

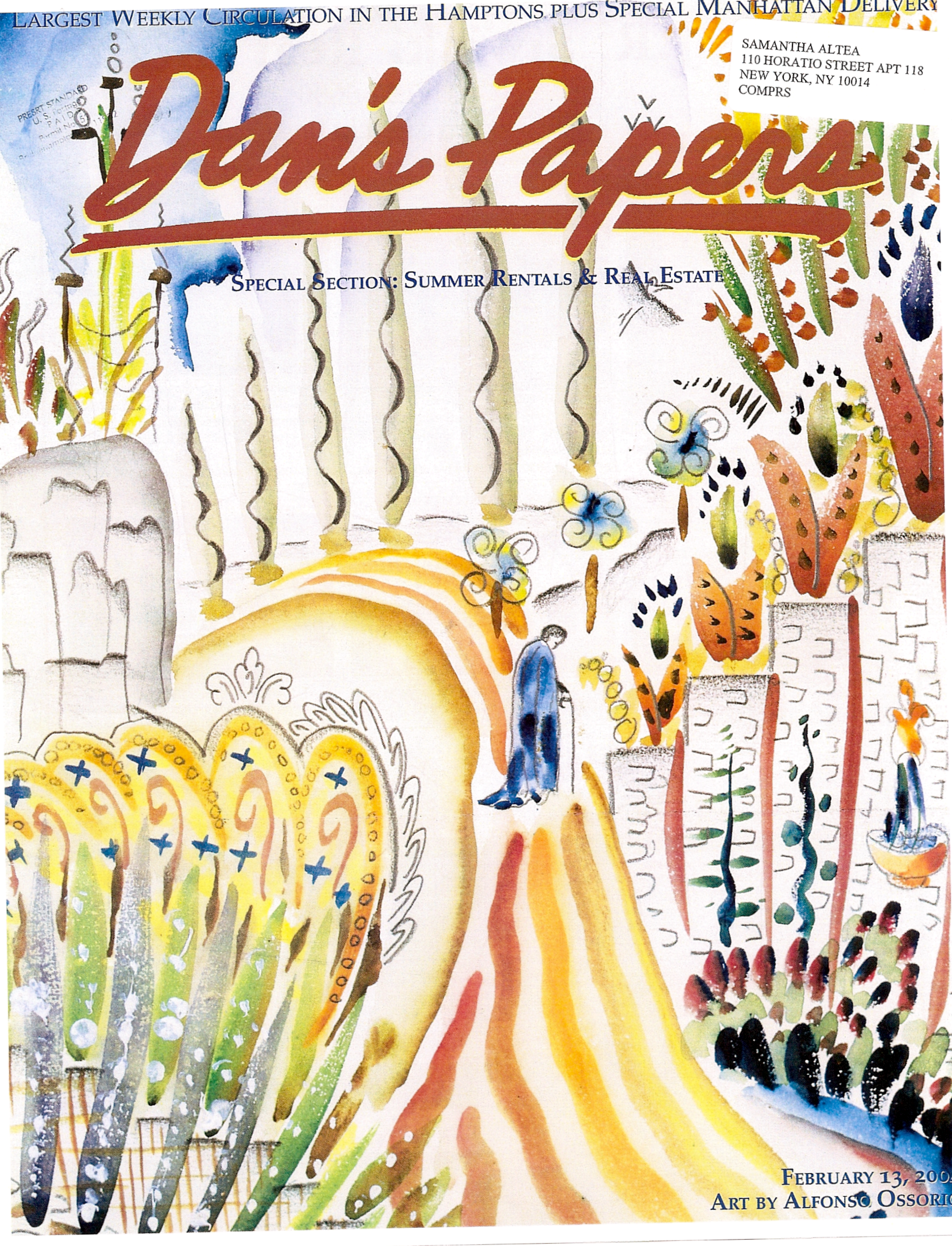
LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

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ART BY ALFONSO OSSORIO

HEALTH & BEAUTY

Skin deep with Samantha Altea

Kisses And Makeup

Been using your orbicularis oris much lately? Well, if Valentine's Day means anything to you, the answer should be a resounding yes. Our orbicularis oris is what's known as the kissing muscle; the muscle in our faces that allows us to close and protrude our lips in a kissing motion. So this week, whether you're celebrating V. Day by kissing a significant other, mother, brother or friend, one thing's for sure, your orbicularis oris will be getting plenty of action.

Kissing is something that we all do to make us feel good; it can be gentle and tender, soft and sweet, or even filled with passion. It's an action of friendship and love that has the ability to warm every heart. Therefore, if kissing is so important, hadn't we better make sure that our lips, the vehicle we use to kiss, are picture perfect and ready for the task at hand? Pucker up, and learn how to have the most kissable lips in town.

First, give your lips a good workout. Try doing the following exercises to get limbered up to pucker up. These may also help to get rid of wrinkles

around the mouth.

1. Purse your lips together. Lift pursed lips towards your nose.

2. Pucker lips slightly; when in this puckered position, try, with your mouth muscles, to bring the corners of your mouth together as close as possible.

3. Keep lips closed and teeth together. Smile as broadly as possible, without opening your lips.

4. Move lips into a puckered kiss, then while relaxing the kiss; keep your lips closed and curl your lips into your mouth across your teeth.

