

# Dani's Papers

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LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS MANHATTAN DELIVERY

# HEALTH, BEAUTY & FITNESS

## Skin deep with Samantha Altea

### Stripped

It's been a long, hard winter and let's face it: if you're anything like me, you've been compelled to put on a little ritz just to get through it. A bit of primping here, some embellishments to your natural beauty there? Now don't go all shy, you know what I mean. Hands up if you occasionally use, for example, false eyelashes, if even for a special occasion? Or a hairpiece to add a little body and bounce? A fake ponytail on a dull day for some va-va-voom, perhaps? Are you blonde? Really blonde? Be honest. Or did you get your golden locks from a bottle? And what about those perfectly manicured nails? Do the words "acrylic tips" mean anything to you? And let's not forget those three little words that I, for one, have been sporting throughout the winter months - Push Up Bra. There's nothing to be ashamed of. A little beautifying with some trimmings and tricks of the trade to brighten winter days is empowering. But now that it's a little warmer out, how about getting rid of all the extra garb that can sometimes weigh you down? Lighten the load a little. I'm giving you permission. Get stripped of all that "stuff" and get ready for more relaxed, natural looking days at the beach and great outdoors.

If you want a simpler spring and summer, then nix the unnecessary appendages of winter and take my suggestions. They'll make you feel light as feather. But before you dismiss this week's column because you wouldn't be seen dead with a hair piece, and you're not bragging, but you don't need any pushing or padding in the brassiere department thank-you very much, then wait. There are other ways to get stripped this spring and summer, and I'm not talking about skinny-dipping.

Go back to your roots. Say goodbye to any false hair pieces you may have been attached to this winter; they don't mix well with salt water anyway and, if you dare, take the lead of many a celeb, who, of late, seem to be reverting back to their natural color. Give your colorist the boot. Embrace your natural hair, whether it's straight or curly, blonde or brown. One day at the beach and you'll be glad you did. For curly hair, try Frederick Fekkai's Luscious Curls, \$18.50, which helps to leave hair frizz-free and bring out your natural bounce. Or comb hair back for a simple slick look, with Phytoplage Sun Protection Oil, for all hair types. It moisturizes and protects hair from sun, salt water and chlorine. Let the sun lighten your hair a tad naturally, or spritz your mane with Korres Natural products' \$16 Red Vine Year Round Hair Sun Protection, perfect for pre- and post-swimming.

Burn your Wonderbra. Well, that's a bit radical, especially if, like me, you need a bit of a boost in your bathing suit. But when you're not at the beach, you might want to think about

going natural, if you feel you can. Or try wearing a comfortable sports bra under a T, instead of something more constricting. Even looking for tops with built-in bras can simplify your summer.



Instead of acrylic nails this year, go natural and try using a cuticle quencher, like Bloom \$15 Cuticle Quencher, that encourages strong, healthy, natural nails and cuticles. Or just pop on a coat of Sephora's \$12 Nail Hardener for a clear, subtle shine. Paul and Joe Nail Colors, \$12, in vibrant tints, are a fun alternative, too. Also try taking Phyto \$45 Phytophanere Dietary

Supplement to help maintain healthy hair & nails.

Instead of using lipsticks and liners, just apply a little gloss for a lighter look and feel. And for luscious lashes without thick heavy mascara, use Talika Paris Liposils \$35 Eyelash Lipocils. It's guaranteed to stimulate the growth of lashes, as it conditions and beautifies existing ones.

If you were paying attention to Barbara Jo's column last week, by now you will have perfected the art of self-tanning. Reduce the amount of products you'd normally put on your face with a hint of color. Self-tanners can substitute for a face base and powder, or try a little tinted moisturizer and you're good to go.

Tickle your toes and strip yourself of closed-in shoes, socks and stockings. Again, self-tanning helps us to make this stripping more palatable in early spring before we've gotten our summer color. Make sure to remove all hair to feel completely lighter than light. Gentlemen, shed that back hair you've been hiding all winter at a salon, or try Nair for Men depilatory, or Epil Stop and Spray, if you can get a helping hand. Boys, go for a shorter hair cut during the warmer months, to ease your mood, while ladies lighten their leg load (and the rest) with Veet depilatory products for use at home.

Simplify your life this season and on, because the lighter you are, the lighter you'll feel. Get stripping now!

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