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# *Dani's Papers*

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# HEALTH, BEAUTY & FITNESS

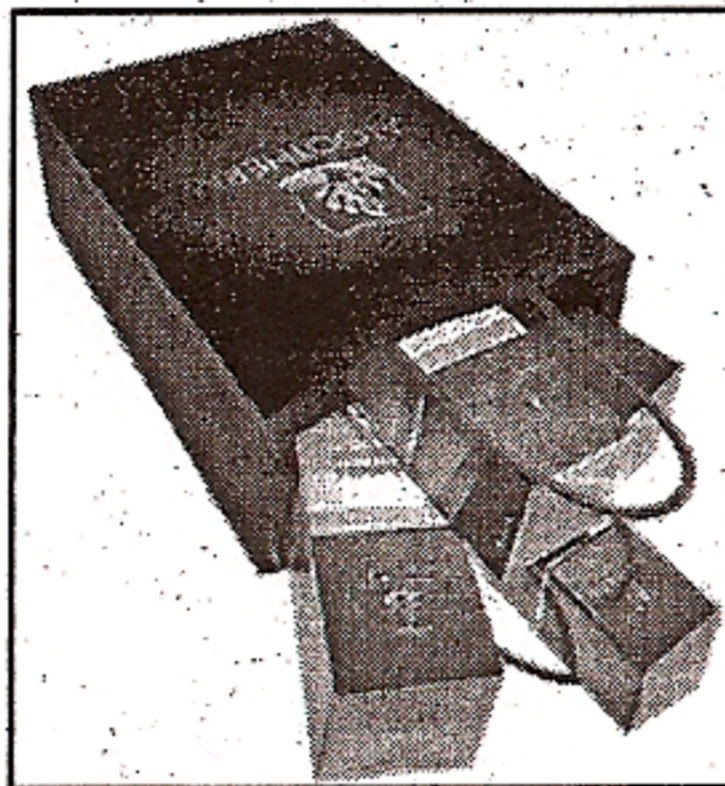
## Skin deep with Samantha Altea

### Home at the Beach

Gone are the days of tiptoeing in soft sumptuous sand and dipping pinkies in the ocean. No more can we wander down to the beach in a pair of shorts and a tank, or immerse ourselves in the beautiful blue sea just to cool down, enjoying its all encompassing, temperature dropping embrace. These days, one would be more likely to ice skate on the ocean than swim with the fishes. And though we may still enjoy a walk along the beach, it's more of a brisk trot than a meander. And one wouldn't dream of wearing less than three layers, a hat, scarf, and gloves to boot. Where have those lazy, hazy days of summer gone, when sea, sand, and sun were a mere step or two away? Can someone please tell me?

If, like me, you're waxing lyrical about how much you miss the beach in summer, then "hang ten" and surf your way into the next best thing. Here's how to bring back all those wonderful seaside memories, and what's more, you won't have to leave the comfort of your cozy living room to get them.

Seaweed, sea salt and marine based products have been used for centuries for nutritional and medical purposes, in all forms and formulas. So it makes sense that during the winter months we might feel a sense of loss when not being able to dunk our bodies in that wet stuff. But there's an alternative; because of the countless old remedies designed around the sea, scientists have recently set out to discover how to extract and package its abundant nutrients to nourish, re-mineralize and fortify the skin and body.



**Algothorm** and **Phytomer** are leading thalassotherapy and balneotherapy (a.k.a. marine based products) companies who have perfected the benefits of the ocean. Both brands have fabulous and extensive marine based health and beauty products. But these days, many other health and beauty companies are jumping into deep water, too.

### Here's how you can take the plunge:

First get off the couch and head over to the thermostat. Turn up the heat to, hmmm, say about 80 degrees. Let's not make it too hot, but hot enough to feel the odd bead of sweat (perspiration for us ladies).

Get out your favorite swim suit and, what the heck, put it on. You might be feeling a little silly at this point and so to be on the safe side, lock all the doors so that no one will spoil your day at home, at the beach.

