

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

SPECIAL SECTION
HOLIDAY GUIDE

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HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

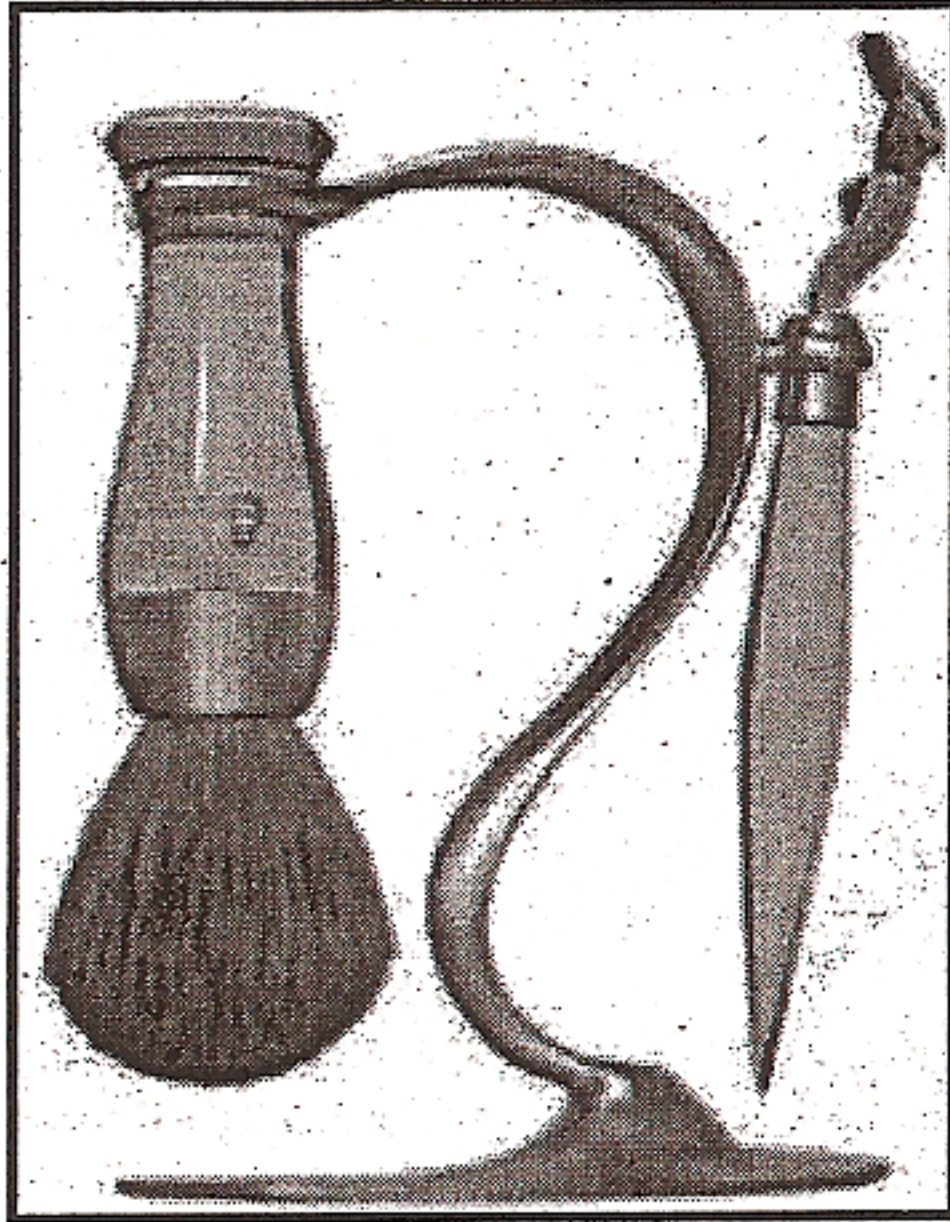
Just a whisker in time

Guys, ever feel like taking it all off? Well, if you have ever contemplated going naked, totally naked, then believe it or not, you'd literally be on the "cutting" edge of fashion. Because many men these days are daring to be bare, going the "Full Monty!" Fellas are not only shaving their faces, but taking the razor up top, too. 30 somethings and on, those who may be thinning slightly, or even just for the heck of it, are embracing bald, sexy, shaved heads, as well as faces.

