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COMPRS

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ART BY KARL SZEKIELDA

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

New Year, New You

Feeling those post holiday blues? Put on a few too many pounds lately or just can't bear the idea of getting back to work? Need a change – perhaps you're a little worse for holiday wear? Now that the festivities are long gone and the new year's ahead, perhaps it's time for a new you? Let's face it, there's so much energy and excitement tied up in the coming of the end of a year, but now in a new annum, in 2005...what next? Are you feeling a little let down? How about putting some time and energy into your self over the next 12 months, starting right now? Here are a few things you might want to consider for a new lease on life on a new year.

Hair raising: If you're a brunette, and have always wondered how it would feel to be blonde, give it a whirl, or vice versa – try life on the darker side of life. If you've always fancied a particular hair style, or would just like to embrace a change, cut a groove and reinvent your hair this year. Though be sure to think hard before you take the plunge...try temporary colors if you're not 100% sure, and remember, once you've taken the snip, there's no turning back. Though it will grow back.

Change up: the products you use, from shampoo, to cleansers and moisturizers. We all tend to stick with products that we love and have found work well on our skin and body, but actually, it does us good to change things up sometimes. Our hair and skin can become almost immune to the constant use of one product and so changing them sometimes revives us and can feel fresher for a while...you can always change back in a few months.

Get rid: of old products in your make-up bag...yes, they do have expiration dates. Most

products last only two years. Foundation only one year and mascara six months.

Make up: for last year's mishaps and get yourself some new cosmetic colors, ones that speak to 05. The look for this spring is natural cheeks and icy pastels for the eyes, face, and nails. Go pretty

your whole look, plus, there's no trying on to make sure a bag fits, so don't worry about the extra pounds you gained over the holidays. A new bag, is an instant new you for 05.

Smile your way into the new year: Whiten your teeth or even straighten them. Enhance your smile this year and you'll find you use it so much more. If you've always hated that one tooth that persists in being out of line, get some braces...you're never too old for them. Go for it – why not?

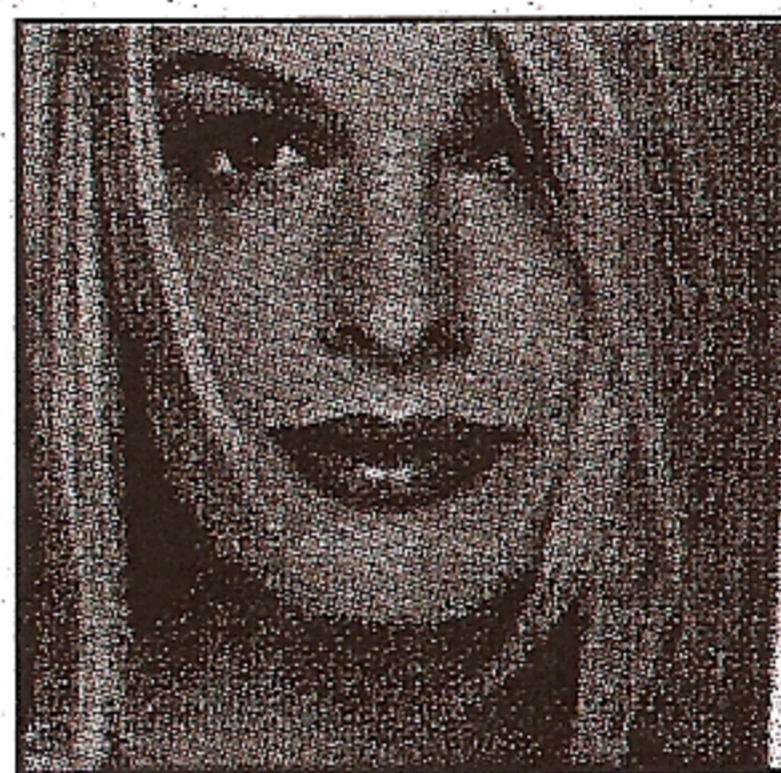
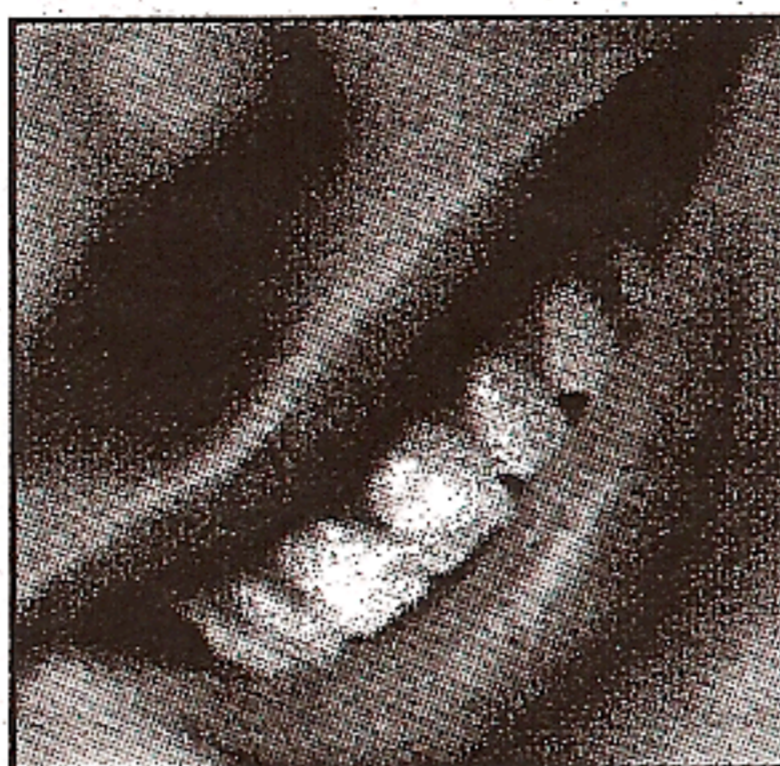
Work out your frustrations from 04: Get fitter in 05, but if you're not a "gym" type of person, then take frequent brisk walks along the beach or a hike in the woods this year. Walking is just as effective for general health and well being as hitting the gym five times a week.

