

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL

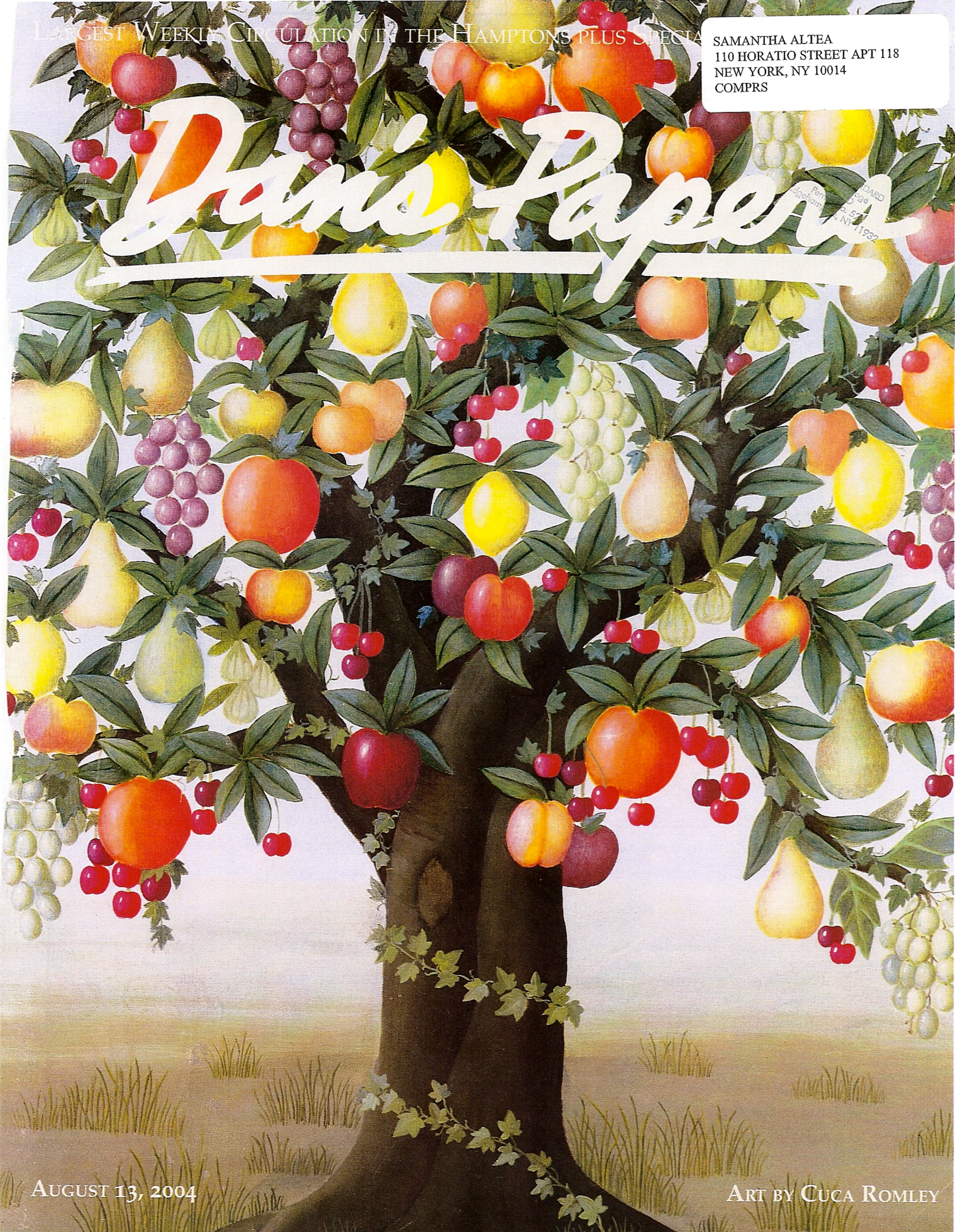
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# HEALTH, BEAUTY & FITNESS

## Skin deep with Samantha Altea

### Tips, Tricks and Trivia - Part Deux

#### Tip

This summer and into fall, it's all about the floral look. But: 1) Don't do floral head to toe...easy does it now. Instead, use floral patterns in accessories, shoes, bags, scarves, etc. Do skirt, or top, not both, in floral...unless you're really confident with your look. 2) Try using floral in unusual ways - A floral scarf as a belt, or just jauntily tie one around the handle of a bag.

