

HOLIDAY GIFT GUIDE

HAPPY HOLIDAYS

Thursday, December 8, 2005

SUPPLEMENT TO THE RECORD-EAGLE

WWW.RECORD-EAGLE.COM

WHAT'S INSIDE

Tradition: New activities go back to basics **Page 2**

Assembly: Mechanical ability may be required **Page 3**

After unwrapping: Reduce, reuse & recycle **Page 4**

Buying locally: Makes for a quality experience **Page 5**

Men's night: Guys out to shop, snack & socialize **Page 5**

Children's books: What's new, plus popup authors **Pages 6 & 7**

Stress: Dial down by setting your priorities **Page 8**

'Fresh' mix: Local CD blends music & recipes **Page 8**

Maintain: Keeping food & drink intake in check **Page 9**

Last in a three-part series

Specialty Publications Coordinator Rick Gould can be reached at 933-1407 or rgould@record-eagle.com

Look for Resolutions in the Record-Eagle on Sunday, Jan. 1. Resolutions will feature stories on improving your health, finances and well-being.

Resolutions don't have to be revolutionary

Simple ways to revitalize your body and mind

BY LISA GRUBER

Special to the Record-Eagle

Local purveyors of the stuff that's good for you — fitness, renewal, stress reduction and the like — may not be among the most popular stops to fulfill wish lists this holiday season, but once the drab days of winter set in, we'll all be wanting for such lofty gifts.

These are the presents that New Year's resolution day-dreams are made of.

Whether seeking clearer skin, a better physique, more energy or spiritual direction, area businesses have much to offer those looking into self-improvement this time of year.

The holidays are a time for focusing on others, said Grand Traverse Resort and Spa director Dawn Pater, but afterwards "everyone seems so wiped out."

A trip to the spa can help pull everything back together by doing something for yourself, she said.

"It's a way to re-group, to reconnect mind, body, and soul," Pater said. "It's kind of a fresh start."

The fortitude to realize New Year's resolutions may be found in the spa's stress release treatment, which includes a massage with essential oils and a hot towel body wrap designed to detoxify and de-stress after an indulgent holiday season.

Skin Services

If looking to address skin quality during a visit to the spa, the Grand Traverse Resort and Spa is offering a new cellulite wrap service designed to increase circulation and tighten skin. Another full-body treatment for skin improvement is Imprés Salon Spa's Dead Sea salt exfoliation service combined with a detoxifying mud wrap. These treatments at both spas include time in a multi-head horizontal shower.

Imprés also offers a manual microdermabrasion service for mature skin that can

reduce the appearance of fine lines and wrinkles.

While younger skin does not need as much stimulation as the microdermabrasion service provides, Imprés co-owner Sandra Dunn said even younger clientele realize that facials are necessary for healthy skin.

"It seems decadent, but it's hugely important," Dunn said. "You don't know it until you do it."

Grand Traverse Resort & Spa, Acme; (888) 437-2SPA; www.grandtraverseresort.com.

Imprés Salon, 901 W Front, TC; 941-9094; www.impressalon.com.

Fitness Quest

Improving physical appearance is a persistent top priority among many New Year's resolution list writers, but regular exercise can be one of the most difficult habits to maintain.

"It's hard work — if it was easy we wouldn't be here," said Karen Waslawski, co-owner of Go Figure Fitness & Tanning For Women.

"When you crash, you just have to say: Tomorrow's a new day. I'm going to try it again."

For those women who aren't feeling their "hottest" after the holidays, working out at an all-female fitness club such as Go Figure can mitigate the intimidation factor, said co-owner Lisa Waslawski, and it can also help with perseverance.

In an all-women facility such as this one, members build friendships right along with muscle tone, and it may partly be the camaraderie that keeps them coming back week after week.

"We have a good bunch of girls here," said member Karen Waslawski. "Everyone motivates each other."

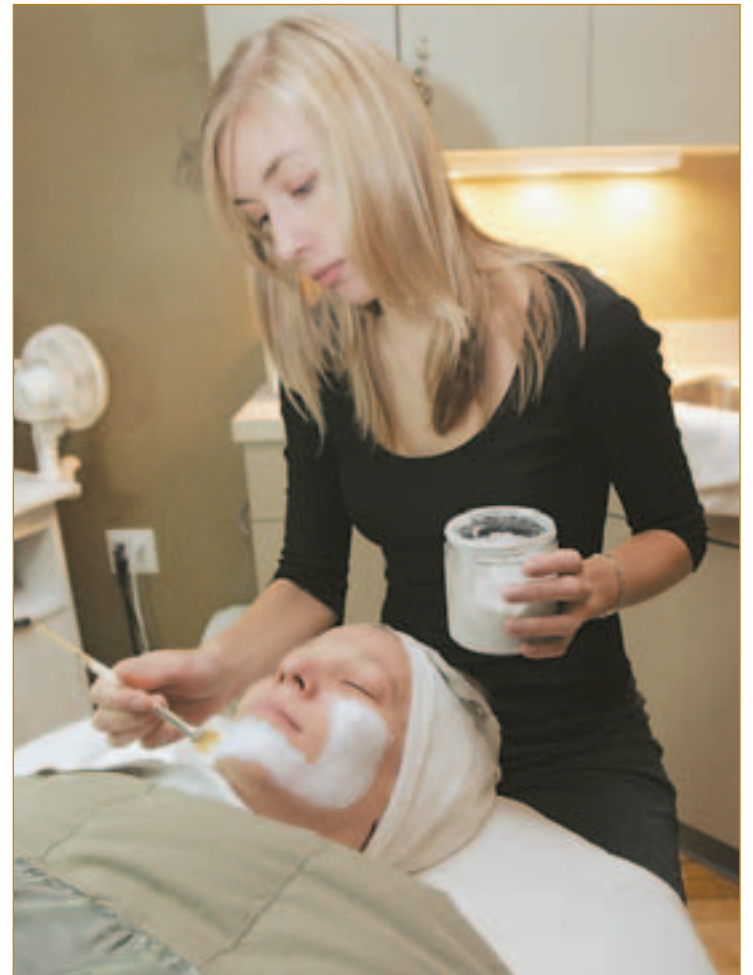
A support network of fellow fitness seekers and trainers who familiarize members with equipment help create a more comfortable and enjoyable experience, improving the odds that members will achieve their fitness goals.

Also focused on making new gym-goers feel comfortable, Fit For You Inc. gym now has user-friendly equip-



Record-Eagle/Douglas Tesner

Above, Esthetician Sara Chriscinske gives a Herbal Wine Wrap in the Vichy Shower at Imprés Salon. Right, she applies an Essential Facial.



ment for beginners in a new room addition.

Another new piece of equipment at Fit For You is a machine that figures how many calories a person burns in a day based on his or her resting metabolic rate, so gym personnel can adjust suggested nutrition and fitness schedules in order to help a person burn body fat more effectively.

"Usually that's guesswork," said co-owner Jeff Gauthier.

For those people with additional fitness challenges, such as getting exercise while managing a chronic condition, the folks at Yoga For Health Education see themselves as part of an overall wellness team.

"Yoga is not just for fitness," said co-owner and yoga instructor Libby Robold, "but to help people heal."

The center's classes cater

not only to traditional audiences — athletes, teens and beginners — but also to those with physical challenges, such as back pain,

arthritis and body stiffness, or to those healing from illness, surgery or injury.

PLEASE SEE PAGE 9



Outdoor Adventures
DOWN OUTLET
 Lowest Prices in Down