



IT'S NOT JUST FOR HER

by Anton Knoll

Wednesday, 2 pm, at Amazing Face & Body.

That was the entry in my day planner, marking the appointment for my very first facial. I will admit to some trepidation about the whole process. I have 4 sisters, so I kinda knew what to expect; flowery smelling creams applied by a large Scandinavian woman in a white smock telling me how horrible my pores look. Needless to say, while I wasn't sure I really wanted to go through with my appointment, it was my duty in the name of journalistic investigation.

By 3 pm that same Wednesday, I had an entirely different opinion. Kristen Gibbons of Amazing Face & Body, (who is not a large Scandinavian woman at all), expertly guided

me through the appointment. Kristen did not care one bit that I didn't know the difference between exfoliation and microdermabrasion, as she smiled and led me to the treatment room. My Men's Fitness Facial started with a relaxing deep cleansing wash and steam, as Kristen used a rotating brush to clean out my pores then an almond mineral exfoliating scrub. After more steam and a foot massage, Kristen did extractions to remove blackheads and clean out clogged pores (my least favorite part of the experience). The facial continued with a stone crop mask, then a high frequency current (similar to a laser) was applied over it to simulate and oxygenate my skin and kill any lingering bacteria. As a finale, Kristen massaged my hands, arms,

neck, face, and head, before applying eye serum and an oil-free moisturizer.

The overall experience was incredibly relaxing and rejuvenating, not to mention that my skin felt great. I walked away relaxed, stress-free, and with a new understanding and appreciation of holistic skincare; it's not just for women and it's not just a luxury. Skin, the largest organ of the body, glows when it is nurtured. Skin looks better when properly cared for too, and all of us feel better when we look our best.

After my facial, I had a chance to speak with Kristen about the journey that brought her to Myrtle Beach and the health and beauty industry. Kristen grew up in the small town of Andrews, SC, and came to the Grand Strand to attend Coastal Carolina University to study health promotion. She also attended the South Carolina Massage & Esthetics Institute, where she met her business partner and the co-owner of Amazing Face & Body, Michael Northcutt. Kristen has only been in practice for two years, "Not very long," she says,

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“but I’m very passionate about what I do.”

Anton: What lead you to esthetics and massage?

Kristen: I have been into health since I was a little girl. I especially liked skin care, and I liked to work out. I understood that the two things were interconnected somehow. As a teenager, I would make facial masks and other beauty products, experiment on my friends, and then drag them outside to exercise. From those experiences, I knew that I wanted to work in the health industry. Now, doing massage and holistic skin care, I can show people how things work together. I feel like this really is healing work, that I can send good energy to people while I do a facial or a massage – the two really do work hand in hand.

Anton: Tell me a little about the products you used during my treatment.

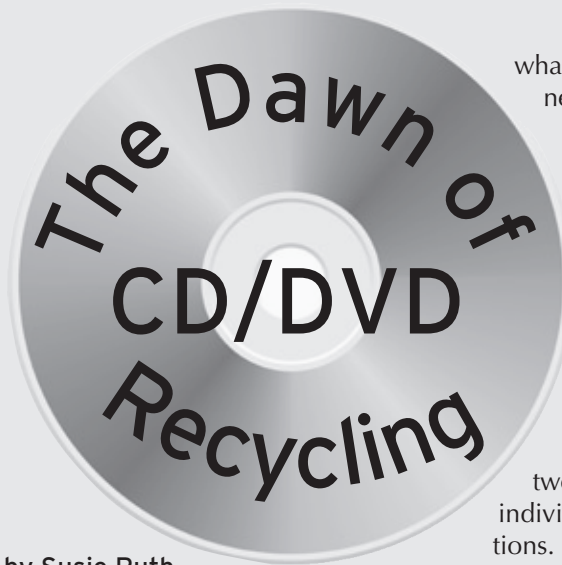
Kristen: All of the products I used are specifically formulated for a man’s skin, and use citrus and almond scents that are more to most men’s liking. At Amazing Face & Body, we only use natural and organic products like the Eminence Organic Skincare line.

Anton: Where do you see yourself going with your new business in the future?

Kristen: In the next two years, I want to become a part of the community. I want people to find us, learn about what we do, and come in for a service. I really care about giving facials the way that I would want one, and for me, it’s not just about getting people in and out of the shop, but about making connections, friendships and loyal customers. I want to be recognized for high-end spa quality, just like the big guys, but still keep the atmosphere comfortable and know everyone by name.

Kristen Gibbons and Michael Northcutt offer skin care spa treatments, massage, in-studio personal training, and newly added air brush tanning. Amazing Face & Body, 421 79th Ave N, Myrtle Beach, 467-BODY (2639), AmazingFaceAnd-Body.com. See ad page 31.

greenliving



by Susie Ruth

Now that America has the hang of recycling paper and plastic, it’s time to begin recycling our CDs and DVDs. We can do it for free courtesy of The Compact Disc Recycling Center of America. They’ll even provide collection boxes suitable for shipping, although any mailing envelope will do. All we pay is the U.S. Post Office media rate to mail them in. Then smile, knowing we’ve done the right thing for ourselves and our environment.

Launched in 1983 with initial U.S. distribution of 800,000 compact discs, by 1990 worldwide sales of CDs and DVDs had topped 1 billion discs a year. In the 21st century we’ve upped production to 30 billion discs a year. Millions of these—unwanted, damaged or obsolete—end up in landfills, or worse, incinerated.

The volume of virgin resource use, manufacturing pollution and waste involved is staggering. Disc materials typically include aluminum from ore, gold, multiple dyes, and acrylic lacquer and polycarbonate made from fossil fuels. Glass, nickel and silver come into play, plus lots of water.

So on Earth Day, 2007, Bruce Bennett, owner of The American Duplication Supply Group, launched the CD Recycling Center and education program. “I think the main reason people are throwing out unwanted CDs and DVDs is that they simply don’t know

what else to do with them,” says Bennett. Now we do.

Incoming discs come from individuals, organizations and companies. Proprietary data discs also are accepted pre-shredded, as long as the material is “clean”, not mixed with other materials. Bennett notes that every month about 100,000 pounds of discs become useless. Since its kickoff, the Center has recycled two million discs, 25 percent from individuals, 75 percent from corporations. It’s a promising start.

At the Center, discs are shredded and redistributed for recycling into items ranging from household products and building materials to office equipment and auto parts. “More products are being created and manufactured out of recycled plastics that would previously have been built from tree wood,” observes Bennett. So recycling discs not only saves energy and water while cutting pollution, it also saves trees.

Rather than dispose of any disc, Bennett encourages us to consider how to first share, donate or trade it. Rather than build up our own library of entertainment discs, why not borrow from the local library or join a subscription rental program? Minor scratches often can be repaired by rubbing a mild abrasive like toothpaste on the non-label side in a circular motion from the center out. Commercial refinishing is an inexpensive repair alternative.

With proper care, storage and handling, most discs will last for decades, maybe even centuries. The secret is to avoid exposure to extreme conditions, such as high humidity, water, heat, rapid temperature changes and certain types of light, including sunlight.

Send discs (no cases please) to The Compact Disc Recycling Center of America at 68H Stiles Rd. in Salem, NH 03079. Email Info@CDRecyclingCenter.org or call 603-890-8996 with questions.