holiday rush, feet take an extra beating.

"If your feet don't feel good," Tamara said, "the whole body doesn't feel good."

One way to soothe away the tension and keep feet in good shape is a Candy Cane Mint Foot Facial. The mint acts as a cooling agent on the feet, conditioning and penetrating deep into the skin, helping smooth away dryness.

EGGNOG JACUZZI

Take another look at that cup of eggnog you're serving with Christmas cookies. This festive holiday beverage can also benefit the skin, for anyone who takes the plunge in an Eggnog Jacuzzi.

The milk, egg and honey mixture, complete with ground nutmeg, can be very soothing to winter-stressed skin.

"Honey is always good for you, also milk,

and egg yolk has a very moisturizing effect," Tamara explained. "When you get up, you hardly have to put moisturizer on, and the hydrotherapy is very relaxing."

PINE SCENT MASSAGE

Breathing in the fresh, fragrant scent of pine needles in Christmas trees and wreaths has a complimentary effect on the entire respiratory tract, and that's what makes the Pine Scent Massage so beneficial.

The pine used during the massage is also known for aiding the skin's detoxifying process and leaves the skin feeling radiant.

For more information, call (248) 855-0474. Tamara Spa is located at 32520 Northwestern Highway in Farmington Hills.

WHAT'S HAPPENING

HOLIDAY EVENTS

Yule Cheer

The Farmington Community Chorus presents Yule Cheer at 8 p.m. Friday and Saturday Dec. 20 and 21 at the Mercy High School Auditorium in Farmington Hills. (800) 632-4067.

KID STUFF

Pottery for Kids

Kids can learn basic clay techniques and create sculptures 6:30-8 p.m. Tuesdays beginning Jan. 7 at the Heritage Park Stables Studio. Classes are four weeks. Call (248) 473-1800.

Christmas on Main Street

The Marquis Theatre in Northville presents Christmas on Main Street at 7 p.m. Saturdays through Dec. 21. Call (248) 349-8110.

YMCA Youth Sports

The Farmington YMCA is taking registration for winter youth sports programs through Jan. 4. Call (248) 553-4020.

CLUBS

Hill & Dale

Hill & Dale Garden Club will meet at 7 p.m. Thursday, Jan. 16 at the Vagnozzi Visitor's Center in Heritage Park. Guest speaker Jane Suhail will discuss *How to Bloom Anything Tropical*.

Exchange Club

The Exchange Club will meet at noon Wednesday, Jan. 8 at the Brass Pointe Restaurant in Farmington Hills for a Goodfellows appreciation lunch.

POTPOURRI

Velveteen Rabbit

The Marquis Theatre in Northville presents *Velveteen Rabbit* now playing through mid-January. For times and reservation information call (248) 349-8110. Special group rates available.

Artist Exhibit

Watercolor artist Jim Patterson will display his artwork now through Dec. 20 at the Farmington and Farmington Hills City

Halls.

ArtSplash 2002

Farmington and Farmington Hills City Halls will be displaying and Emerging Artists Exhibit beginning Dec. 23 through Jan. 31.

CLASSES

Backpacking in Snow

Learn the basics of snowshoes, sleds, snowshelters, four-season tents and much more at 6 p.m. Thursday, Dec. 19 at the Benchmark in Farmington. Call (248) 477-8116.

Cold Weather Clothing

Learn about the revolution in clothing design, materials and comfortable cold weather clothing at 6 p.m. Thursday, Dec. 19 at the Benchmark in Farmington. Call (248) 477-8116.

Pottery for Adults

Learn basic clay techniques and create your own pieces 7-9 p.m. Tuesdays, beginning Jan. 7 at the Heritage Park

Stables Studio. Classes are four weeks. Call (248) 473-1800.

Motown Ballroom Dance

Learn popular styles of ballroom dance 6:30-7:30 p.m. Fridays, beginning Jan. 17 at the Costick Center in Farmington Hills. Intermediate classes run 7:30-8:30 p.m. beginning Jan. 17. Call (248) 473-1800.

Porcelain Doll Making

Make a beautiful porcelain doll 6:30-9 p.m. Monday, Jan. 13 at the Heritage Park Stables Studio. Call (248) 473-1800.

Cville Swim Classes

Clarencville Community Education offers the following swim classes beginning in January: Parent/Child Swim; Instructional Swim (K-5); Water Aerobics; and Water Walking. For more information call (248) 473-8933.

Builders License

Prepare for your Builders License state exam 8-9 p.m. Thursdays, beginning Jan. 23 at Clarencville High School. Call (248) 473-8933.

HUBRED

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too long.

It's in the ripping sound made when you tear into holiday packages and the snap of curling ribbon, in the aroma of frying latkes in the house two days after they've all been eaten and in the taste of cinnamon-apple pie.

Sometimes, joy finds you. When it does, don't be afraid to embrace it with all your strength. Joy never breaks, it only spreads.

Finding someone who lives a joyful life is rare; don't lose track of those people. They'll bring you joy by the gallon when you're running short.

Joy echoes in the mathematical precision and elegance of Bach, in Vivaldi's *Four Seasons*, your favorite traditional holiday melody or a childhood memory.

But the best place to find joy — my favorite place — is at the end of the day, because where there is rest and peace, there is joy.

And home.

Jonl Hubred is editor of the Farmington Observer. She welcomes your comments at 33411 Grand River, Farmington, MI 48335; by phone, (248) 477-5450; by fax, (248) 477-9722; and via e-mail, jhubred@ec.homecomm.net.

Ladies of Harley wrap presents for charity

Don't have the time or energy to wrap your gifts after all that shopping?

The Motor City Ladies of Harley have a way to reduce your stress and do something good for local families facing cancer.

The Ladies of Harley Motor City Chapter is providing gift-wrapping Fridays, Saturdays, and Sundays until Christmas to support Children's Leukemia Foundation of Michigan (CLF).

There is no charge for gift-wrapping. Instead, the group requests that patrons make a donation to CLF. To help offset the group's costs, Motor City Harley-Davidson owner and chapter sponsor Dick Rose has donated all of the wrapping paper for the event.

"It is a wonderful opportunity to give back at the holidays," said Redford resident and Ladies of Harley officer Sharyn Hughes. "We are so happy to have the opportunity to support Michigan families facing cancer — especially at this time of year."

Last year's gift-wrapping efforts raised \$2,224 for the programs and services of Children's Leukemia Foundation of Michigan.

Motor City Harley-Davidson is at 34900 Grand River Farmington Hills, Michigan. Store hours are 9 a.m. to 8 p.m. Friday, 10 a.m. to 4 p.m. Saturday and 10 a.m. to 2 p.m. Sunday. For more information on the Ladies of Harley or the gift-wrapping fund-raiser, please contact Motor City Harley-Davidson at (248) 473-7433.

Children's Leukemia Foundation of Michigan is an independent statewide organization that provides information, financial assistance, and emotional support to adults and children affected by leukemia, lymphoma, and related blood disorders. Until there's a cure, CLF is here to help families overcome the challenges these conditions present.

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