

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL

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HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

More Tips, Tricks and Trivia

It's that time again. Time for some more tips, tricks and trivia. I hope they'll leave you thinking, *Hmmm, I didn't know that, or Gee, I'm going to try this.*

Tip: Be sure to get yourself some fuller flowing skirts in pretty floral patterns. They're a big trend for this spring and were seen all over the runway a couple of weeks ago in NYC's fashion week.

Trick: All or nothing: Make your look, your persona, more interesting by alternating your make-up look and routine. Go all, full make-up or nothing, barely there for no particular reason. You'll keep 'em guessing and always seem intriguing.

Tip: Try mixing foundation with moisturizer...it sinks in, instead of just leaving the foundation color sitting on top of the skin like a mask.

Think thin: 7 Tips, Tricks and Trivia for a slimmer looking you:

1. Wear a big tote bag; it will give the effect of making you look smaller.
2. Try new skinny pants, these amazing, technologically designed pants actually sculpt you in all the right places. Go to www.skinypants.com for more information.
3. Don't wear Ugg boots and the like. Steer away from more chunk on the ankles and calves.
4. Don't wear bigger baggier clothes than your actual size, thinking they will disguise your shape. They only make you look bigger. Instead, wear clothes that skim your body, without clinging and you'll look pounds lighter.
5. Wear monotone, one color; it's much more slimming.
6. A big don't is wearing tapered pants. They make you look bigger, because every other part of your body is bigger than your ankle...where do tapered pants end? That's right, tapered pants take your eye to the thinnest area of your body, making everything else look chunky in comparison.
7. Laughter is the best medicine for weight loss: If you laugh for 15 minutes every day, it can burn about 40 calories, which in turn amounts to 4 pounds a year.

Trivia: 75% of women in America are wearing the wrong size bra. No, really...it could be you. Get professionally measured for a bra...it will not only give you a better shape, but you'll feel more comfortable.

Trick: For a new spirit and a new emotional high, paint your living room a brighter, fresher color. If your environment sparkles and seems brighter, so will you.

Tip: Top up your toothpaste...Everyone should spend two minutes brushing their teeth, twice a day. But you can remove more plaque and bump up your smile if you add extra paste about 30 seconds before the end of brushing.

Trivia: Beware: Don't test make-up at the cosmetic counter. Why? Because there have, most likely, been hundreds of people who have tried that same product before you, leaving their bacteria and germs behind. You could easily contract eye and skin infections just by trying a new color at your local store. If you really must try that luscious blue liner or shadow, that hint of new color you're sure will make you a new woman, then ask the attendant behind the counter to wipe the product clean before you test.

Tip: Dream of silky, slick looking hair? When you try to add extra conditioner or other products that promise to give you shine, do you fail to get it, ending up with oily limp locks instead? Try Umberto Giannini Dazzling Shine Laminate, \$10. This prod-

uct contains light reflective silicone and when applied with the palm of your hand will shine like the sun.

Trick: Ever overdo the blusher? Not sure how to quickly and easily tone it down? Pop some concealer on top and then blend for a subtler hint of color.

Trivia: Graze and gain...less. Yes, it's true. Eat a large, low calorie salad before a meal and you consume 12 percent fewer calories over all.

Trivia: Calling all chocoholics. Great news, if you happen to have a tickle in the throat, then treat yourself to a cup o' hot choc. Apparently, theobromine, a

compound found in cocoa, has been shown to be more effective in stopping a cough than codeine.

Trivia: Wake up and smell the roses: People who smell floral scents are 17 percent quicker at mental tasks than those who don't.

Tip: Be sure to get your beauty rest, because lack of sleep can lead to increased appetite.

Trick: You can have an all over, even, streak-less, sunless tan and it can be achieved in the comfort of your own home. All you need to do is airbrush yourself. Go to: www.salonbronzetan.com for more details.

Tips for spring to come soon.

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Here's Some of Hundreds of Testimonials on File:

"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 Zwicker, Retail Manager, Woodbury, NY Age 43*

"My eyes were getting smaller and my eyelids were drooping. After my full face Thermage treatment, I feel like I had a real face lift without the surgery. I was thrilled to see the immediate results and my boyfriend was able to notice an amazing difference in less than 24 hours." *Carol Reina, Warranty Administrator, Shirley, NY Age 49*

"My problem areas included my hips and thighs and I felt that my body was disproportionate. The non-invasive mesotherapy treatments allowed me to continue my daily activities. After four treatments I have reduced the size and shape of my lower body. I feel healthier and more confident about my body than ever before." *Susan Williams, Charter Manager, Hampton Bays, NY, Age 35*

"I hated the way my face looked because of my severe acne scarring. One laser treatment did more for my acne scarring than everything I tried in the past combined!" *Salvatore Casciotta, General Contractor, Hampton Bays, NY, Age 58*

"My sagging face, wrinkles, facial veins and brown spots made me look older than I felt. A couple of laser treatments later, my face looks absolutely amazing, younger, smoother and clearer than it did 10 years ago. Best of all after each treatment I walked right out of the office, no surgery, no bruising, no pain - simply terrific results. Thank you Dr. Covey." *Tony Messina, University Professor, Patchogue, NY, Age 57*

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