Go cold turkey after the holidays: Quit any bad habits. If you smoke, or drink to excess, eat junk food, bite your nails – don't take your makeup off before you go to sleep – (yes, that's you...) whatever your vice, it's time to quit it. I promise you'll feel like a new you if you do.

Book it: Give yourself an overhaul. Make appointments for all your yearly check-ups. Get a physical, got to the dentist, gynecologist and dermatologist. Once you take care of things like this, you'll feel like a new person.

Money talks: Get your finances in order. There's nothing more refreshing and relieving than being financially secure and organized. You don't have to figure it all out today, but at least get a plan of action and stick to it.

(continued on next page)



and light.

Bag a new you: Getting a fun new accessory can make you feel totally revived and new again, especially if you get something in a fresh, eye catching color which is a very "of the moment" look. A splash of color from a new bag can alter

Rock Cottage (continued from previous page)

three days before it collapses. On the first day the flower opens, it is ready for pollination and releases waves of a carrion-like stench that lasts for about eight hours. The inflorescence contains thousands of true flowers that are hidden inside the base of the central column of the flower. The flower produces a filly-edged leafy structure called a spathe. The unfurled spathe resembles an upturned fluted bell with a dark maroon interior. To me, it looks like a giant calla lily.

The male and female flowers in the inflores-

cence are separate. The female flowers mature first – usually on the first day. The male flowers mature and release pollen a day later. This ensures cross-pollination: A plant cannot produce seed unless pollen is provided from another plant.

And how lucky I feel to have been able to locate and purchase a single seed of this bizarre plant. What a wonder is the Internet! It now resides in the greenhouse, where it has already set forth its first leaf (now about about a foot tall and wide.) While I do not relish the idea of tending the plant

for the next ten years while it matures to flowering size, and am not sure where I will get a second plant to pollinate it, I am intrigued by the process and the challenge.

I am sure this adventure will provide years of interest and fascination as the plant grows. Surely, it will provide food for endless conversation. Stay tuned – as the plant grows, I will be providing updates on progress!

