

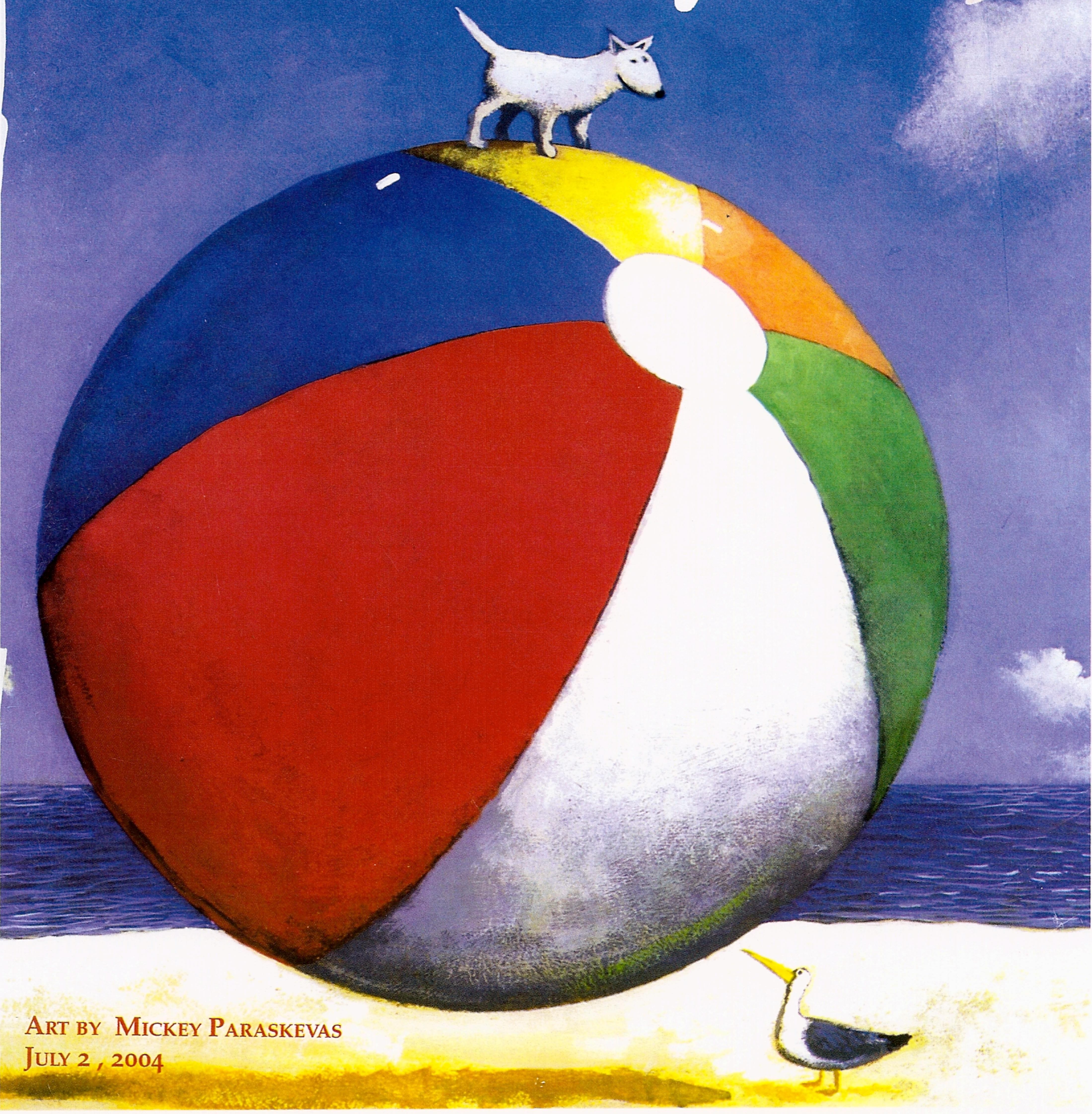
LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVER

Dani's Papers

SAMANTHA ALTEA
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GUIDE



ART BY MICKEY PARASKEVAS
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HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Summer tips tricks and trivia

You know when you read a great tidbit of information and you find yourself saying, "hmm, really, that's interesting...helpful...something I'm going to try in the future...?"

Well, this week, I've cunningly devised a list of summer tips, tricks and trivia that just might leave you scratching your head and saying, "Well, wadda you know!" Let's hope that some of the following helpful hints will enable you to look and feel that little bit more healthy and beautiful all summer long.

