

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY



Dani's Papers

SPECIAL SECTION: THE HAMPTONS INTERNATIONAL FILM FESTIVAL

PRESTANDARD
U.S. Postage
PAID
Permit No. 52
Bridgehampton, NY 11932

COMPRS
Samantha Altea
110 Horatio St. Apt. 118
New York, NY 10014



OCTOBER 21, 2005

ART BY APRIL GORNIK

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

It's been a while since my last "Tips, tricks and trivia" and so here are some 3 T's for fall that you might want to consider.

Trivia: It's breast cancer awareness month.....so don't dilly dally. Your health is the most important thing you possess. Book now for a check up.

Trivia: Dare I say it? Moustaches are back! Eeek. From Viggo Mortensensen to Liev Schreiber.....many men these days are sporting caterpillars on their faces. In my humble opinion, not many men, barring Tom Selleck of course, look all that great with extra facial hair. Nevertheless, it is an emerging trend for this fall, so, if you're game, throw out the razor for a while and see how it suits you.

Make-up tips and tricks:

It's the time of year to start thinking about wearing foundation; the seasons are changing and make-up is changing, too. Fall and winter means a heavier, more "done" make-up look. So here are some tips for wearing foundation:

1. Don't test foundation colors in a store - the lighting is all wrong. Instead, dab a little onto your jawline, then, hotfoot it outside to check it in daylight for the best color match.

2. Be sure to wash your hands before blending foundation. The reason: dust and residual dirt on your hands can make foundation streak and so either use a sponge, or wash and blend with fingertips. Plus, bacteria in your hands can cause pimples on the face.

3. Don't cover your whole face with the same thickness of foundation. Some areas of the face don't even need coverage. Go easy and gentle and apply just where you're the most blotchy and in need of evening

out. Generally, we all need coverage under the eyes and around the nose. But blend where you feel your face needs the most work. And be sure to blend the areas you do apply make-up into the rest of your face to achieve a completely flawless look.

4. Ladies of a certain age, be sure to go especially easy on the foundation...the older you get, the lighter you should go. Clogged foundation in lines and wrinkles adds years. Less is more.

5. Remember, for a full, even look, apply cr me foundation, concealer; and to set it all in place, lightly dust with powder.

Trivia: Perms are back - yes, it's official. Gone is the straight sleek look of last year and back is the tousled, just got out of bed 'do that Giselle and the like have made so popular of late. But never fear, perms these days aren't your grandmother's curls, but rather loose natural looking, flirty kinks. See if your stylist will use bigger rollers. Even winding the curl from the root is a new trend.

Trivia: Instead of blowing hair out into that sleek look that turns neatly under at the ends, go with the Reese Witherspoon look. She was one of the first celebrities to start the trend of flipping hair out...it gives a fuller, more casual, flirty look.

Tip: You just took the plun ge and dyed your hair. But you're not sure if it's quite the right shade for you. Here's how to figure it out, besides asking every person you meet in line at Starbucks. If you look tired, or feel like you need extra make-up, especially blush, you've probably gone with the wrong shade. Sorry. Another trip to the hairdresser may be in order. Experts say that the shade you had as an infant is a good color match for you and the one that probably

suits you best. So, look through old photo albums and bring a baby picture along to your salon.

Trick: Got oily skin? You probably want to cleanse and wash more often, but this is a big no, no. Over washing kicks your oil glands into action and creates more grease. So keep a regular healthy cleansing routine and use products that are specifically designed for greasy complexions.

Trivia: Accessories are STILL huge elements in fashion this fall: metallics, gold and silver reign. The hobo bag is a must and cowboy boots worn with a little skirt are in as well. Glam belts and plenty of bling are also of the moment, even though they have been for several seasons now. The cuff, in either leather or metallic, is also a popular option.

Trick: Get beauty sleep? It's a fact that sleeping on your face can cause wrinkles. So if you sleep on the left, be sure to turn over and even things out. Or better yet, sleep on your back.

Health Tips and Trivia, for the changing weather:

• If you smoke, don't. Studies show that smokers are more susceptible to getting sick.

• Don't borrow a pen. Germs stay on pens, people suck on them, put them heaven knows where. Be sure to use your own pen to sign credit card slips.

• Wash hands frequently. We all know about washing our hands but do we wash often enough?

• Sleep helps your immune system work properly. If you feel yourself getting sick, try more than just eight hours snoozes to allow your system to ward it off.

Trick: In the winter months, we all get dry skin. Look for a moisturizer with dimethicone in it. Products containing this particular ingredient help to lock in moisture.

What's Bright and Beautiful? A Spinner Smile!

Smile Solutions
Creating Beautiful Smiles

Guy A. Spinner D.D.S.
97 West Montauk Highway
Hampton Bays, NY 11946
www.thehamptoncosmeticdentist.com
631-728-0088

"You Get Younger, More Vibrant Looking Skin With Dr. Covey's Exclusive Natural Youth Solutions Process™ WITHOUT Surgery or Recovery Time!!!"

Personal Promise
"I promise you the most gentle and caring treatment while you experience my exclusive "Dr. Covey's Natural Youth Solutions Process™." I think your renewal experience will repair and rejuvenate your skin, and make you "glow" long after you leave my office. But that's not all! My written "Comprehensive Touch-Up Program" helps ensure that you'll be delighted with your natural results." - Dr. Alexander Covey

Since 1988, I've personally performed cosmetic procedures on 8,347+ patients to help them achieve "Naturally Appearing, Younger, More Vibrant Skin - WITHOUT Surgery or Recovery Time!"

East End Laser Care
Alexander J. Covey, M.D.
Board Certified Cosmetic Laser Surgery
Fellow American Academy Cosmetic Surgery

NEW PATIENTS
New Patients Get \$97 Off
First Treatment and ALL Patients Receive a FREE Consultation!
Call Dr. Covey NOW to Book Your Consultation!
1 (800) 40-DrCovey
1(800) 403-7268
FREE, Friendly Phone Advice!

Services Offered:

- Non-Surgical Face Lift (Thermage)
- Mesotherapy
- Laser Wrinkle Reduction
- Laser Treatment of Acne & Acne Scarring
- Laser Removal of Sun Damage and Age Spots
- Restylane Injections
- Botox Injections
- Laser Hair Removal
- Collagen
- Hylaform Injections
- Microdermabrasion
- Chemical Peels

• 325 Meeting House Lane
Southampton, NY
• 445 Main Street
Center Moriches, NY
• 6 East 78th Street
New York, NY

www.eastendlasercare.com
© Copyright 2005

FREE Consumer Information WARNING!!!

- Discover the 7 Secrets to Choosing the Right Cosmetic Surgeon for You
- Learn the 5 Questions You Should Ask Any Cosmetic Doctor Before Choosing One

Call For FREE 24 Hour Recorded Message
1-888-779-0133