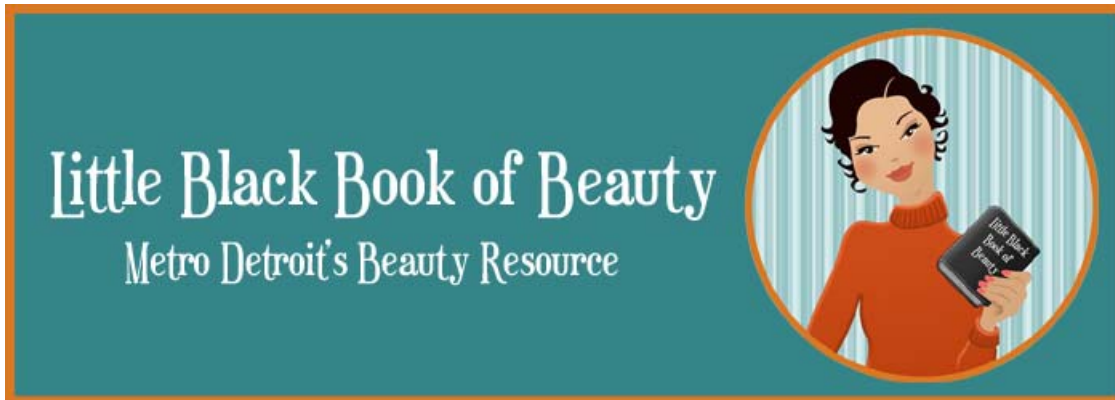


# Little Black Book of Beauty

## Michigan Beauty Guide



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## The Holidays Already - Chaos Studio Salon

By Jennifer Case

[Chaos Studio Salon](#) - Owner



So many things to discuss, considering we are full force into a new season now! The leaves changing, the jammed cider mills, the smell of burning leaves, lots of fattening food to devour and new color for us to play with in the salon! We are using more fun, warm tones... no more bleach blonde highlights!! New color and a new look for fall... that is our specialty!! Layered bobs look especially chic and are super easy to maintain.

My client informed me recently how many days we have left until Christmas. I immediately felt frantic! I have so much to do, to buy and to stress about! So I figured that would be a perfect topic to discuss! I have some gift ideas for you that are easy and you don't have

to stand in line for an hour to get them!

The first step would be to find out where the person you're buying for gets their hair services done. If you do not know already, you can snoop in their wallet for a business card (all of our clients are instructed to carry them at all times in case of emergency, kind of like American express.) or look in their cell phone. Give their salon a ring and find out what kind of Christmas deals they are having. For example: We are offering 10% off gift certificates at any amount you choose and 10% off all products to our guests. We also gift-wrap the products for you! Usually salons have amazing deals you can only get one time a year and Christmas is it! Take advantage of this super savings time even if you don't use it for Christmas. You can always keep them for future birthdays or Mothers Day. Products, gift certificates and gift cards are perfect stocking stuffers too!! Everyone loves a relaxing day at the salon!!

Wish you and your family a very Happy Thanksgiving. Cheers to great hair! Come check out our salon in Downtown Mt. Clemens! Take a look at our amazing before and after pictures on this website. We also are offering **Great Lengths Extensions** now! Call for details!

*Jennifer has been absolutely in love with doing hair since she was five. At 25, she opened up her own salon. She has been a trained and certified National John Paul Mitchell Systems Educator for over 2 years and a certified Color Specialist. She is passionate about making people feel more beautiful on a daily basis. She specializes in curly hair, long hair, updos and the integrity of your hair. For more information, please call 586-465-2278 to schedule an appointment. [www.chaosstudiosalon.com](http://www.chaosstudiosalon.com)*

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## **Interval Training Delivers Maximum Results - Hyperfit USA**



### **Interval Training Delivers Maximum Results**

**By Douglas M. Chapman, Owner, [HyperfitUSA](#)**

Ken Cooper's *Aerobics*, published in 1968, hypnotized the masses into believing that a steady state of training was the best way to achieve athletic conditioning. Dr. Cooper supposed that the average American could achieve fitness by completing 20 minutes of activity most days.

