

Renewal and Relaxation at Hillel Yeshiva's Day Spa

Sarah Chrem

The beginning of spring appropriately coincided with our annual Spa Day. It was a time for the women of our community, who are always running and taking care of others, to stop and take care of themselves. The atmosphere was filled with positive energy and a sense of rejuvenation. Guests were inspired to focus on good health and beauty, which lead to a sense of confidence and well-being. Spa Day was held at the beautiful Jersey Shore in Long Branch at Pier Village's Aquamedica and Gold's Gym. The day was filled with an abundance of activities and programming including spa treatments, exercise classes, a delicious lunch, presentations, a fashion show, giveaways and a Chinese Auction.

Upon entering Aquamedica, the women faced an irresistible Chinese Auction displaying a variety of gift packages. From exquisite jewelry



Valerie Uziel, Esther Epstein and Jackie Tammam

and beauty supplies to free gym memberships and fashion makeovers with a personal shopper, there was something for everyone. No one left empty-handed, as all the

women received a gift bag with pedicure slippers and a make-up case. In addition, women who pre-registered for spa treatments were given sleepwear.

Spa treatments were available all day, with women enjoying massages, facials, manicures and pedicures. The relaxation of the treatments was briefly interrupted by the exciting announcement of the beauty makeover winners: congratulations to Grace Shalom, Jeanette Laniado and Danielle Beavis. Morning exercise classes at Gold's Gym were very well attended and got everyone off to an energetic start. Yoga (with Jennifer Borenus), Total Body Workout (with Mary Lyons) and Zumba (with Jane O'Brien) classes reminded women that keeping fit can be lots of fun.

Although the day was jam-packed with activities, everyone took time for a delicious lunch. Back to Nature delivered a healthy feast



Cindy Gindi and Violet Galapo

Continued on page 2

Renewal...

Continued from page 1

consisting of numerous salads, grilled fish and an assortment of wraps.

Mike Allen, a nutrition director at Gold's Gym, presented "Lifestyle Coaching." Mike outlined "10 Steps to a Healthier You." He emphasized the importance of regular exercise, nutritious eating, goal setting and the support of family and friends.

The highlight of the day was the fabulous fashion show coordinated by Jennifer Dayan and Shirley Franco. Jennifer and Shirley dressed the models in the latest spring fashions. The women modeled fashions for every age and body type, showcasing everything from casual sportswear to formal eveningwear. The following retailers generously supplied clothing and accessories: Twist, Nirvana, Randy's Closet, Footnotes and Joseph Rose. Our lovely models, Vicki Grazi, Linda Massry, Susan Nesser, Florence Elbaum, Candice Gohar and Gloria Jemal had fun together, while inspiring the audience and ensuring the success of the show.



Rosie Serouya and Loren Zeidenfeld

Hillel's Annual Spa Day raises well-needed funds for Hillel Yeshiva, while at the same time providing a most enjoyable social event that serves to unite the women of the Deal community. Spa Day provides

a relaxed atmosphere in which the mothers of Hillel students can get to know each other better. This fosters cooperation, and inspires many women to get more involved in the PTA and in helping Hillel Yeshiva.

The tremendous success of Spa Day could not have been achieved without the creativity, planning and hard work of Vicki Shamah and Lori Rofe, who coordinated the entire event. In addition, we are most grateful to the following individuals who generously donated their time and energy to Spa Day: Cindy Gindi, Rosie Serouya, Kim Cohen, Sophia Mizrahi, Bonnie Nassar, Lauren Zeidenfeld, Stacy Shayo, Violet Galapo, Ellen Sutton, Michelle Zekaria, Rena Calvo and Carolyn Dweck.

Thank you to all who attended and made Spa Day a perfect day of relaxation, health and fun. □



Gloria Jemal, Vicki Grazi and Susan Nesser

Sarah Chrem is currently Vice President of the Hillel Yeshiva PTA and will be soon be president. She has three daughters, Janet, Barbara and Esther, who are all attending Hillel Yeshiva. Sarah graduated from NYU and has an MSW degree.