To really get into the swing of things you might want to start by cleansing with some algae. Splash on **DDF Marine cleanser** with pure seaweed extracts to revitalize winter worn skin (\$27), or try **Aqua Dessa Spa's Seaweed Detox Foam Facial Cleanser** (\$25), the vitamins, minerals, and antioxidants that are rich in

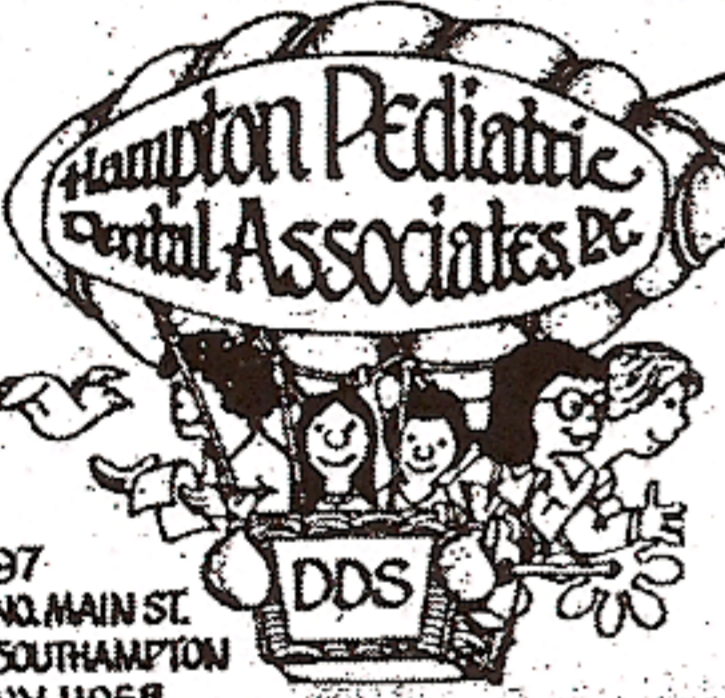
seaweeds are abundant in these products. Then how about patting on some **Algothorm Eyes Relax Fresh Mask** containing Marine and plant active ingredients including red algae.

Take a dip in **Bliss' High Thighs Seaweed Task Mask** (\$45). Lather it on to take care of any lumps and bumps on legs and thighs that you've been neglecting.

While that's taking effect, boogie board onto **Astara's (Conscious Skin Care) Activated Sea Mineral Mask** \$39. As you relax, the sea minerals and seaweed contained within work wonders to give you energy and a new lease on life.

Take the plunge; run a bath, or shower. During your soak, you might want to have some of **Bliss' Serious Cellulite Seaweed Soap** on hand, perhaps pick from **Joey New York's Seaweed Body Wash** (\$20), **Molton Brown's Energizing Seamoss Bath & Shower Gel** (\$23) and their **Seamoss Stress-Relieving Hydrasoak** (\$29) or **Aqua Dessa Spa Seaweed Detox Bath** \$36. By now your bathroom should feel like a marine biologist's paradise and you should feel fairly tropical, too. When you eventually dry off, prune like, from your bathing, gents might want to try **Zirh's Shave Gel** and shave cream (\$14-20) with rare seaweed extracts to help firm the skin, causing hair follicles to lift for a wonderfully close shave. Ladies might want to make like a mermaid, sprucing up a bit with **Sue Devitts Studio's Triple C-Weed Whipped Foundation** (\$40). This make-up formula contains valuable minerals and nutrients from three types of organic seaweeds. Then finish the look with **Devitts Seaweed Clearwater Gels For Eyes & Cheeks** \$35. Tints of Aqua or coral might be appropriate choices.

Now all that's left to do after a relaxing day at the beach is stay at home, (the one you never left) in front of the fire and have a nice cup o' tea... Seaweed tea. **Algothorm's Calming Tea (pack of 12 for \$12)** is, of course, enhanced with **Laminaria seaweed**. One sip of this wonderful wet stuff should submerge you into the perfect sleep after such a long exhausting day at the beach.



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## "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 ever 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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