Along the road, aerobics became synonymous with leotards, headbands and "stepping." Aerobic exercise was a magic bullet: Just move for 20 minutes and you'd be fit for life.

The concept, while still relevant, has been supplanted by research that suggests interval training is the cornerstone of sports performance and body fat loss.

Benefits of Interval training:

Increased VO2 max, the body's ability to process oxygen

Sustained metabolic increase after training

Constantly changing the training, in terms of exercises, weights, repetitions and duration keeps training interesting

Creating an interval workout is fairly simple. Work and rest periods should be structured to be taxing and allow for some recovery between sets. Higher output efforts should be shorter in length, while lower level energy demand can be sustained for longer periods.

Examples of interval activities:

**Kettlebell Swing:** Kettlebells are cast iron balls with handles, swung like a pendulum from the hip. Kettlebells are widely available online, but most all kettlebell activities can be completed with a dumbbell.

**Push Up:** Just like you experienced in gym class as a teen.

**Jumping Pull Up:** Most gyms offer a pull-up bar as part of a weight machine set. Set up a pull-up station with a riser from a step platform or by stacking barbell plates. Your hands will be on the bar and there should be a slight bend in the elbow. Complete a pull-up

by jumping and pulling until your chin's above the bar.

**Squats:** Achieve the greatest range of motion possible, bringing your backside backward as you lower your body. Remember to keep your weight on your heels.

Interval training, often associated with sprint drills on a track, actually exists in all team sports: Athletes complete a play, then "rest" still setting up for the next. All sports consist of relative high output and times of rest. Since interval training resembles the activity of sport, it delivers a high transfer rate from the training back to the sport – a significant benefit to athletes.

How can athletes and weekend warriors alike achieve the benefits of interval training off the court or field? Set a clock to 30 seconds of activity followed by 15 seconds of rest. During each 30 second interval, complete the maximum number of reps that can be done successfully, and in perfect form. Complete ten complete circuits total for your workout.

Get the picture? How do you feel?

Now try this: Complete the same set of exercises, but this time complete 30 repetitions of each exercise the first round, 20 reps the second and 10 repetitions the third round. Keep track of your time and weights used, then see if you can complete this interval in less time a few weeks later.

Interval training results in higher work capacity, creating a stronger, leaner athlete. Given the demands and nature of life, why should we train steady state; why would we choose aerobics over interval training, when both require the same commitment of time, but deliver radically different benefits?

*Douglas M. Chapman has more than 20 years experience in fitness. A former Fitness Command Leader for the U.S. Navy, Chapman owns HyperfitUSA, southeast Michigan's leading provider of elite physical fitness. Its Boot Camp and CrossFit classes provide cross discipline physical training and coaching that meets an individual's needs and physical capabilities. In addition to Boot Camp and CrossFit, HyperfitUSA offers 1-on-1 physical training as well Olympic Weightlifting and sports-specific training. For more information, please visit [www.hyperfitusa.com](http://www.hyperfitusa.com).*

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## **Made in Detroit By Fashion Stylist Nalicia L. Patterson**



The air smelled crisp as the wind whirled around my all black uniform and leaves danced beneath my 4-inch Stilletos. It was an extraordinary, September day as I set off for the 3rd annual DFW (**Detroit Fashion Week**) events. Alligator skin tool-kit in tow, I jumped in my Jimmy, prepared for anything. Double sided tape, lent brushes, steamer, Red Bull and emergency flats.

I was in a trance after working on an assembly line of models molded into carefully crafted concepts. My feet throbbed but I kept my Stilletos and sense of style intact. I prepped clothes and assisted designers before their big debut. I had the pleasure of assisting Jill Robertson creator of Immer D clothing line. Jill's creations are structured, with bold unexpected details like exaggerated collars. Like the "40's" meets the "Space-Age", very Jane Jetson. Jill described her creations as "feminine yet comfortable". Jill is among several designers who participated in a week of couture, student designer runway shows, workshops and parties held at the St. Regis Hotel downtown Detroit.

**DFW** was created by founder, Brian Heath to shine much needed light on Michigan's talented fashion community like Katerina Bocci. She debuted her super lux couture creations during September in **New York's Couture Fashion week**, in addition to DFW. Within the last 10 years, the Detroit based fashion community has grown to accommodate the rise in demand for their services. Katerina, is among an increasing number of professional designers who now have studios in Michigan.