Kiss and makeup: For the perfect pout, ladies can enhance their lips with make up. Pre-lipstick, apply a primer, like Cargo's lipstick primer, \$18, that promises to ensure lipstick lastability. A lip pencil is key to crafting a desired lip line. Pencils are used to reshape or accentuate the outline of your lips and to keep lipstick from feathering or smudging. A pencil should be selected in a shade that matches the lipstick, for a subtle look. A good brand to try is Dior's lipliner pencil, \$22, which comes in a multitude of colors. To fill in, there are many options to make your mouth look lip smacking good, from thousands of different textures and shades of traditional lipsticks. Choose matte or shiny, or gloss,

either clear or tinted. Cremes and shimmers also increase the poutability of one's lips. Why are there so many products on the market? Because lipsticks are the most purchased items in the beauty market. We can't get enough of them. A few noteworthy products are: Benetint, by benefit, \$26, a natural, ruby tint that gives a sheer radiant look. Plus it's kiss-proof! For high shine try Star Gloss, by Lancôme, \$35. Another great lipstick Hydrating Satin from, Dior, \$22. Stila makes a wide range of lipsticks, cremes and glosses, as does Lorac. Clarins has a wonderful clear lipgloss that's not too sticky, and Urban Decay has a good selection at a reasonable price. For day and night long kissability, you might also want to invest in a lipstick sealer; try Lip Plus Lipstick Sealer by Makeup Forever-

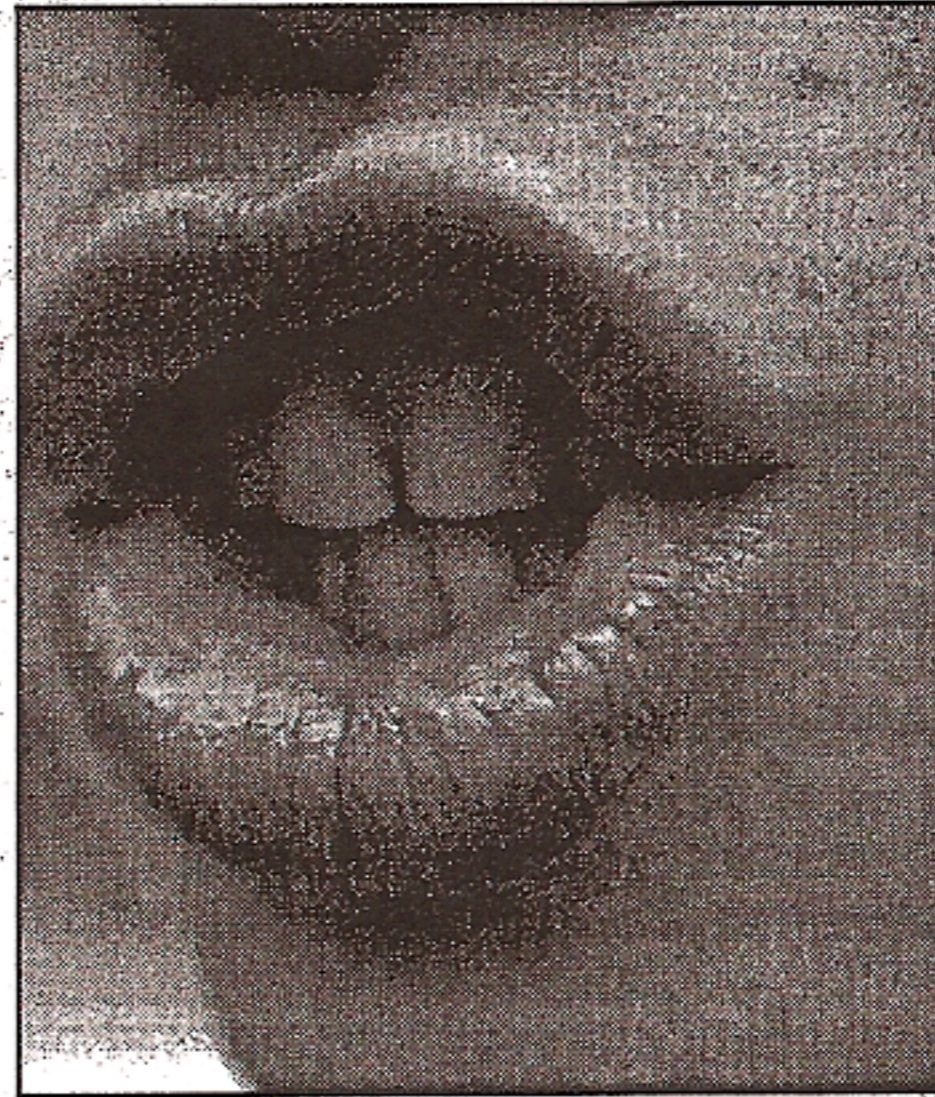


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Professional, \$17.

If you're going au naturel for that kiss, think about a lip plumper, like the Alpha Lipoic Acid Lip Plumper, by N.V. Perricone, MD, \$33. Don't forget to make sure you're moisturized for a silky smooth touch. Moisturizing Touch Up Stick, by Anna Sui, \$16, will do that. Reduce the appearance of fine lines on and around the lips, with something like Lip Refine by English Ideas, \$32. They say it dissolves the dead skin that causes chapped lips, too.

Kissing, though fun to do, can take its toll, so lastly, be sure to keep a good lip balm on hand for chapping and chaffing. A good one is Jing Jang Lip Balm, \$12, It's packed with olive oil, vitamin E, and calendula flowers. The last thing to remember for the perfect kiss - don't leave any lipstick on the collar and be careful not to break any hearts.

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