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Section

New spa trends: Wellness, good food

By Beth J. Harpaz
THE ASSOCIATED PRESS

NEW YORK — America's top spas gathered in New York recently for the annual meeting of the International Spa Association.

But nobody at the meeting used the word "beauty."

Instead, today's spas are integrating cosmetic treatments like facials and manicures into holistic approaches to well-being.

You can still get that pedicure, but your spa visit will also include fitness, health, relaxation and even spirituality.

"Beauty is almost a given," said Nina Smiley, spokeswoman for The Spa at Mohonk Mountain House in New Paltz, N.Y. "But it's superficial. It's external. I'd say what's internal is as important as the beauty aspect."

Spa-goers want more than a massage that feels good for 20 minutes. They want advice on skin care and diet; products to recreate the spa experience at home; and techniques they can use on their own to relax and stay fit, from exercise to yoga to aromatherapy.

At some spas, guests are no longer sent from one treatment room to another. They sit in one spot, and specialists come to them.

Spa Montage in Laguna Beach, Calif., offers a "Surrender" program in which "you get an analysis, and instead of getting a menu of services, we design a program for you," said spokeswoman Anne Bramham. "All the staff coordinates to work with you."

A weekend stay at a destination spa can easily run \$500 or more — including lodging, meals, a class, the pool and a few treatments. So it's no wonder that a survey found guests at destination spas want the experience to be more than skin-deep.

"They expect there'll be some major life changes" when their stay is over, said Michelle Barry, a spokeswoman for the Hartman Group, which polled 7,680 North Americans for the International Spa Association's 2006 "Spa-goer Study."

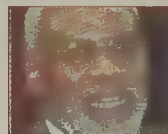
Along with the overall shift toward integrating spa services, other themes emerged at the July 27 spa meeting.

Here are five trends shaping today's spa experience:

• **WELLNESS:** Procedures that used to be primarily cosmetic have been reconfigured as healthful and relaxing.

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LIFE



IN RELIGION
Friendship
Missionary
Baptist Church
shows off its new
digs.



Infidelity season

Summer is prime time for cheating, so know the signals

By Cheri F. Hodges
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Summer time is the right time to cheat on the one you love.

At least that's what infidelity expert Ruth Houston says.

A lot of husbands and some wives, view summer cheating as a recreational sport, she said.

"Other husbands are opportunistic cheaters who only cheat when there's an opportunity to do so without getting caught," she said.

A seasonal cheating husband, says Houston, isn't going to do anything

while his wife is around. That's why he may suggest that the wife take the kids to the beach for a vacation.

"Now that the wife is out of the way, he has a clear path," she said.

Houston said most summer affairs go undetected, but if a wife has suspicions, she should speak up. "Let your husband know that you are aware of what's going on," she writes on her web site. "Cheating is an individual choice," she said. "It's never the woman's fault."



Houston

Husbands aren't the only summer cheaters, Houston said. "We do have many wives who cheat while on vacation. Because they are away, they figure they can get away with it and they do."

Houston said women who vacation with girlfriends are more likely to have a vacation affair because they won't have their children around.

"A woman doesn't become a cheating wife overnight," Houston said. "Unless you're talking about young women, women are not cheating for the same reason as men."

Sex is why Houston said most men

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Dress for success, not sweat

By Samatha Critchell
THE ASSOCIATED PRESS

NEW YORK — Looking hot is good when you're headed out to a nightclub; not so good when you're going to work.

But during these dog days of August, people often are steamed by the time they arrive at the office. Clothes are damp, hairdos limp and makeup dripping. That's hardly dressing for success.

Then, after a few hours, the same people are in that ratty cardigan they keep at their desk, trying to ward off air conditioning-induced shivers.

Again, not a good look.

But there are things you can wear to take you through this home stretch of summer in style. Fashion insiders pick the one thing they can't live without when the temperature soars:

• Cynthia Rowley, designer: A loose, light dress

"You don't need to go bare on hot summer days — a dress in a light fabric like silk will keep you cool even if it also keeps you covered up," says Rowley, known for her playful, girly styles. She points to a chemise ruffle dress from her own collection. "In silk, it's light and cool, and the 3/4-length sleeves look professional. In the summer you're

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PHOTO/FILE

Parents get more involved in children's college life

THE ASSOCIATED PRESS

NEW HAVEN, Conn. — They arrive in SUVs and minivans, with sets of extra-long sheets, extension cords and computers.

They have researched discount textbook outlets, campus safety, even individual professors. But they are not honor students, they are not students at all. They are "helicopter" parents, so dubbed for their tendency to hover, prepared to swoop in at a moment's notice lest harm befall their progeny.

College administrators across the nation and state have reported a burst in parental involvement in campus activities and student life over the last decade. While some campuses have wel-

comed the trend, adding institutionalized support for the onslaught, some have raised concerns about over-parenting.

The University of Vermont, for instance, has received national attention for hiring "parent bouncers" to keep moms and dads at bay during orientation events.

But Joan Boughton, associate director of Student Life and Parent Relations at Western Connecticut State University, said, "We don't see any of this as negative. We see parents as partners in education. We don't dissuade them, we welcome them."

The school revamped its summer orientation program recent-

Please see PARENTS/2B

Cough, snuffle... the flu vaccine

Fall is will be here before we know it, ushering in the "flu" season. Influenza, or the flu, is a potentially serious and extremely contagious viral illness which is largely preventable. Did you know that only about 20% of African Americans received a flu vaccine in 2004?

A brief history of vaccines

Very few people know where the term vaccine comes from. My Spanish helped me with the answer. In Spanish, vaccine is *vacuna*. Vacuna comes from the word *vaca*, which means cow. When we receive our flu shots, we should all feel grateful to Dr. Edward Jenner, who lived in England during the eighteenth century. At that time, it was common for cows to contract an infection that caused them to develop skin lesions. This disease came to be known as cow pox. In many ways it resembled smallpox, which can cause epidemics resulting in disfiguring skin changes and even death.

Dr. Jenner made the observation that people who developed cow-pox, if previously infected with small-pox, were less likely to develop the severe form of the disease. This knowledge allowed him to pioneer the development of what we now know as vaccinations. By causing a mild infection of cow-pox in humans, he was able to induce the production of antibodies, which would protect them from suffering from the severe complications of small-pox.

How does this history relate to flu season?

We now have very effective vaccines that can protect us from the severe complications of the "flu," which can lead to hospitalization and premature death in the elderly and those with chronic diseases. Anyone can get the flu, therefore, even people who are not especially at risk for complications should be vaccinated. The flu vaccine can now be given via intranasal spray or injection.

The injectable version, or "flu shot," is an inactivated vaccine (virus that has been killed so it can't cause the flu); it is recommended for people over the age of 6 months, regardless of whether you're healthy or have chronic medical condition. The intranasal form of the vaccine is a live attenuated virus (weakened virus that has been altered so it can't cause the flu) and is recommended for people between the ages of 5 and 49 years who are NOT pregnant.

Most common myth about flu vaccine

You would be surprised how many people still believe the flu vaccination can actually cause them to get the flu. This is absolutely not true!

Our modern vaccines are developed from viruses that have either been killed or inactivated. Once immunized, our bodies develop antibodies that fight off the infection. There is still a chance that a person can get the flu before their immune system is activated, which may take up to two weeks. Both the

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