



Teresa is a full-time paralegal, her firm's librarian, and a full-time master's in criminology student! She desperately needed some downtime to spend with her friends Angelique, Monique, and sister-in-law Sara. They were welcomed by Stacey Yates Sellar for an afternoon of pampering at the Palo Alto SkinSpirit Skincare Clinic & Spa. Stacey is SkinSpirit's director, and she witnesses positive transformations in her clients' psyches after they've come in for a little R&R—and thinks it's even more beneficial when friends come in together. "There's power in having time for girl talk and a few giggles, along with our treatments," she says.



Teresa (bottom, right) booked some much-needed downtime with her friends at SkinSpirit.

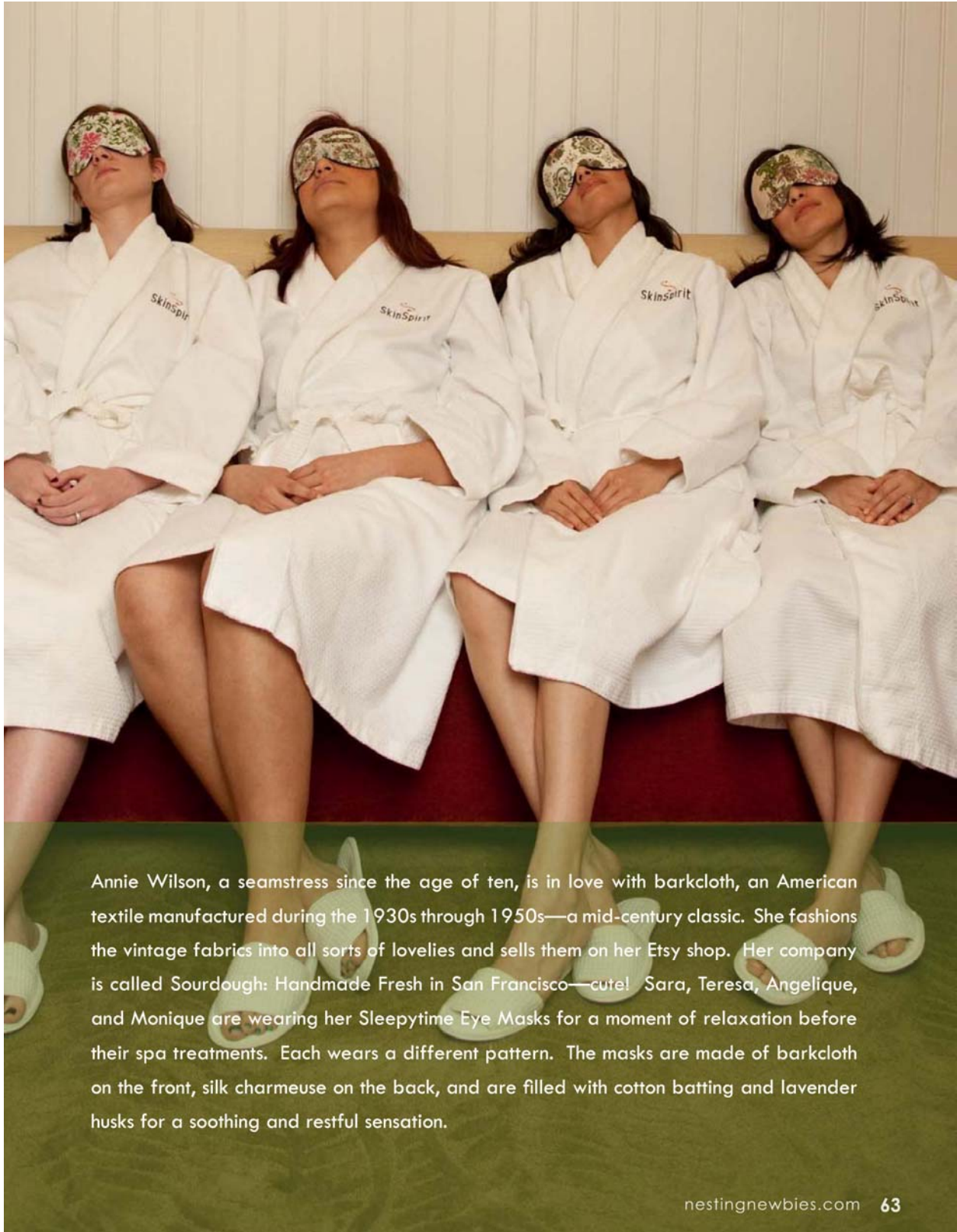




Caring for Your Mind, Body and Soul

SkinSpirit doctors and staff want you to live and enjoy life to the fullest. They encourage you to:

- * Make time for a facial or massage, as these will significantly reduce stress and tension.
- * You can age gracefully by focusing on the factors you can control: a clean, healthy, nutrient-rich diet with regular exercise.
- * Increase your exercise, even if it's just a 15-minute walk every day. Don't ever feel guilty for doing something just for you...take care of yourself, because having the right level of energy and confidence is one of the best ways you can take care of the important people in your life.
- * When it comes to your face—an ounce of prevention is still worth a pound of cure! See a professional to help you find the right products for your skin. Antioxidants work just as well topically as they do internally to prevent and correct damage.
- * Practice an attitude of gratitude—acknowledge and appreciate the little stuff that is going right for you, and the big stuff will follow.



Annie Wilson, a seamstress since the age of ten, is in love with barkcloth, an American textile manufactured during the 1930s through 1950s—a mid-century classic. She fashions the vintage fabrics into all sorts of lovelies and sells them on her Etsy shop. Her company is called Sourdough: Handmade Fresh in San Francisco—cute! Sara, Teresa, Angelique, and Monique are wearing her Sleepytime Eye Masks for a moment of relaxation before their spa treatments. Each wears a different pattern. The masks are made of barkcloth on the front, silk charmeuse on the back, and are filled with cotton batting and lavender husks for a soothing and restful sensation.



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