

PAMPERINGS

By Barbara Brownyard

I have noticed in the past several years how many nail places have sprung up all over the place! I didn't know how much women (and men) paid attention to their fingers and hands. I often wonder why nobody ever named a nail salon "Pick your Polish," but after this is published, maybe I'll hear that there is one around by that name.

I don't remember ever getting my nails "done" as a little kid or even as a teen. Yet you see moms and daughters/sons coming in to salons just to have their little ones experience the same treatments that their moms are having. Are we setting a trend? I do have a vague memory of my mom bringing me to the Bay Shore Beauty School for my hair and nails to be "done" for my 8th grade graduation. I remember the pink sinks and the hard plastic smocks. And I felt like such a freak when I appeared at rehearsal for graduation in my flipped hair and pink nails! It took me a long time to ever do *that* again! Thank God for the '60s when you didn't have to wash, cut, dry, tease, blow or pouf your hair. Remember "Hair" on Broadway in 1968?

I love to take my own daughter to a day or two of pampering now. Last year we went to the Norwich Inn in Norwich, Connecticut, for a long weekend of spa pampering. I call it self-preservation or preventative medicine at this point in time. We ran into the beautiful Delisle women from Bay Shore there! My daughter and I had a wonderful time being prodded/lotioned/beautified (?) and generally made comatose for a long weekend. My sisters and I have received Days of Beauty at the Elizabeth Arden Red Door in New York and always have our nails/toes done when we get together, which is, unfortunately, not too often. My girlfriend and I enjoy meeting at the different nail joints around instead of for lunch—no calories!

Recently, I made it into Spa 85. It is a new Salon Spa that was opened by the Federicos. It is a large, colorful, spacious, inviting salon that is just what Bay Shore needed at the east end of town. Glory Federico is a warm, inviting host and her staff is professional and welcoming. I had an exquisite facial with Kathy Warren and then relaxed in their "Meditation Room" before heading out into the cold! They are a one-stop-shopping Spa with a full beautiful menu to choose from. Now this is a gift certificate a mother could love (hint-hint)!

I know we women have come a long way from home perms, Tonettes and rollers in bed. There is no better way to treat yourself than a day of pampering with a good friend, a good book or a space in which to have a good snooze. ●