There's nothing better than the smooth, baby soft skin of a freshly shaved face, or even head, for that matter. But how does one get that perfect shave, when oftentimes all we see is men sporting nicks, cuts, bumps and razor burn? Ooowch. Ten minutes out in the wind with damaged skin like this is sheer torture. So, how to get the perfect shave? And for those discerning men who seek perfection with a little luxury to boot - can the two be combined - can something as mundane and ordinary as shaving become a luxury? Is there a better way to shave?

According to Danielle Malka, founder of e Shave, a brand of men's shaving products that marries quality, luxury and performance, there is. I gave her a call to see if she had any shaving tips for our Hamptons

hunks. Malka used to be a professional artist before she immersed herself in the beauty industry - e Shave's slogan is "where art meets beauty." She told me that, "e Shave also strives to put taste and style



into something as basic and routine as shaving," which they do by making products that look as great as they work. They design hand-sculpted, contemporary, aesthetically-pleasing tools and accessories that have ultimately modernized the wet-shaving tradition through Europe and now in the US. e Shave has turned shaving on its bristled head, making the traditional wet shave as sexy and modern as it always was. Their stunning shaving tools range from \$40 for a razor, to upwards of \$150 for brush, razor, stand sets.

Malka tells me with conviction that, "wet shaving is the only way to get the perfect shave, plus it's fun and sexy." So listen and

learn. Brad Pitt certainly did when filming an upcoming movie. Unless the scene landed on the "cutting" room floor, Pitt is shown wet shaving with beautiful e Shave tools and was heard to rave about the product off camera, too...now what's sexier than Brad...I mean, that?

What you'll need to get started:

A good razor

A badger hair brush

Pre-shaving lotion, shaving cream, or better still, the traditional shaving soap set (for that added luxury).

An alum block (otherwise known as magic stone) Aftershave products.

Preparation is half the shave:

•According to Malka, first wet the face with warm water, which loosens the pores and softens the skin and hair.

•Use e Shave's pre-shave oil, \$18, which will allow the razor to slide over the skin easily and gives a nice protective layer.

•Then comes the shaving cream, or soap, which is best applied with a shaving brush, "because the action of brushing will help to raise the hairs away from the face and also exfoliate the skin in a natural way," says Malka, though you can also apply with fingers. Try e Shave's range of creams in great scents like almond, citrus and cucumber, or even their soaps, in mandarin, avocado, lavender. Using traditional soap adds that extra feel of luxury, reminiscent of how things used to be done. e Shave soaps come in their own dish, too. Or you could try, from the fabulous Malin and Goetz range, their shaving cream, \$22, which can be found at Theory in East Hampton, or online at www.malinandgoetz.com. Another good cream for sensitive gents is Brave Shave, Brave Soldier \$15.

•Now we begin shaving...use a great razor, (never use a dull blade). "The most important shave tip," Malka says, "is to be sure to go with the flow...shave with the grain. Glide razor the way your hair grows,

(continued on next page)

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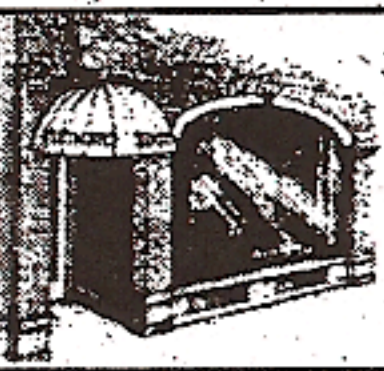


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"Not a week goes by where I don't run into a friend or acquaintance and they ask me what I did to my face because I look so fabulous!" Caryl Zwecker, Retail Manger, Woodbury, NY, Age 43

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INTERIORS & EXTERIORS

The Garden At Rock Cottage by Lance Brilliantine

Unusual Tree for Spring

"When winter comes, can spring be far behind?" As we face another winter, this optimistic saying well expresses the sentiment of most gardeners, who tend to have a focus on spring at this time of year. At Rock Cottage, we long for the appearance of the bulbs we've planted, and the warming April showers.

We have initiated a diligent search of websites to discover uncommon and unusual plants to include in next year's landscape. At this point, with a more mature landscape at Rock Cottage, we are focused on specimens that will provide variety or expand the gardening season.

