

Skin needs pampering after winter weather, stress

Facials, body wraps and other treatments can yield short- and long-term benefit

By Devon Karr
for the Emerald

Freezing cold weather and long hours of studying can leave skin feeling dry and tired. As winter term comes to an end, reward skin with a facial or other skin treatment. A little pampering never hurt anybody, especially if it gives long-term results.

Skin care comes in many different forms, scents and prices at different spas, but the benefits of a facial and a body wrap are not just skin deep. Facials and body wraps are not only relaxing but are healthy for the skin because they rejuvenate, relax and clean the skin of impurities. Long-term effects include anti-aging and scar-reducing benefits.

Cindy Crasper, an esthetician at Salon Delange, saw the sudden ben-

efits of a facial when a woman came into the salon whose eyes were puffed to the point of closing due to a water retention problem.

"By the time she left the salon, the excess water was draining out from underneath her eyes," Crasper said. Aside from the immediate benefits, there are several long-term benefits to pampering the skin with body wraps and facials.

"The skin's texture will be smoother in the long run, and you will notice that your skin will be more firm," Crasper said. "You also will have a more even skin tone, better circulation, and keeping your skin hydrated helps to prevent aging."

The two most common reasons that people get body treatments are to help prevent signs of aging and for relaxation purposes. Most facials include a massage, which is calming because once pressure points on the head and face are touched, toxins are released from the muscles.

Before a person gets a body treatment, the esthetician will look at the skin under a special light, which shows the esthetician a person's skin type and problem areas. Most spas use products with natural ingredients such as plants and flowers instead of ones with synthetic petrochemicals such as Vaseline or mineral oils.

"Getting educated about products is really important," said Denise Gervais of the Gervais Salon Day Spa Gallery. "If you're happy with the skin care products that you're using, then go for it, but we try to let the client know that something can happen [if they use synthetic products]."

Eve Promen, the manager of Uncommon Scents, said natural products, some of which can be found at the grocery store, are some of the best products for a facial.

"Natural ingredients combined with natural aromatherapy oils are great to use," Promen said.

Skin care options:

If your skin is in the mood for a body treatment, but you're low on cash, check out the best buys around town.

Gervais Salon Day Spa Gallery

Freshen your face for 45 minutes with a "Petites Facial," \$45.

Puffy eyes? An ice-cold "Eye Zone Wrap" will revive your eye area, \$45.

Country Inn Spa and Salon Aveda Concept Destination

"Herbal Body Masque" is applied from the neck to the toes. De-stress for an hour and a half while the masque conditions the skin, \$60.

Take a 30-minute "Aromatic Body Shower" in a custom-built river-rock shower that has a skylight above to make you feel as though you're showering outside, \$15.

For less expensive pampering, try this

at-home facial, making your own beauty care products:

1. Steam: Begin by wiping your face with a warm washcloth to remove the initial dirt on the face. Fill the sink with hot water and herbs, such as lavender to relax or peppermint for an invigorating facial. Put a towel over your head and take deep breaths.

2. Exfoliate: For a quick exfoliator, grind oats into a powder with honey until it makes a paste. Add lavender oil, peppermint or grapefruit seed extract for a scent.

3. Tone: You can make your own toner using floral water, aloe vera gel and glycerin, which can be bought at a pharmacy. If you have dry skin, try a witch hazel toner and add lavender oil. 4. Moisturize: Use your favorite moisturizer to complete the process.

Source: Eve Promen, manager of Uncommon Scents

Book bags can be pains in the back

Finding the right pack and loading it correctly are critical to a healthy back

By Sue Ryan
for the Emerald

Students heft backpacks on and off their shoulders as part of their daily routine, but this routine can take its toll on students' bodies.

"My neck on this side is so sore — just from carrying this bag," said Hannah Schmitz as she pointed at her bulging black messenger bag on the seat next to her.

Schmitz, a University student, is an example of the balancing act many students face in hauling their items around campus with them.