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

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HEALTH, BEAUTY & FITNESS

Dry Skin Remedies

Dry hands and cuticles can really be a drag. Lifestyle, profession and weather can play a major part in the condition of your skin. It's important to not let the damage go too far.

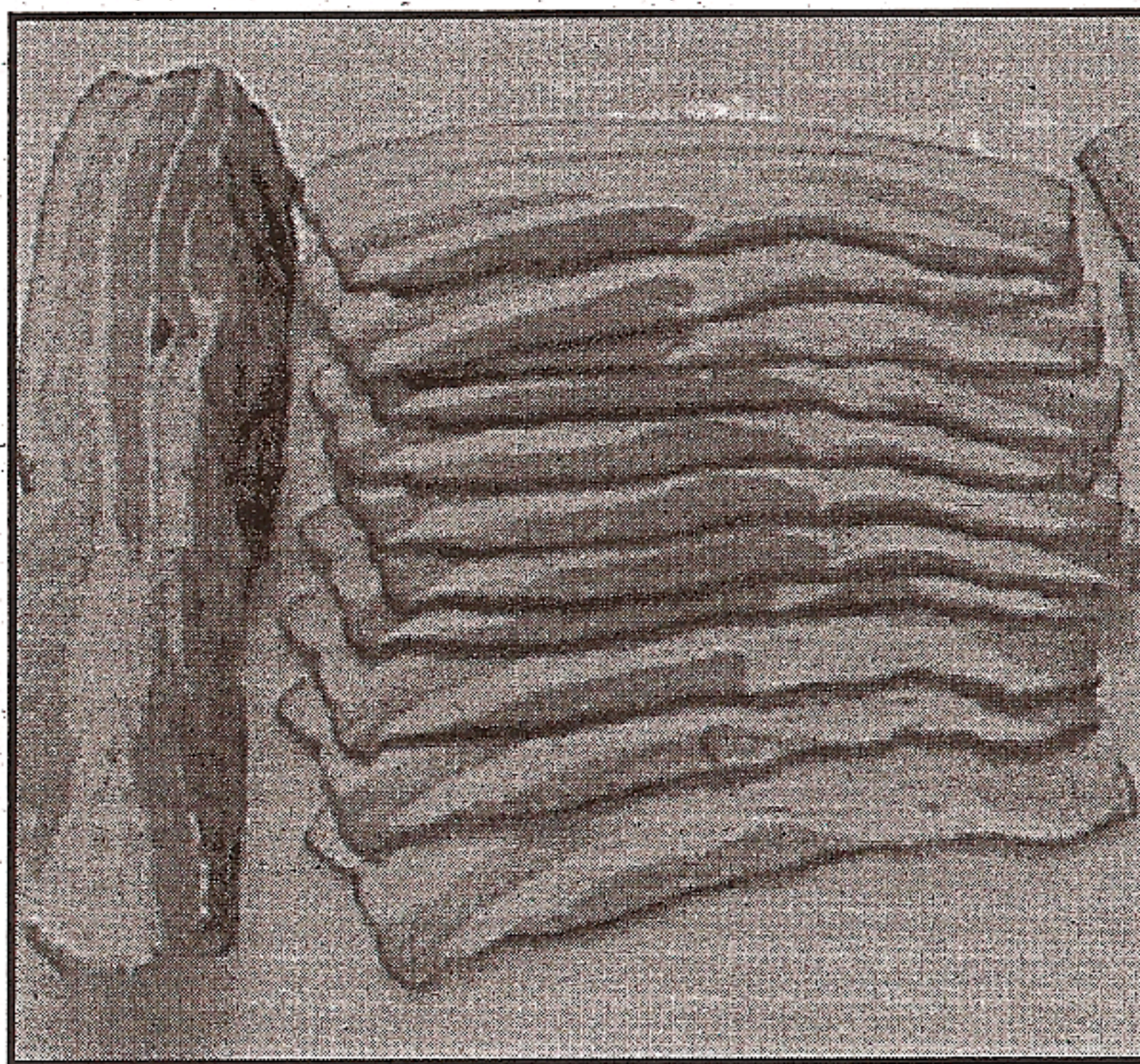
There are many products on the market that claim to cure and heal, but there are also a few simple and easy things you can do at home.

