

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVER

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# *Island Papers*

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ART BY STEVEN ROMMEL

## HEALTH, BEAUTY &amp; FITNESS

## Skin deep with Samantha Altea

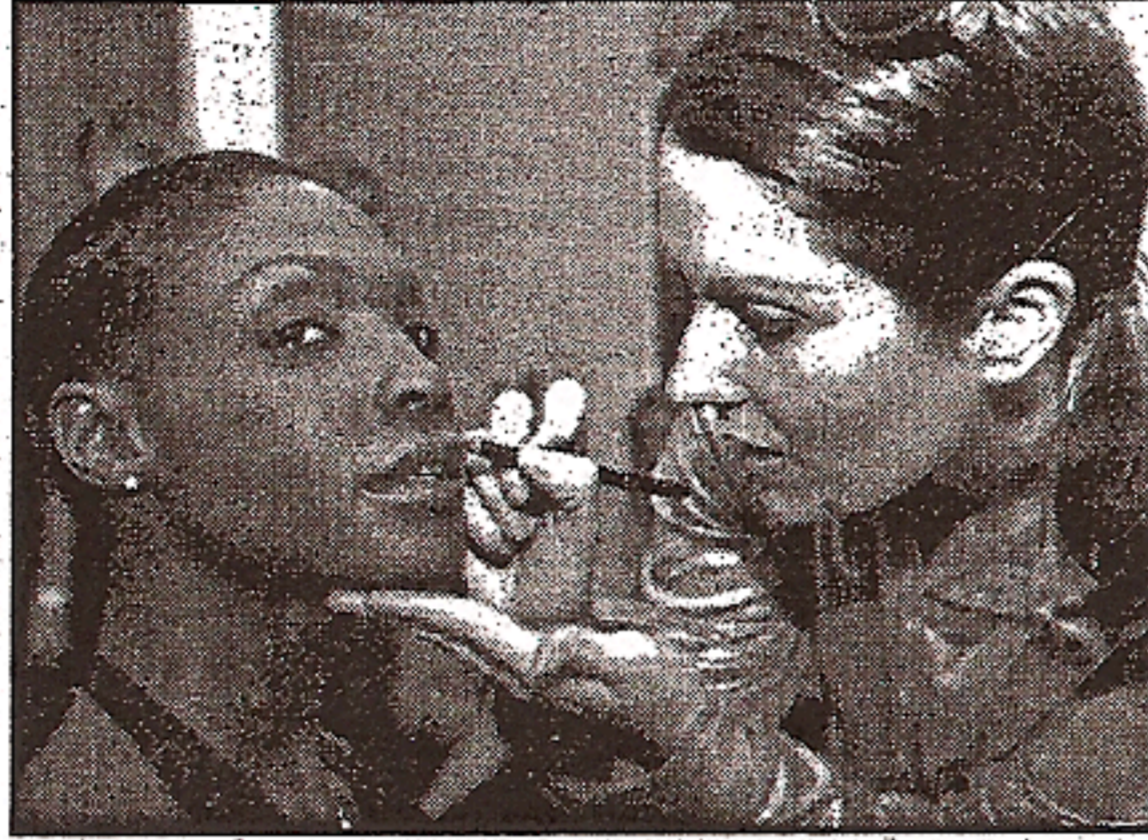
## Picture Perfect

Wish you could have flawless skin, perfect locks, sleek pert bodies and clothes that fit like a glove? You know, like Julia, Gwyneth, perhaps Beyoncé? Ever open a magazine and dream of looking like the models found on every other page? Or do you yearn to resemble the movie stars and celebrities we all seem to hold in such high beauty regard as they meander down a bevy of red carpets? I mean, they're so gorgeous, flawless, unobtainable — they're perfect, aren't they?

Now, if you really believe that those we see in the public eye look as polished and perfect as they appear to be, here's a reality check. What you see is NOT what you get when it comes to most every celebrity you can think of.

Every one of the icons of perfection we put on beauty pedestals are, in fact, big fat fakes!

Yes, Beyoncé gets zits too, and Julia has to watch what she eats. The simple facts are that the glamorous world of fashion and celebrity is a world of smoke and mirrors. A world that doesn't really exist — It's an illusion. Not to say that this fantasyland isn't populated with some very attractive, even beautiful people. But if you think that any one of the people we see waltzing down any red carpet, or on the cover of a magazine, looks as stunning first thing in the morning, or when running out for a pint of milk, then get over it. It's simply not true. And just in case you do happen to catch a celeb en route for a cup o' sugar looking less than perfect — you know, the candid shots we all love to critique — then consider this, even then, when caught off guard, we're not seeing, for the most part, an image of the God given beauty that these people were born with. Not on your life. No, they've probably had the best dentist, who gave them gleaming pearly whites, a



\$1,000 hair cut and color, or even extensions; they may be sporting fake tans, expertly sculpted eyebrows, perhaps a little lipo here and there, some enhancements to face and body, ones that we'll never hear about, but that a very high percentage of celebs and the like take for granted — consisting of nose jobs, cheek implants, collagen, botox, breast implants...the list is endless.