#### Trivia

Put on your walking shoes, because 30 minutes a day of brisk walking reduces the risk of heart disease by 40% but working out vigorously only twice a week only lowers it by 20%.

#### Trick

Wrinkle reducing sunglasses... Who knew? This season, the oversized sunglass look is back - but did you know that this fashion comeback also helps to ward away wrinkles...that's because bigger glasses protect around eyes further and shield skin from the sun's rays.

#### Trivia

Why does your skin wrinkle after you've been soaking in the bath for a while? Because water is able to soak into the callus of your skin and make it swell and wrinkle. The callus is usually thickest on your hands and feet, because they're the parts of your body that get the most external use, so that's why they're the

first places to wizen. So the reason that you wrinkle when you sit in water for a long time is because the water soaks into any skin on your body that has lots of callus on it. Don't you just hate that?

#### Trivia

Why doesn't your body absorb water when you shower? It's because there's a layer in your skin called keratin that is waterproof. It also protects you from losing water through your skin. To lose internal water it has to go through your sweat glands.

#### Trick

The morning after a late night on the town, use navy blue mascara. The blue tint makes the white of eyes look brighter. To stop mascara smudging, apply foundation to lashes before, then slick on waterproof mascara.

#### Tip

For soft, silky hands, soak them for 10 minutes in milk infused with a green tea bag, then apply cream and wrap hands in a warm towel, encase in a plastic bag for another 10 and you're oh so baby soft.

#### Trick

Plagued by razor cuts, whether shaving your face or your legs? There's a simple solution: use a magic stone. eShave, a high end and hip brand of shaving equipment and products has the "magic," otherwise known as an "alum block." It stops bleeding from razor cuts in seconds. Plus, according to Danielle Malka, it's great to rub on to pimples...you'll wake up the next day clear. But shhhh, that's a secret. See [www.eshave.com](http://www.eshave.com) and look for "Alum block." Plus, browse their other great products.

#### Trivia

Think that olive oil is just for the kitchen? Think again, and save a little to use as a hair conditioner, cuticle softener, leg shiner or skin scrubber (add sugar for this one). Who knew?

#### Trivia

Remember all those round toed, chunkier heeled shoes you just threw out, swapping them for spindly, pointy toes? Well, best you get rummaging through the garbage, because they're back with a vengeance.

#### Trivia

Sleep deprived? Don't be...studies show that people who get at least 8 hours of sleep a night find it easier to solve problems.

#### Tip

Look like a goof ball when you take a photo, as if you've been caught in headlights of a car? Try laughing, instead of smiling. It looks less forced. And try using movement to relax, bounce, dance...be a goof, instead of looking like one.

#### Trivia

How long have you had your favorite pillow? Probably too long, right? Did you know that you're supposed to change pillows on a regular basis? If you've got a fluffy feather pillow, fold it in half and squeeze out the air; if it returns to its original shape, you're good to go. If not... If you've got a foam pillow, fluff it, fold it in half, and put a heavy shoe on top, if your shoe is thrown to the floor, head to sleepsville without passing go.

#### Tip

Got bags? And I'm not talking about those you pack for Hamptons beach jaunts...more, those puffy things under your eyes. Did you know that they're made worse by late nights, eating salt and drinking alcohol? Try sleeping with your head elevated; it reduces fluid retention. Cut down on the salt; get it from the sea, not the plate, and if all else fails, hold a cold damp cloth over the rascals; it'll constrict the blood vessels and reduce some of the swelling.

#### Tip

Never file nails after soaking them. Water makes the nail expand and weakens them.

**Fall 3 T's to come later in the year.**

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