

You go green, Girl!

Jewelry expert offers tips on eco-friendly accessorizing

I'm slowly creeping toward a greener life. Like snail's-pace slow. OK, like not at all.

Still, I wanted to pass along some great recycling tips — and they're all about jewelry.

Susan Eisen, author of "Crazy About Jewelry: The Expert Guide to Buying, Selling and Caring for Your Jewelry" (\$16.95, Full Circle), offers these tips for staying eco-friendly and, above all, gorgeous:

- Recycle old or unused jewelry. Rejuvenate that forlorn piece of jewelry sitting in the corner of your jewelry box and give it value! Take it to your jeweler and fuse it with another piece to create something new. Give new life to an old brooch or pin by putting it on a chain to make a trendy pendant, or attach it to your evening clutch to add some glamour. Have an old ring that doesn't suit your taste? Turn it into a pair of earrings. Lose a pendant or a pair of earrings? Make the earring into a necklace, or turn it into a brooch. The opportunities are endless.

- Buy vintage or antique jewelry. Yesterday's elegant-formalwear-turned-dated-eyegore is today's must-have accessory. If you need proof, check out the duds sported by today's Hollywood starlets. You'll see stuff you assumed was banned after the '80s. Check out estate sales and online auctions for old pieces. Be sure to get appraisals done and update your insurance policy. (Tip from me: You can also check out local vintage stores, such as Deco to Disco and Cheap Thrills.)

- Sell your jewelry. The price of gold is skyrocketing, so swap your scrap gold for quick cash. Also, many jewelry stores sell a variety of used jewelry for a discounted price. Some will give you store credit for pieces you want to sell that you don't use anymore. In today's unreliable economy, the need for cash may outweigh the desire to redesign your current jewels. One woman's trash is another woman's treasure.

- Donate your jewelry to charity. Why not use your jewelry to help make the world a better place? Donate the money you receive from selling your jewelry to a charity organization. Many cit-



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Happy First will hold a trunk show on Thursday at Bella Dames, 5958 S. Lewis Ave. Courtesy

ies also have charity resale shops that donate their proceeds to local nonprofit organizations. If your jewels are one-of-a-kind, you may even be able to put them on display at a local museum.

For more info about Susan's book, visit www.tulsaworld.com/crazyjewelry. Or ask your favorite book-seller whether they'll order it for you.

Stylish goings on

Bella Dames, 5958 S. Lewis Ave., is celebrating its three-year anniversary by hosting a trunk show of Happy First from 10 a.m. to 6 p.m. Thursday.

Happy First is the delightful, well-behaved brain child of Tulsa's own Debbie Vinyard. It's a Web site and fashion line dedicated to motivating people to pursue personal happiness, as well as raising awareness and money for cancer research.

During the trunk show, of course, you'll be able to see some of Debbie's latest offerings. She has comfy long- and short-sleeve tees, plus camisoles and these really cool hoodies. There's also a new baby line, my fave being the

Crazy About Jewelry!
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Susan Eisen
CG, ASA, MGA, ISA, CGA

"Freshly Hatched" onesie with "Future Rooster" on the front. Sorry, love me some chicken.

For more info, call the very Bella Dames at 743-3351. Or you can visit www.tulsaworld.com/happyfirst.

She She, 1425 E. 41st St., will host a trunk show and special appearance of designer Barbara Wells on Thursday and Friday.

Aside from being a fabulous designer (interviewed her twice, love her), it's cool that she's coming because she can adjust the size of her garments to fit each customer, explained store owner Kristin Richardson.

Barbara is a knitwear designer from Pittsburgh, whose clamored-after clothes are comfy and chic.

"It's always about ethic, comfortable dressing," she told me once. "Things that are utilitarian but stylish and multifunctional."

For more info, call those saucy She Shes at 747-5254.

Woodhouse Day Spa, Suite 250 in The Consortium at 3509 S. Peoria Ave., will host its grand opening from 6 to 9 p.m. Saturday.

It's more like a grand re-opening, as Woodhouse is under new management. The space has been updated and the spa extended its

operating hours, said new owner Joey Roland, who took over in May.

During the event, the spa will be giving away a full day of pampering. One of their coolest offerings is the Kuoli wrap, which is an awesome treat if you've had too much sun at the lake or whatever. It's an intensely hydrating, aromatic body treatment using pure essential oils, seaweed and aloe vera gels to soothe, heal and hydrate parched skin. It's also ideal for water retention, and it's rumored to turn men into raging Casanovas (kidding). This one-hour bliss is \$90.

Anyway, extended operating hours are 9 a.m.-8 p.m. Monday-Saturday (perfect for busy professionals), as well as noon-5 p.m. on Sunday.

For more info, call Woodhouse at 749-8882.

Online find

Wanted to tell y'all about these cool self-tanning towelettes. Alas, the space gods (as in "room," not "outer") won't allow me to tell you here.

However, you can read more about my fabulous find in my blog. Just visit www.tulsaworld.com/jawblog and see the entry titled "Tan your hide — and then some!"



Barbara Wells, wearing one of her own creations here, will make an appearance at She She this week. Courtesy