

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MAILING

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HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Get the rub

Fall has well and truly landed as quickly as the beautiful red, orange, brown and burnished leaves that also seem to be "fall-ing" out of nowhere upon our heads. Wasn't it just yesterday we were swimming in the sea and barbecuing up a storm? (Yikes, nobody mention storms.) It seems mere moments ago that we were tanning to achieve the perfect shade of bronze and flip flops were our only mode of transport...but now all that's gone, hasn't it... Well, hasn't it? Not so fast, people, there are, in fact, still remnants of summer left hanging around, lurking listlessly while fall tries to sweep in a new, if not a little cold, breath of fresh air. It's because of these lackluster left-overs that, quite frankly, of late, you've been looking duller than dull. Summer is not as far away as you think it is, it's written all over your face and body. You're still sporting the after effects of sun, sea and sand, and it shows. But do yourself a favor - it's time to let it go. No offense, but you just don't have the same glow you had a couple of months ago. So turn over a new leaf. Shed a little skin.

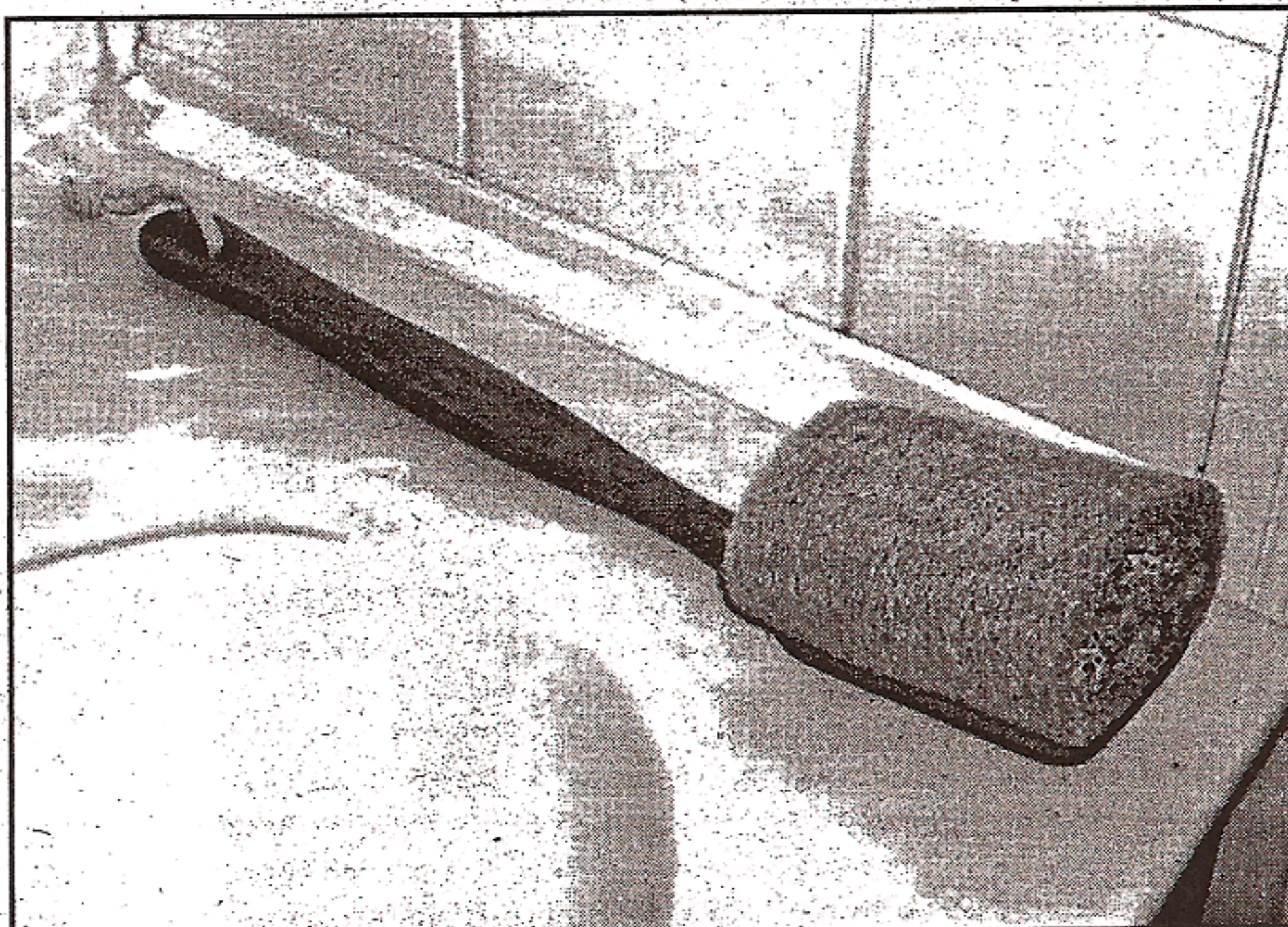
We all know that the summer months are hard on the biggest organ we have - our skin. But the answer is to get rid of that damaged dermis that's good for nothing après sea and sand. Yes, I'm talking to you... and you.

So what to do? How can we look spring fresh for the winter ahead? Simple. Exfoliate, exfoliate, exfoliate.

Yeah, yeah, we've heard it all before...exfoliate. But what is exfoliating, how does it work and why bother to strip away layers of dead skin on our face and bodies - What's the rub? Why, to reveal refreshed, more beautiful glowing skin beneath, of course. Think about it, what's good enough for nature, is good enough for us. Like bountiful stun-

ning oaks and apple trees, shed some skin this fall. I promise you'll feel like a new you. And no, this process won't diminish the last of your tan - you

new cells, which move up and through the epidermis to rest on the surface of the skin. As newer cells continue to move up, older cells near the top die and rise to the surface of your skin, too. Eventually these cells harden, a process known as cornification, and this layer of skin acts as a barrier and protective layer to keep moisture and goodness in and keep toxins out. As new cells cornify and move to the top of the skin, older cornified layers usually shed, or naturally exfoliate. This happens when we wash, dress, move, shower, etc. If you're under thirty, you can rest assured that your skin will naturally exfoliate every 25 days on its own. However, after age 30, this process slows down drastically. But with the damaging effects of severe elemental weather, like summer's abrasive sun, or the winter to come, your skin becomes even more dry and damaged and in need of exfoliation, no matter what age you are. So it's always a good idea to give a helping hand and keep our skin



know, that hint of color you've been desperate to maintain - it may even make the color you still have glow more brilliantly.

Here's how it works: Our outer skin, known as the epidermis, constantly goes through a process of reproduction. Cells at the bottom of the epidermis, close to the dermis underneath, continually produce

and clean. After summer, we have plenty of dead, flaky skin that needs to be sloughed off. It's the excess cornified cells that remain on the surface that make skin look dull, listless and flaky and this is when we need to exfoliate, to reveal new, refreshed cells beneath. Gentle exfoliation is excel-

(continued on next page)

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"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 so fabulous!" Caryl Zwecker, Retail Manger, Woodbury, NY, Age 43

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