University biomechanist Li-Shan Chou said "effects accumulate on the back." Chou, who studies motion analysis, explained that humans balance their weight symmetrically. Once a student adds the weight of a backpack, this balance is thrown off and they must compensate by leaning forward.

"Find someone who can fit you in an internal frame pack and distribute the weight equally," suggested Richard Troxel, a University sports medicine professor.

His advice is to take precautionary measures against injury. Students

carrying backpacks to school can end up with chronic injuries if the gear they use is inadequate or not used properly. Troxel said excessive weight can affect "the shoulder and cervical spine area of the neck."

To prevent injury, students should shop for the equipment that suits their needs. Sporting goods stores often have someone on staff who can educate buyers on different types of backpacks.

One such person, Joel Fischer, stood on a wooden floor at the Valley River McKenzie Outfitters, surrounded by fishing poles, tents and backpacks. He picked up a backpack from the rack and folded it in half. "It's all foam inside," he said.

Packs built with foam, such as the "book bag" Fischer held, are designed to cushion the load in the backpack but not to support weight. Fischer said frames or internal stays support weight and strengthen the backpack design. Other features that help to spread out the weight are straps and belts.

The quality of straps, stitching, fabric and function are all elements consumers should examine before deciding which backpack suits their needs. REI salesman Robert Woodson said book-carrying and rock-climbing are the two uses that wear

out backpacks the fastest.

"Schoolbooks are hard, they weigh a ton and poke holes in [backpacks]," Woodson said.

An alternative to backpacks is the over-the-shoulder messenger or courier bag. The bags are waterproof, partly because of an interior plastic lining and double-shell design.

Though the over-the-shoulder courier bag style is popular, it may not be the best choice for everyday use because of the strain it puts on one side of the body.

Troxel said the biggest cause of bag-related injuries is wearing bags over only one shoulder. He recommended that students wear both shoulder straps to balance out the weight of the backpack and load a backpack by putting in the heaviest items first.

Detty Saluling said she likes her messenger bag, but "the sling is really short, and it is supposed to be tight against your chest. If you don't use it correctly, it hurts."

The \$40 to \$120 a student generally spends on a backpack will not make any difference if there is too much weight in it.

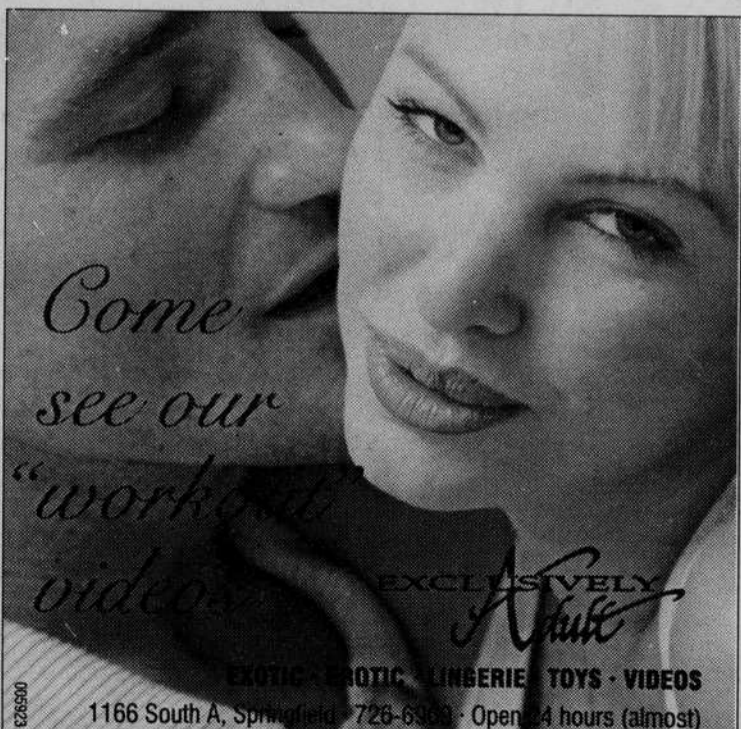
"If your backpack is heavy enough that you are straining to get it on, you need to review what you are carrying," Troxel said.

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