The key is to moisturize as much as possible, but especially before bed. Here's a dry skin remedy for you to try; moisturize your hands before going to sleep by rubbing a strip of raw bacon on your skin and putting on a pair of thin cotton gloves. Sounds a bit strange to me, but according to thriftyfun.com, it works.

Another, better smelling, suggestion is to make a honey paste. For this recipe, you will need a tablespoon of ground almonds, 1 tablespoon of ground oatmeal, zinc oxide paste, honey and one egg yolk. Combine the mixture and rub all over your hands. You will need assistance putting on cotton gloves.

Essential oils are also a great way to soothe and condition your dry hands. There are a wide variety of fragrances that include lavender, rose, and sandalwood, just to name a few. You can make your very own signature moisturizer that can be used all over, simply by adding a few drops of your favorite essential oil to a fragrant-free moisturizer. Most essential oils can be found at any local health store or bath and body shop. In Southampton, check out Natural Foods and in Sag Harbor, Provisions is a great resource.

Aloe and Vitamin E creams are also very effective. And believe it or not, your diet can affect the condition of your skin. www.care2.com, author Earl Mindell suggests eating fish at least twice per week. The oils in fish such as salmon are rich in omega-3 fatty acids, which help replenish lost moisture in dry skin and hair. Flaxseed oil is also a great supplement and so is as Vitamin E. Drink lots of water! Water is always a major ingredient in any healthy diet plus it helps to hydrate the



skin.

Both men and women can use any of these remedies. However, the products you buy should differ. We all are aware that women should have soft and supple hands, but why shouldn't men? There are specific lines that cater to men and use slightly different ingredients in their products. You can find an array of men's and women's lines that include Philosophy, Kiel's, YuBe and

Lancome. Locally, many of these products can be found at Style Bar in Sag Harbor, Saks Fifth Avenue in Southampton or White's Drug Store in East Hampton.

Caring for your hands, of course, involves growing nails. Many of us like to pamper ourselves with a relaxing manicure from a salon, but for those of us who choose to do it on our own, here are a few tips to follow: 1. Rub oil (preferably almond oil) into your fingertips every night 2. Soak your fingers in milk for several minutes a few times per week (this increases growth) 3. Moisturize and buff your nails regularly 4. And for those nail biters....Stop!!!!

If softer hands are what you're looking for, you must use the best products. According to IVillage.com here are the top ten moisturizers: 1. Neutrogena Norwegian Formula Hand Cream 2. Mary Kay Satin Hands 3. Avon Moisture Therapy Hand Cream 4. L'Occitane Shea Butter Hand Cream 5. Bath & Body Works Healing Hand Cream, 6. Crabtree & Evelyn Gardeners Hand Therapy 7. Aveda and Relief 8. Body Shop Hemp Hand Cream 9. Yves Rocher Arnica Hand Care 10. Burt's Bees Almond Milk Beeswax Hand Cream.

Whether you opt for home remedies or high-end products don't forget to pay attention to the health of your skin. Everyone looks at your hands so why not make them look and feel their best?

-Kelly Krieger

Skin (continued from previous page)

Looking at 05 differently: Have you always fantasized about having beautiful baby blues, soft brown doe eyes, or a gorgeous green gaze? Think you're stuck with the boring one you were born with, darn it? And you know you'd get so much more attention if only...well, try a set of colored contact lenses and see how different 05 will look.

If a job's worth doing: Been miserable at work, or have always dreamt of doing something else with the greater part of your every day? Do something about it. Follow your bliss. Look for a job that makes you happier. Remember, we spend the majority of our lives at work. Make that time something to look forward to.

Loving the year: Get rid of any negative relationships and make room for positive ones this year. Not just love matches, but anything that doesn't work for a new, happier you.

Back it up: Last, but not least, back up all your computer files in 05. Because, if you're like me, you'll have to rewrite your first 05 column at the very last minute because you didn't! Oy!!!

Happy New Year.

“Let Me Tell You How I Improved My Looks Naturally”

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 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 feel 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 every before.” Susan Williams, Charter Manager, Hampton Bays, NY Age 35

“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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