Tip

When buying foundation make-up for your face, actually check the color on your face instead of your hand or wrist in order to match your skin tone. Also, be sure to change foundation color the more tan you get and if you're not 100% sure of the color you're choosing - can't get an exact match for your skin - go a tad darker, rather than lighter.

Tip

Be sure to wash your hairbrush and make-up brushes on a regular basis. You can use the shampoo that you use for your hair. Doing this will make you feel fresher and cleaner all summer. Plus, make-up colors change depending on the season and so get rid of the old, stale colors left on your bristles to make room for new summer ones.

Trivia

Did you know that you should not use sunscreen if the expiration date has passed? Unless you want to frazzle and fry, that is. Make sure you check the date on the tube before lying out for anything longer than 10 minutes. You should also know that when sunscreen creams are tested for their SPF rating, the testers apply the cream liberally. Make sure you do the same. Don't be stingy with your cream...it's so worth the extra pennies it'll cost to pick up another tube. PS...there's also no such thing as waterproof creams. Think water resistant at all times and re-apply frequently.

Trick

Does your hair turn into a greasy mess as soon as temperatures hit 70 degrees and over? Find yourself

washing your gooey mess every day just so it doesn't look like it's stuck to your head? Well, take some ocean water and keep it in a spritzing bottle. Whenever your hair's feeling a bit lank, spritz the roots with the water and blow dry. It'll dry out weighed down hair in a jiffy. Alternatively, embrace the slicked back, chignon or ponytail look and work with the grease. Shiny slicked back hair looks and works better when hair is not quite up to speed.

Tip

In summer, there's nothing better than going *au naturel* and sporting a beautiful clear complexion. But even the best of us get those pesky pimples and usually, let's be honest, on the worst days possible: read, hot date, big event, important meeting. But this summer, instead of piling on concealer and heavy make-up, try Mario Badescu's famous pimple healer. It's a drying lotion, costs \$17, and worth every last cent. Models and celebs in NYC run to the Badescu salon at first site of any breakout. So, if you do find yourself straddled with a red luminous lump, or you can feel one horribly about to appear, slap on some of Badescu's lotion, get a good night's sleep and wake up to clear summer skin. Go to www.mariobadescu.com to get it.

Tip

For longer lasting mannies and peddies, go with sheer and lighter shades of varnish. It's a prettier and lighter look in summer anyway, but with lighter shades, chips and imperfections don't show nearly as much.

Trick

Get measured professionally for a bra. 70% of women are actually wearing the wrong size bra! You wouldn't wear shoes that don't fit properly, would you? Wearing a bra that fits actually enhances your shape, but more importantly - feels so much better.

Trivia

Eating healthily - going the salad route this summer? Beware, salads are not always as healthy as you think! For example, a McDonald's burger and fries contains the same amount of calories, but **FEWER** grams of fat than a McDonald's Crispy Caesar chicken salad. Watch the dressings content in salads; it can be high fat and calorific, too. Who knew?

Trivia

Are you one of those people who is hooked to your cell phone?

"I'll meet you at the beach, but call my cell when you hit the sand dunes," type of person? You've heard all the reports that a cell's radiation is frying your brain, literally as you speak, but you just can't help yourself? Well, perhaps a Danish study quoted this

year in "American Journal of Epidemiology" will set your mind at ease. This 10-year research study indicated that there was no increased risk of brain tumors in association with cell phone usage.

So, for now, according to the Danes, at least...dial away.

More three Ts - Tips, Tricks and Trivia, to come in future columns.



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Friday July 2	Saturday July 3	Sunday July 4	Monday July 5	Tuesday July 6	Wednesday July 7	Thursday July 8	Friday July 9	Saturday July 10
8:30 Jon body wedge 21 (sculpt)	8:30 Mark pure strength	8:30 Mark pure strength	8:30 Mark pure strength	8:30 Rique power sculpt	8:30 Rique cardio sculpt	8:30 Rique interval sculpt	8:30 Rique power sculpt	8:30 Jon body wedge 21 (sculpt)
9:30 Calvin aerobic therapy	9:30 Calvin calvin o graphy (aerobics)	9:30 Calvin fired up (step)	9:30 Rique kick box	9:30 Rique fusion motion	9:30 Rique kick box	9:30 Rique just step	9:30 Rique kick box	9:30 Calvin aerobic therapy
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