The development of **DFW** reflects a climate of change throughout the fashion industry. The trend has turned in favor of "do-it-yourself" wears. There has also been a surge in the number of boutiques that are in search of, "one of a kind" designs at reasonable costs.

**DFW** has been a labor of love for Brian Heath and his production staff. They have worked to present, a finished product that proves Michigan area artists have a viable brand of style. It's complete with its own imagery, music, and motion in which it draws inspiration. Area artists have what it takes to influence the world through fashion, so let's support them. When we support their creative endeavors, we affirm their expressions as valuable. We make their creativity relative to the world at large. Not only do we increase the local economy when we purchase wears made by local artists we make a fashion statement...that we care.

**Nalicia L. Patterson is a freelance fashion stylist who styles for magazines, celebrity and corporate clients. She owns 'Resurrected Vintage' boutique and gallery, which features vintage and handmade designs by local artists. In addition she hosts art exhibits for student artists from Universities throughout Michigan. You may contact her at 989-980-6140 or email her at [nalpatt@msn.com](mailto:nalpatt@msn.com) for more information.**

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## What is Reflexology and What are the Benefits?

By: **Ann Hauer, Certified Reflexology & Massage Therapy**  
[www.annhauer.abmp.com](http://www.annhauer.abmp.com)

Many people today still do not understand what reflexology is. When a client of mine says to a friend... "Hey... I am going to my session for Reflexology! I can hardly wait because it is so relaxing!" they get the strangest look from the other person, as they have not experienced it for themselves.

The closest thing I can personally think of to equal this to (somewhat) would be a pedicure. Even this is not the same as the pressure and techniques are so very different!

Reflexology (also known as Zone Therapy) is a complementary therapy that can be used with our conventional medicine today. It stimulates the nerves on the feet mostly because the feet are more abundant in nerve endings than the hands or the ears, although reflexology has been known to be done on these areas as well as the face. Through this stimulation, the nerves send impulses that 'wake up' or unblock any 'dysfunction' or blocked energy to the corresponding part of the body.

By applying pressure, a therapist can break up stress patterns in other parts of the body - which also induces a state of deep relaxation! The body strives hard to stay 'in balance' or keep healthy. This great therapy does allow the body to regulate itself to assist it to self-heal. Reflexology is not a cure, and anyone practicing cannot diagnose or prescribe. If they do, then this is seriously a no-no. We are not doctors and although we have had sufficient training in the body's systems, we do not have the degree of the medical field, so please keep this in mind. I, myself will refer a client to see their doctor if I think something just is not 'right' so that I can keep my clients safe, happy and healthy as they are very important to me.

I have also enclosed a simple color chart...

The colors represent the many areas connected with your body. This is almost like a 'map' of your body. Many charts vary due to copyright laws. It does not mean any one is better than the other is. However, this will give you an idea of what you may see hanging in a Reflexologist's room when you go in for a treatment.



*Sample of Chart*

### **A Brief Look at a Session:**

Okay, you were able to see what a chart looks like. Now, a glimpse of a session! This is not one of my sessions, but it is a very good video that fills you in on the benefits as well as explains what is going on. Please click: <http://www.youtube.com/watch?v=OSv5al6WbBY>

(Do not let these techniques fool you. There is usually a lot of communication going on between the therapist and client to make the session successful! You *may* experience some discomfort in a session, but you should **never** experience pain! This is why the sessions

are so successful.)

### **A Glimpse back at History:**

It is amazing to know that this modality has been around for so many years, but not many people are aware of it. This technique has been around since 2300 BC in the Ancient Egyptian times:



*Hieroglyph in Physicians Tomb, Notice the 'massaging' of hands and feet.*

In the above picture, which was found in the Physicians Tomb, many people think this hieroglyph is portraying a reflexology session (at least, many of us Reflexologists like to think so!). In 400 AD - 1400 AD, a form of Reflexology / Zone Therapy was practiced. Pressure Therapy was well known in the midst of Europe during the Dark Ages. In 1831, our Twentieth President - President Garfield used this ancient art for pain relief! In 1975, Dr. Manzanera (This is my technique), was exposed to reflexology due to his grandmothers' Rheumatic conditions, which after sessions of reflexology improved, no longer having Rheumatism!