They likely have a personal chef who either cooks them specifically designed meals that will keep weight and bodies at a premium, or they may have meals delivered from the many places that offer this as a daily service. A personal trainer, and more to the point, big chunks of time allocated to daily workouts is part of a celebrity's life — it's their job. They get paid to look good and that takes time, energy, expert help and plenty

of work. The sweats that they just threw on, the ones that look great and you can't understand why you don't look as good in your sweats are probably high priced designer duds that, yes, would even flatter you; and last but not least, they likely have weekly facials, hair appointments, manicures, pedicures and dermatology appointments — one sign of a pimple and they'll have it injected by a pro so that it's banished from sight. So, when you do see one of those candid shots where a celebrity looks less than perfect, consider

what they'd look like sans the list above.

It's time for us all to realize that the definition of beauty we all try so hard to achieve is an impossible task without a small army of perfectors and primpers who maintain and create the looks we mere flesh and blood are all trying so hard for. When you see stunning images in a magazine, or on TV, know that EVERY picture isn't perfect and has been airbrushed, and that the person in the shot has probably spent literally hours in make-up before hand. If make-up artists can create hideous monsters like those seen in *Lord of The Rings*, for example, what can they do to make people look beautiful...you do the math. Lighting works miracles, as do all the other tricks of the trade that go into making a professional photo shoot, or movie. Outfits are likely pinned and stuck in place so that they fit like a glove, (even down the red carpet). Sagging "bits" get the sticky tape lift treatment, too. It's quite normal for celebrities and models to literally lose pounds, wrinkles and much more with the touch of an airbrush button, where technicians can create bigger boobs, longer legs and shorter, more perfect noses, not to mention poutier lips. The same can be said of the big or small screen. Lighting and angles, hours of make-up and clothes fittings all go to create an illusion that we all love to buy into. But it's not real!

So the next time you flip through the pages of a magazine, or swoon at the big screen, wishing you, too, could look as perfect as the image you're seeing, take a moment and remember this. They may not be quite as perfect as they appear to be; some of them are just exactly like you and me!

## New Cosmetic Procedures



Have you ever wanted to know more about the cosmetic procedures they talk about on Oprah? On October 19th Dr. Alexander Covey of East End Laser Care will present a **FREE SEMINAR** and share the latest secrets of cosmetic surgery with you. Dr. Covey has been providing cosmetic procedures to the people of Long Island since 1988 and has been named "One of the Top Doctors in New York."

At the seminar Dr. Covey will discuss everything from the latest breakthrough treatment **Mesotherapy**, a technique to melt away fat, cellulite and unwanted inches, to **Thermage**, the **Non-Surgical Facelift/Browlift**. He will also tell you about state-of-the-art Laser Treatments for "lines and wrinkles, acne and acne scarring, brown spots, facial veins, rosacea, and stretch marks." Learn how Botox, Collagen and the FDA approved long-lasting wrinkle filler Restylane can eliminate facial lines and how Laser Hair Removal can permanently reduce unwanted hair.

You will meet patients who have had remarkable results and find out how cosmetic treatments can help you look better and feel better. In short, this is your chance to find out more about what's new in cosmetic surgery.

All seminar attendees will receive free gifts and special discounts. There will also be drawings for a **FREE \$500 Botox treatment** and a **FREE \$150 Microdermabrasion treatment**.

**Call (631) 878-9200 Now to register. Pre-Registration Is Necessary.** (Last time many people had to be turned away). This seminar will take place on Oct. 19th at The Inn at East Wind at 5720 Route 25A in Wading River and will begin at 7 p.m. Refreshments will be served. *East End Laser Care will donate a portion of all proceeds generated after this seminar to the 'Suffolk County Coalition Against Domestic Violence.'*

### Susan Honig's West Side Fitness Studio

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#### COLUMBUS DAY WEEKEND

...The famous JEFF MARTIN teaching Cardio Sculpt, Monday, Oct. 11th, 10am, call for reservations....

...plus, the internationally known Karen Amen, the fabulous Jayne Delmaestro and Susan Honig's Spin Class.

Reservations required - Call (631) 288-4100