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Best face forward: Spa owner promotes proper prom primping

By [Amanda J. Mantone](#)/ Staff Writer
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It's a routine so ingrained among teenaged girls, it's nearly a pre-prom science: for weeks ahead of the big day, blast skin with anti-acne washes, polishing scrubs and toning creams; one week ahead, hit the tanning bed daily; and just hours ahead, apply the latest drug store cosmetic colors.

But one Medfield spa owner is hoping to change what she says are bad habits among teens trying to beautify before the prom each year.

"I read so many statistics about teenagers and skin cancer, and I wanted to do something to educate them in that area. So many teenagers are so into tanning booths before prom," said Christie Mihopoulos, co-owner of Nicholas Christies Day Spa in Bullards Marketplace on North Street. She said she hopes to dissuade teens from using harmful tanning beds and "products-of-the-moment" that often are ill-suited to teen skin.

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"With prom coming up, I figured this was a great opportunity to teach them healthy skin habits. With teens, I hear mostly complaints about clogged pores and blackheads, and I'd like to teach them about that. This is our first time hosting an event like this," said Mihopoulos. "The response has been excellent."

The spa owner is planning a special day for teenagers on Saturday, April 8, where she'll show them the latest trends, helps ease stress that so often comes with prom, graduation and final exams, and encourage healthy skin habits to take them into college and beyond.

"It just seems like, with every generation that passes, we put more stress on kids. This will teach them coping techniques and relaxation techniques, such as the benefits of massage," she

said.

Nick Mihopoulos, co-owner of the salon, said more than a dozen girls have already signed up, and there's room for up to 40 more. Every girl that registers is automatically entered into a raffle to win a teen facial and a makeup application the night of the prom, and there will be light refreshments at the event.

"We'll have samples and giveaways as well," he said. [\[continue\]](#)

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Christine Mihopoulos applies makeup to Sara Henken's cheek Nicholas Christie's Day Spa last week. (Photo by Sean Browne)

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[continued from [previous page](#)]

Christie said the day will start with a half-hour fashion show that will offer teens four different looks: casual day wear for spring, a graduation party look, an evening dress and a prom ensemble, followed by three 20-minute classes on makeup application and trends, skincare routines and massage and relaxation.

"We'll cover how to take care of your skin at home, what products to use and how to use them," said Christie. "We'll also go over makeup application techniques and spring trends, and we'll also show proper eyebrow shaping."



Christine Mihoupoulas applies makeup to Sara Henken's cheek Nicholas Christie's Day Spa last week. (Photo by Sean Browne)

She said the most current trends include sequins and other embellishments for clothing and loose, voluminous styles for hair, complemented by the same glossy makeup that has been in style for several seasons.

"With prom, it's keeping it you, only better. So you're not seeing a lot of fussy, tight up-dos.," she said. "And you'll see a lot of embellished clothing, with more volume in the hair. We haven't seen matte makeup in a long time. We saw a lot of really pale skin on the red carpet, but Hollywood really sets the trends. Everyone is still dewey-looking, and shimmer is still in for spring. I think teens tend to try the newest thing on the market without educating themselves about the ingredients, and I'd like to educate them."

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The event is scheduled for 4 to 6 p.m.

in the spa - located upstairs in the rear of Bullards Marketplace - on Saturday, April 8. High school juniors or seniors interested in registering may call the salon at 508-242-9727 or register online at the spa's Web site, www.nicholaschristiesdayspa.com.

"The girls going to this event are going to get advice and have fun with real experts in the field. I'd encourage them to pick their brains. The team of women working here are knowledgeable, talented and experienced," said Christie. "We want them to have a better awareness of their body and how to take care of their skin. Nothing else like it has really been done before, and I think it's going to be a great event." [\[continue\]](#)

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