### **The Benefits:**

Pain Relief, Stress Relief, Increasing Circulation, Stimulating your Immune System, Balancing the Body and Maintaining the Wellness of your Body... These are just a few of the great benefits.

It's also great to know (and not many are aware), that this form of therapy works to help with some of the following: Migraines, Stress Headaches, PMS, Digestive Disorders, High Blood Pressure, Diabetes, Crohn's Disease, Insomnia, Hormonal Imbalances, Sports Injuries, Constipation, Post-OP care (After surgery - helps healing), Fibromyalgia, Allergies, Chronic Fatigue and this list can go on. After all, you maintain your car with oil changes and service to keep it running to get you to the places you need to go. Reflexology and Massage is a 'natural' way to boost the immune system and maintain your body to keep it going to get you through life.

### **Who can benefit:**

The answer to this one is simple... EVERYONE! It does not matter what your age is. *Even the littlest baby can benefit~* According to the Center for Disease Control (CDC)... Stress is the major cause of all illness by at least 90% of the time. 90%! That is a high number. We are also in a more stressful time, this day and age. So take the time to 'shut yourself down'. Get a Reflexology or Massage session. **You are so worth it!**

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## **Ask and You Shall Receive - Chaos Studio Salon**



**Jennifer Case - Owner**  
**Chaos Studio Salon**

Whether we want it to, or not - - FALL IS COMING! Here are a few tips to help you bring in a new season with trendy, stylish hair!

Tons of clients bring in pictures of celebrities and want their hair to look like Jennifer Aniston, or Jessica Alba (to name a few). Let me warn you, we aren't magician's ladies! We would love to be there every morning as your personal stylists, like the celebrities have, but the reality is, we can't. We *want* to make your hair look just like the picture; however some stylists do not take the time to explain why you may not be able to achieve that look. It depends on so many things:

- The shape of your face
- The texture of your hair
- Cowlick placement
- How thick or fine your hair is
- Your maintenance ability (Example: how long you are willing to take in the morning to style your hair and how often you are going to get your hair done to keep it looking its best)

Stylist should take the initiative to explain your options and help you decide which style/haircut best suits you and your lifestyle. At Chaos, we take the time to teach you how to blow-dry your hair at home, what products to use wet and dry and how to use them. We strive to make our clients happy and constantly try to exceed their expectations. We make every effort to do this every single day at our salon. Bringing in a picture for your hairstylist is exactly what you should do, but be sure to take these factors into consideration and have your stylist explain the “how” and “why” each time you try a new cut or style. It’s a stylist job to do this, and if they are not, I would highly recommend finding a new one.

Clients often go shorter for summer, but lately many of you are going shorter for fall. We see celebs like Katie Holmes or the infamous Victoria Beckham with their cute and sassy bobs and many want that fun look too. We have been donating lots of pony-tails to **[Locks of Love](#)**. If you are cutting off 10 inches or more be sure to have your stylist donate it! (You can send it in too! Go to their **[website](#)**.) It is also our policy to give the haircut for free if the client is donating their hair. This is just a little added incentive to donate to such an amazing cause. Giving back, while getting a whole new look, just makes the experience even more rewarding!

Product must haves for fall: **[The Cream](#)** by JPMS – it eliminates static, which is such a pain when it starts to get colder outside. It is also a leave-in thickening conditioner that has shine enhancers too. I can’t live without it all year round.

Until we chat again next month... have a great Halloween!! Cheers, to great hair and great hairstylist for that matter! Come check out our salon in Downtown Mt. Clemens!

**Jennifer Case has been absolutely in love with doing hair since she was five and at 25 she opened up her own salon. She is a trained and certified National John Paul Mitchell Systems Educator and a certified Color Specialist. She is passionate about making people feel more beautiful on a daily basis. She specializes in curly hair, long hair, amazing color and the integrity of your hair.**

**For more information, please call 586-465-2278 to schedule an appointment. Website coming very soon!**

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