

Relax and Pamper: Just for the girls

By L'Asia Brown

Let's admit it, college girls work hard. Many hold part-time jobs, have full course loads, participate in elite organizations, dedicate strenuous community service, and still manage to get to dinner with the girls on Friday night.

With exhausting 8 o'clocks, piles of homework, hours of studying, tons of office errands and millions of miscellaneous commitments lying within just a day's work, many young ladies begin to neglect themselves and their body's need for pure relaxation and an occasional spoil.

Fayetteville, with its limited number of salons and spas, can make finding a serene getaway a little bit difficult.

Fortunately, The Voice went on a hunt throughout the All-American city to search for quality hair care services, great nail salons, impressive spas, and irresistible coffee shops that girls can visit for professional pampering, affordable beauty indulgences, and cozy mini-vacations.

You'll want to dedicate your entire Saturday to "personal beautification" after you learn about these tasty treats, comfortable cafes, excellent salons, and creative nail hot-spots!

HAIR CARE HOT-SPOTS

The need for arête in the Fayetteville hair care industry is perhaps, underestimated. Die-hard divas and old-fashioned grandmothers remain in agreement on the statement, "Hair is a woman's crown and glory". A sassy "do" can bring the most boring, repulsive, bland outfit to life. It also has the ability to make the classiest, hottest, most expensive ensemble look cheap and insignificant. We featured a favorite salon who offers every hair care service from hot oil treatments and head massages to full head weaves and extravagant color.

Salon 224
803 Stamper Rd.
Fayetteville, NC 28303
(910) 867-1583

This discrete salon is located adjacent to Eutaw Skating Rink. Salon 224 is equipped with experienced stylists, cushy chill chairs, and a professional environment, contrary to the notorious "beauty salon" reputation. Stylists offer services ranging from relaxers, color treatments, and roller sets to more dramatic coifs such as full head weaves, ponytail up-dos, and designed cornrows. Prices run \$30 and up, depending on your individual style and preference, and a nail artist is on duty just in case you may want to classily complete your look. It's a quick five minutes away from FSU, and is definitely worth the trip.

relax
reconnect
indulge



NAIL KNACKS

So you're styling and profiling with your Dereon dress and Baby Phat pumps. Your hair is freshly wrapped, and you smell like Victoria's Secret's Love Spell. You're rocking a hot pair of Akademics earrings with matching Lacoste jewelry. Then you notice that your toe nail polish is chipping and your fingernails have been bitten down to the flesh. Fortunately, there are some superb nail services offered around town to help you seal the deal. Check them out!

Glamour Nails
417A Cross Creek Mall
Fayetteville, NC 28303
(910) 867-5997

Quality is an absolute given when constructing a beautiful nail. Glamour never fails to impress. They offer acrylic and gel sets...with regular or pink and white options. The nail techs possess a wide variety of artistic expertise to give your nails that personal flare. Spa pedicures, paraffin waxes, and hair removal services are also offered, and you'll feel snug and restful with the absence of waiting lists and big, massage chairs. They offer the best eyebrow wax techs around town, who are meticulous and patient while creating the perfect arch for you. Full sets and pedicures begin at \$27.00, while wax services start at \$8.00, but your satisfaction...absolutely priceless.

Citi Nails

3250 Ray Road
Spring Lake, NC 28390
(910) 497-9900

Talking about eye-popping nail art, rare technique and extravagant color? Sounds like we're talking about the work of privately owned nail salon, Citi Nails. Located approximately 20 minutes away from FSU, Citi Nails is anything but the average nail shop. Their prices blow you out of the water, with gel sets starting at just \$35.00 and pedi-fill deals running around \$40.00. The unbelievable durability and rarity of the each set of nails will keep you hooked. Nothing is impossible with Stephanie and Ken, (the two super nail techs). They take nail health, personal preference, and individual needs to another level, and they will never sacrifice quality for quantity. If you haven't been, you don't know what you're missing.

CUTE CAFES

Sometimes we want something classier than McDonald's, but we don't want to break the bank at the Hilltop House or Miyabi's. This is where that cozy café comes into our lives. Rarely can you find a healthy, quality little escape where you can go to read, study, and eat without worrying about fat calories, fire alarms, and sanitation scores. We found some yummy little shops that serve low-fat treats along with top notch customer service and prices we can afford.



Squeeze Café
200 Cross Creek Mall
Fayetteville, NC 28303
(910) 429-3067

Located in the back of Belk's department store is a tiny little gourmet café selling everything from addictive soups and homemade sandwiches to unforgettable sorbets and yummy spinach wraps. You may dine in or take out, and the café employees will even bring your food to you while you rest or read at your table. The smoothies are heaven to your tastebuds, and their specially made ice creams will have you running back for more. They take pride in the composition of their product, offering a very limited number of processed menu items. Once you dine at this great café, you are a definite repeat customer, and they will ensure that you keep coming back!

Rude Awakening Coffee Shop
227 Hay Street
Fayetteville, NC 28301
(910) 223-7833

If you want the feeling of a hometown café without the hustle and bustle of places like Starbucks or the Coffee Scene, then check out Rude Awakening in downtown Fayetteville. They have a great menu of sandwiches and specialty coffees, and when it is warm enough you can sit outside in front of the shop with your girlfriends and take in the beauty of downtown Fayetteville, or you can sit out back in their enclosed patio that is interestingly reminiscent of a French café

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