

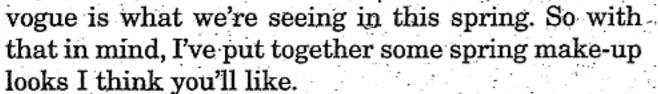
HEALTH, BEAUTY & FITNESS

c) kin deep with Samantha Altea

Spring Pickings

Spring has finally sprung...it's official. Honest, it has, whether it's cold and gloomy outside your window or not. Not only do our calendars tell us so, but the health, beauty and fashion industries are shouting it in shades of pink, blue, aqua, white and melon. This spring in beauty there's a definite retro

feel in the air, as I mentioned in my last column. One only has to look at the media to see it. Beauty trends are reminiscent of the early 50s and 60s - the words "Lilly Pulitzer" sum up the look and encapsulate the feeling of this year's spring and summer. Bright colors with a fresh, clean optimistic look back at those good old days when Pulitzer was "first" en



I spoke with Roseanne Weiss, a make-up artist at Jeffrey's in Manhattan, who told me that spring is about a fresh, sheer look in make-up. Less is more this year and so we should be thinking about creating a healthy outdoor, active glow.

For the face: Try light and very sheer bases, like "Future Skin" oil free Vitamin C, whipped gel, \$58, that contains aloe, chamomile, rosemary and green tea. Plus, this foundation has 60% charged water, making it very light and long-lasting in warmer weather. For a fresh face, you might also want to

look into something like Clinique's sheer pink loose powder, \$21, to achieve a healthy pink glow on cheekbones, eyelids and neck, or Guerlain's all-over powder in Terracotta Secret Gold Sublime, \$50. Smudge some color for a healthy glow.

Flushed cheeks are part of an active healthy spring look, so start at the apple of the cheeks and

> go upwards towards the ears with something like Bobbi Brown's Sheer pink blush in Peony pink \$19, or YSL's no brush required No 1 blush, \$38.

> For the eyes: Go light on your eye make-up, though this year, light but colorful, is all the go. Hints of blue, pink, green

and purple will be seen on the lids of those who know, as opposed to more natural tones of the past. Eye glosses are going to be very popular, like Anna Sui eye gloss, \$17, or awake Stardom eye gloss, \$18. But a must-check-out this spring is the exclusive Longcils Boncza of Paris's iridescent eye shadow pencils, \$15, in 11 shades from ocean blue to green and on. They're versatile and great to line the eye with, as well as use as a shadow - an all-in-one pencil that's waterproof, too, and so perfect for the beach. Longcils just made its debut in White's pharmacy in East Hampton, so check out the rest of the range, including, Longcils classic cake mascara, \$21 - a favorite of old Hollywood. Marilyn Monroe,

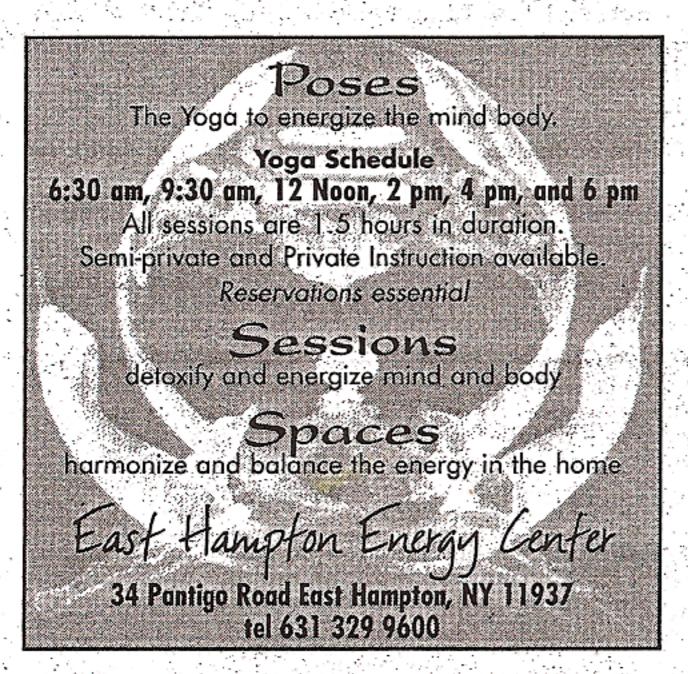
among others, swore by this classic that comes in a wide range of colors - but this old most-wanted is just as popular these days and perfect for this year's retro look.

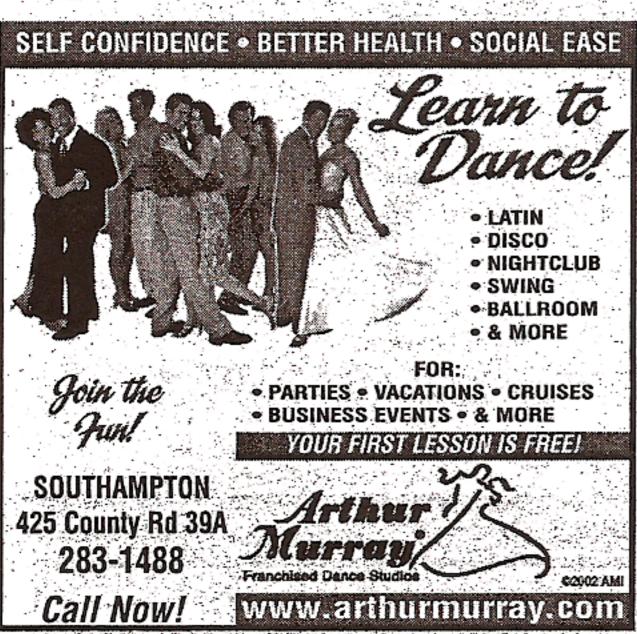
Try investing in an eye pallet for this spring's colors, like Tony and Tina's Everything Nice eye palette, \$32, with shades of lavender, green, blue and pink.

Next, for eyes, work on your lashes. There are several ways to go - first, how about natural, with Talika Paris Lipocils Eyelash Conditioning Gel, \$35. This amazing conditioner is guaranteed to make your eyelashes grow to their very limit, so they'll be longer and thicker than you thought possible. Plus, going natural means less muss and fuss at the beach, or during outdoor activities. Another look this spring - wait for it - is back to blue mascara (shock, horror) though this time around you can also go green, purple, and more. Try Lancome's Magicils turquoise magic mascara or, mentioned earlier, Longcils cake.

Lastly, lips: This spring, the perfect pout is all about a glossy dewy lip. Try glossy hot pink, mango and peach hues to energize your complexion. Don't be too precise when applying lip color and you can even go sans liner; simply add a bee stung hint of color, as if you've been out and about all day at the beach or doing errands.

To recap, this spring is all about light, clean, fresh and retro. Less is more. Make sure you have fun with the new colors that are found all over the stores, but most of all, have fun in the spring sun.







"My eyes were getting smaller and my eyelids were drooping. After my full face Thermage treatment, I feel like I had a real face lift without the surgery. I was thrilled to see the immediate results and my boyfriend was able to notice an amazing difference in less than 24 hours." Carol Reina, Warranty Administrator, Shirley, NY, Age 49

"I felt I was looking tired and old. After seeing Dr. Covey and having Laser Wrinkle Treatment and Restylane, I can't believe how much younger I look. Friends told me they almost didn't recognize me. No downtime, no discomfort, just wonderful results." Connie Esposito, Realestate Agent, Setauket, NY, Age 52

"Not a week goes by where I don't run into a friend or acquaintance and they ask me what I did to my face because I look Carol Zwecker, Retail Manger, Woodbury, NY, Age 43 so fabulous!"

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