As you might imagine, in our search for the new and exciting, we have discovered a number of dependable sources for plants. One of the best is the mail-order nursery named Forest Farms (it can be accessed at www.ForestFarms.com). Located in Oregon, the nursery offers one of the widest arrays of garden plants in the world. They are willing to ship plants world wide.

In reviewing the Forest Farm offerings, we recently came across a plant we have not seen for years. It is one of the most beautiful and stately of trees – the Flowering Pear (*Purus calleryana*). The Flowering Pear is best known by the names of some of its popular cultivars that include: "Cleveland Pear," "Bradford Pear," and "Callery Pear." The tree has been popular in the midwest for years. It is less well-known on the East Coast, but certainly worthy of consideration.

The flowering pear is a member of the *Rosacea* family, so it is related to the wild rose. As you might suspect of this relationship, some of the cultivars have thorny branches like roses; some do not. The tree originated in China where it was cultivated for its reliably conical shape, beautiful spring flowers, and outstand-

ing fall color.

The plant is resistant to many of the diseases and pests that affect pears in the United States. For this reason, it was imported as part of an experimental breeding program to try to introduce blight resistance into edible pears. The program was not successful.



However, the experiment produced several ornamental cultivars that have been popular ever since.

The flowering pear is a deciduous tree, so it loses its leaves in late fall. The tree is a vigorous grower. Medium-sized, the tree can reach heights of 20-30 feet and about 15 feet in diameter. In spring, it is covered with masses of white flowers – many more than can be seen on any other ornamental tree. In bloom, the tree is simply dazzling! The flowers are typically one inch to two-inches and are borne in clusters of up to a dozen flowers. When in bloom, a tree may be completely covered in white. Unfortunately, the flowers are not scented,

and some cultivars even produce a slight, unpleasant smell.

The tree's dark-green, oval leaves are typically about three inches long and appear along evenly-spaced branches after the tree has flowered. As dazzling as the flowers is the brilliant, purple-red color of the leaves in fall. The leaves, and their color, persist until early winter during which time they provide a welcome, long-lasting accent in the fall and early-winter landscape. Also produced in fall on some cultivars are small, brownish fruits that are both inconspicuous and inedible. Because of the fruit, some people complain the tree can be dirty; we have not observed that.

The flowering pear performs best when located in a spot receiving full sun. It will survive, but produce fewer flowers in partial shade. It is a great choice when used in mass plantings along driveways. It is equally good as a specimen tree in the landscape or at curbside.

The flowering pear is hardy to Zone 5. When newly planted, it requires the same care and cultivation as most other newly planted trees, e.g., weekly watering and fertilizing during the first season. It is generally maintenance free after that, except for requiring some pruning as it grows.

Once established, the tree is drought and heat tolerant, and will grow well in marginal, sandy, and clay soils – a good choice for the East End.

The tree deserves renewed interest on the East Coast. If you are looking for a tree that can provide tremendous spring and fall appeal, look no further. The flowering pear receives our vote as one of the best ornamentals for East End gardens!

You can contact Lance Brilliantine with any questions or comments at GardenLance@yahoo.com.

Skin Deep (continued from previous page)

never against the grain as many men do. Yes, that gets a slightly closer shave, but also creates razor burn and strips the skin. It's a high price to pay." If you've prepared properly, you shouldn't have to shave up your face to get close. If hair around the neck, chest, etc, grows in a different direction, shave in the direction it grows.

"Before applying aftershave, you might like to use *è* Shave's alum block. Apparently, it's "magic," and if you do have any nicks, it will immediately stop the flow of blood as well as close pores on the face, cleanse and rebalance the skin's pH.

"Finally, soothe the skin after your perfect shave, with *è* Shave's wonderful cucumber cream, which contains aloe, or their scent free nourisher, \$16-\$22. Baxter of California's Razor-Bump Repair \$18.50, which contains antiseptic to calm itching and irritated skin, is great, too.

Once you've experienced the ultimate shave, you'll look forward to spending an extra 5 minutes in the morning just for you. Embrace your relentlessly growing beard and add a little luxury to a daily chore.

è Shave products and tools can be found at East Hampton Pharmacy and at the La Carezza Spa in South Hampton, or at www.eshave.com

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