

BY ANDREA LADD

MEREDITH “It just landed in my lap and found me, and everything from there just fell into place the way it was suppose to be,” Personal Days Skin Care owner Marie Gilson said. Gilson, who was in the process of relocating her esthetician business stumbled across the room within the Village Perk on Main Street, when she went in for a cup of coffee. One thing lead to another, and Gilson left the perk not only with a cup of coffee, but a home in Meredith to share her various spa services.

“In the back of my mind I always knew I was going to expand,” Gilson said. “My dream was to have my own place with a porch, awning and double french doors, and it came true.” Prior to graduating from the Institute of Skin Science in Rye three years ago, Gilson was a medical assistant at the Laconia Clinic who always has had a passion for skin care. “My mother when I was twelve would bring home a lot of skin care products and I would play around and get a feel for it and ending up falling in love with it,” Gilson said. “When I finally became an esthetician my family said, “What took you so long?”

Personal Days Skin Care is truly an oasis of two rooms filled with eye popping pastel colors, tantalizing smells of flowers and aromatherapy and exudes a feelings of being in the comfort of your own bedroom. The spa is truly a place where people can find pampering or holistic skin care and body treatments that use pure botanical preparations to revitalize the skin and encourage deep relaxation.

“Personal Days Skin Care is dedicated to beauty and to health,” Gilson said. “We strive to exceed expectations you would have of larger retailers, while adding a personal and individualized approach to both our day spa and retail business.”

At Personal Days Gilson offers an array of services including a classic treatment with warm aromatherapy compresses, a purifying mask and a unique lymph brush stimulation, a relaxation treatment to rejuvenate skin with warm aromatherapy compresses and a treatment mask. Gilson also offers a cleansing treatment beginning with warm aromatherapy compress for cleansing, followed by an herbal steam bath with softens pores to enable the therapeutic clay mask to draw out impurities, a holistic body treatment with lymph stimulation, a European aromatherapy facial with traditional cleansing and light exfoliation, followed by light steam, gentle massage strokes and a soothing mask, a full back with treatment with aromatherapy compresses, followed by deep cleansing, gentle scrub, steam, mask and hydrating moisturizer and express facials that provide a thorough cleansing and exfoliation. Besides rejuvenating your skin, Gilson can take away the pesky daily routines related to hair removal and vitalization including eyebrow designs, eyebrow touch ups, lash and brow tinting, make up applications, make up lessons and body waxing services that all have organic and natural ingredients.

Business is going very well said Gilson, who stated that customers have been coming in one right after another. She said she hasn't had to many male customers, but said a lot of men have come in and said this is the place their wives need to be. “I think organic skin care is needed,” Gilson said. “There are quite a few people around here who are vegetarians or are just looking for a clean product without chemicals or preservatives.”

Gilson offers products from Dr. Hauscka, Suki's Naturals and Morroco Method, which address all bath/shower, body, face, hair, cosmetic, supplements, and sun care needs. “We have searched for products that are made of quality ingredients with effective results. Each treatment is catered and prepared with your skin concerns,” Gilson said. Personal Days also has an arraignment of all natural perfumes, lotions, soaps, scrubs, candles, and an original line of jewelry, purses, and chenille bathrobes and pajamas.