

LOCAL

GOT STRESS?

Shear Designs Day Spa can help

EMILY WEAVER

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The holidays can be a wonderful time of year. But they can also be stressful and depressing.

While the kids have their Christmas wish lists, you have your ever-growing "To Do" list. There is the shopping, the wrapping, the parties and other social functions, the baking, cooking, cleaning, decorating, working, and making sure the kids and elders are taken care of, just to name a few "to dos." With all of the hustle and bustle of seasonal deadlines, it is common for stress to creep in.

The American Institute of Stress has linked negative stress with a whole slew of ailments that plague the human body, including pre-mature aging, increased blood pressure and anxiety. "Increased stress increases productivity - up to a point, after which things rapidly deteriorate, and that level also differs for each of us. It's much like the stress or tension on a violin string. Not enough produces a dull raspy sound and too much an irritating screech or snaps the string - but just the correct degree of stress creates a beautiful tone," according to AIS, which adds more than 110 million Americans take medication for stress related causes each week.

But there are ways to avoid becoming the "snapped violin string" this holiday season. Aesthetician Jenny Ballard, with Shear Designs Day Spa, suggests an afternoon of pampering relaxation to chase away the stress and blues.

The mother of two kids, full-time worker, and full-time caregiver, Ballard understands stress. "I wanted to go into a profession that can help people feel good about themselves and feel rested; no stress," she said, wearing a shirt that read with big letters,



EMILY WEAVER/HERALD

Left to right, Jenny Ballard, Marie Jackson, Wendy Saldo, and Terry Broome are ready to take away the stress of the holiday season at Shear Designs Day Spa.

"GOT STRESS?"

Stepping into the relaxing homey environment of Shear Designs Day Spa, she said, you can almost feel the tension from a long, hard day begin to melt away. "Our spa has relaxing music, friendly faces and a feeling of home - a place to relax," she said. "Whether you're receiving a facial, a new hair-do or a hot stone massage, when you leave us, you'll feel relaxed, balanced and non-stressed."

But she encourages people to come and see for themselves. Shear Designs Day Spa, one of the first day spas in Kings Mountain, offers facials, starting at \$35; and a variety of hair care, spa packages and specialty services, like waxing, eyelash extensions, eyebrow and lash tints and ear candling. They offer gift certificates and even the convenience of one-stop shopping in their gift shop, where they sell the popular "Tyler" candles.

"Whatever life is throwing at you, whether it's the loss of a loved one, stressful job, illnesses or just the upcoming holidays, finding a positive way to deal with the tension is crucial for your health," Ballard said. "Spa services have been proven to help with these ailments."

According to an article on Healingwell.com ("Don't Let Stress Ruin Your Holidays"), stress reduction techniques include, rest, relaxation and getting a "massage," all of which are offered at Shear Designs.

For more information or to schedule a stress-reduction appointment, call Ballard at 704-309-5580.

The spa is now accepting registration for their first Extreme Makeover Kings Mountain, where they will offer a free day of beauty to one lucky KM resident after the first of the year. The drawing will be held on Thursday, December 20th.

TREE LIGHTING

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Praise and Worship team danced to Christmas and contemporary gospel songs on Piedmont Avenue.

Then, Murphrey called the children to gather around him as he read, "Twas the Night Before Christmas, a story he always read to his little girl when she was younger. He read each word with great care and inflection, as a father to a child, stopping at the end of each page to show the illustrations of the story. Dozens of children encircled him on the front steps of the library, entranced by the story being told.

"He sprang to his sleigh, to his team gave a whistle; And away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight; 'Happy Christmas to all, and to all a good-night,'" Murphrey read.

It was time for Santa. The mayor got a call on his cell phone. It was Mr. Claus letting him know that he was on his way. Down the street came the KM fire truck with flashing lights and blaring sirens. Out from the back seat hopped a jolly St. Nick, welcomed by an adoring crowd. Santa wished everyone a "Merry Christmas" and went downstairs in the library for last minute Christmas wish list updates from the children.



Four of the five representatives to Tar Heel Girls and Boys State were honored at a joint supper meeting of American Legion Post 155 and Auxiliary recently. From left, Laura Ashley Gaffney, Rahil Patel, Caitlin Mezey and Courtney Hartgrove. Not pictured: Tyler Matthew Hellstrand.

Holiday Sale

<p>Ring \$159</p>	<p>Journey Pendant 1/10 Carat \$99.95 1/4 Carat from \$189 1/2 Carat from \$389.95 1 Carat from \$799.95</p>
<p>Pendant \$149</p>	<p>VINTAGE DIAMONDS</p> <p>Earrings \$149</p>
<p>For Him Gent's Ring \$319</p>	<p>14k Gold 2/3 Carat tw. Wedding Set SALE \$1,595.00</p>

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