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LIGHT UP THE NIGHT

WHY DO WE HANG CHRISTMAS LIGHTS?

The first string of twinkling lights illuminating your neighbor's house is always a telltale sign of the upcoming seasonal festivities. Christmas lights are a holiday staple, but have you ever wondered where this beloved tradition started?

The tradition of hanging lights on the tree originally started with candles. Because this posed an immense fire hazard, Edward Hibberd Johnson, a close friend of Thomas Edison and vice president of the Edison Electric Light Company, vowed to find a better way to decorate Christmas trees with light. In December 1882, three years after Edison's invention of the lightbulb in November 1879, Johnson hand-wired 80 red, white, and blue lightbulbs together and wound them around a Christmas tree in his parlor window. A passing reporter saw the spectacle and declared in the Detroit Post and Tribune, "One can hardly imagine anything prettier."

Johnson continued this tradition, increasing the number of lights each year and eventually putting them up outside. But because electricity was still a new concept, many years passed before the fad took off for regular Americans. In 1923, President Calvin Coolidge began the tradition of lighting the National Christmas Tree, which spurred the idea of selling strunged lights commercially. By the 1930s,



families everywhere were buying boxes of bulbs by the dozen. Today, an estimated 150 million Christmas lights are sold in America each year, decorating 80 million homes and consuming 6% of the nation's electricity every December.

Whether you'll be putting up your own lights or appreciating the most impressive light displays in your neighborhood or town, let the glow fill you with joy this season. Just don't leave them up until February!



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SOME TRADITIONS ARE MEANT TO CHANGE

AND I WOULDN'T WANT IT ANY OTHER WAY

The exciting thing about family traditions is that no matter where you are, how old you get, or what might change, the traditions still hold meaning. Traditions inspire us as we look forward to them, but we can also look back on them fondly and feel happiness and gratitude.

This year for Christmas, my family will be heading up to Sparta, New Jersey, to my parents' lakehouse. It was a biannual tradition we've missed out on these last few years, so this year should be a big celebration. Not only is Sparta my hometown, but it's also where my immensely large family can finally get together to celebrate in style. I've got what I call a "blended" family, the result of several marriages over the years, and it's big enough that I can never remember exactly how many of us there are. But I do know we'll have our hands full with 15 grandkids running around. Not to mention, two of my sisters are due to give birth by Christmas, so that number will grow.

When my wife, kids, and I have a quiet celebration at home, the Christmas Eve tradition is usually struggling to get our excited kids into bed, then spending the night sneakily wrapping all their gifts. We'll put in our worn out copy of "National Lampoon's Christmas Vacation," pop open a bottle of wine, and do our best to make the wrapping look nice before it's torn to shreds just a few hours later.

This year in Sparta, I imagine things will go a little differently. For one, it'll be tough to be sneaky with that many people in the house. For that reason, I think this is finally the year



we can involve our kids in our Christmas process a little more. No, I don't plan on revealing anything "noteworthy" about Santa. On the contrary, a family tradition at the lakehouse is to put the kids to sleep, only to wake them with our chiming of bells and our boisterous Santa-like "ho-ho-hos" from somewhere out of sight. We really do our best to keep the magic alive.

My boys are getting older, but we'll still have plenty of young ones running around, including my daughter. So this year, I'll be doing some heavy-handed recruiting (all right, gift bribing) of my boys to help with other family favorites. Elf on the Shelf is a big one for us, and I always say I have a love-hate relationship with the little guy. If you're familiar with this newer Christmas embellishment, you'll know that while it's a lot of fun to partake in, the time and effort that goes into creating the elaborate ruse of an elf who comes alive every night can be taxing. I think my wife and I are ready to

recruit the creative (and often mischievous) help of our sons to really get the elf going this year. The younger kids will love it, and the older kids will get a kick out of being on the other side of the tradition.

And that's really the wonderful thing about traditions. The more you have them, the more I think they're liable to change. That's not because they're good or bad; it's simply because change is inevitable. It's exciting to me that my family has so many opportunities to learn and grow together, whether we're experiencing something new, or reveling in the routine of old. It creates perspective, while also fostering appreciation. That's why I'll always cherish tradition, no matter how much it changes or stays the same.

-Dr. Mike

HISTORY, GLAMOUR, AND ROMANCE

BÉSAME COSMETICS' REPRODUCTION MAKEUP PROMISES ALL THREE

Audrey Hepburn. Marilyn Monroe. Grace Kelly. Their names alone conjure up images of classic feminine beauty and a longing for days gone by. Hollywood is still filled with beautiful faces today, but for many women, modern pageantry just can't compare to the glamour and romance of the past, when bold lipsticks and short skirts were still daring. One of those women is Gabriela Hernandez, the founder of California makeup company Bésame Cosmetics. Her brand strives to capture the past by painstakingly reproducing lipstick, blush, and mascara from the 1900s, down to perfectly matched colors and detailed packaging.

Every product in the Bésame cosmetics line has a story and date attached. Hernandez delves into vintage makeup for inspiration, and when she finds the perfect shade of lipstick or blush — like 1941's Victory Red or 1931's Carmine (a "neutral orange-red") — she and her team recreate it using cruelty-free ingredients that are safe for sensitive skin. The presentation is as faithful as the colors: Bésame's mascara is sold in historically accurate cake form (just add water and apply with a tiny brush), the lipsticks come encased in "a red and gold lipstick bullet inspired by the tubes of the 1940s" and are cut in a classic shape, and the powder foundation is sold in vintage-looking plastic compacts.



In addition to its historic lines, Bésame also partners with Disney to bring the looks from its classic cartoons to makeup tables nationwide. Those collaborative collections include products based on Mickey Mouse, "Peter Pan," and, most recently, "Sleeping Beauty." The latter was crafted to celebrate the 60th anniversary of the 1959 film and includes an eyeshadow palette designed to look like the film's jewel-encrusted storybook, a "royal vanity mirror" plated in rose gold, shades of lipstick matched to Aurora and Maleficent's lip colors (which Disney provided), and even a "Make It Blue Make It Pink" color-changing lipstick that harkens back to the film's fairies!

Bésame's products are locally made in California, where it has a brick-and-mortar store in Burbank. If you're outside the Golden State, learn more at BesameCosmetics.com.

CREATE YOUR OWN TAN THIS WINTER

TIPS FOR A FLAWLESS GLOW

Winter is already here, but don't fear if you didn't get the tan you were hoping for in the summer. We have great tips and tricks to achieve glowing skin using lotions, all in the comfort of your own home.

STICK TO OILS Oil-based tanning products are not only quicker and easier to apply to your skin but they also help nourish dry skin that can come with the harsh winter weather. They also give you a more subtle glow so you're not shining like a beacon.

EASE UP We can't stress this one enough — *always* wait for your first layer of color to take the time it needs to develop before putting a second coat on your skin. It's easier to gradually build your color than it is to go back and remove too much color, so just be patient.

APPLY POWDER Applying baby powder post-tan is a great way to prevent any streaking or creasing on your skin. Sprinkle it on areas that either bend or sweat a lot, like elbows, knees, and armpits.

PLAY THE LONG GAME Temperature changes in winter can lead to mottling of the skin, which gives it an unhealthy look. Instead of doing two or three hefty treatments, opt for gradual tanning lotions. Apply them about once a week throughout the winter to achieve gradual but consistent color to your skin. It's more work but more consistent.



TAN LAST If you've got other upkeep planned for yourself this winter, make sure you do it all before you start your tanning regimen. Things like hair waxing, manicures, and even shaving can cause patches in color, and even completely remove color in some areas.

Don't let dreary weather keep you down this winter. Keep your sunny disposition by feeling great in tanned skin that isn't harmful to achieve.

SERVICE SPOTLIGHT

THE HYDRAFACIAL IS A MUST FOR WINTER

Dry and dirty skin is a problem we see a lot at this time of year. It's the result of high heat indoors, freezing cold outdoors, and the constricting extra layers you wear to protect your face. That's why we can't recommend the HydraFacial enough. It's an easy, 30-minute facial process that leaves your skin hydrated, clean, and glowing, just in time for all of your get-togethers this holiday season. Here's how it works.

CLEANSE AND PEEL

The first step uncovers a new layer of skin through gentle exfoliation and resurfacing. This removes the layer of dead or damaged skin that has resulted from the weather, freeing up a fresher layer of skin to receive the treatment.

EXTRACT AND HYDRATE

Using a Vortex-Fusion delivery system with a spiral design means all your extractions are painless while the dirt and debris filling your pores is quickly and easily removed. Then, your skin is blasted with nourishing moisturizers that quench its dryness from the inside out.

FUSE AND PROTECT

Your skin's surface is then saturated with a solution of peptides, hyaluronic acid, and potent antioxidants to maximize your cleanliness, keep your glow, and provide an extra layer of protection against the elements.



The HydraFacial is a step above your average facial and is great for any skin type. Best of all, there's no downtime to this procedure. You're in and out in 30 minutes, so you can get on with all your holiday events and plans with a fresh glow. Instead of layering on lotions and potions in an effort to stay clean and hydrated this winter, let us infuse your skin with vibrance by calling 615-567-5716 and booking your appointment today.

SPOTLIGHT ON ZINFANDEL

PAIR IT WITH YOUR HOLIDAY FAVORITES

'Tis the season of indulgence! No matter the feast, bringing a Zinfandel to the table is a great option because it pairs so well with traditional holiday entrees. It amplifies festive spices like clove and cinnamon, and adds a fitting touch of smokiness to the taste profile. If the main dish at dinner is ham or turkey, a Zinfandel can cover both positions. Whether your ham is salty or sweet, a Zinfandel will cut through the fat and sugar in the meat while still providing a good fruity bite. The wine's bold and rich body also means it pairs very well with dark meat turkey.



Several local Nashville wineries offer some nice Zinfandels. But when in doubt, any from California's renowned wine counties, like Napa or Sonoma, are always a great bet. They made the Zinfandel a popular choice today.

INSPIRATION

