

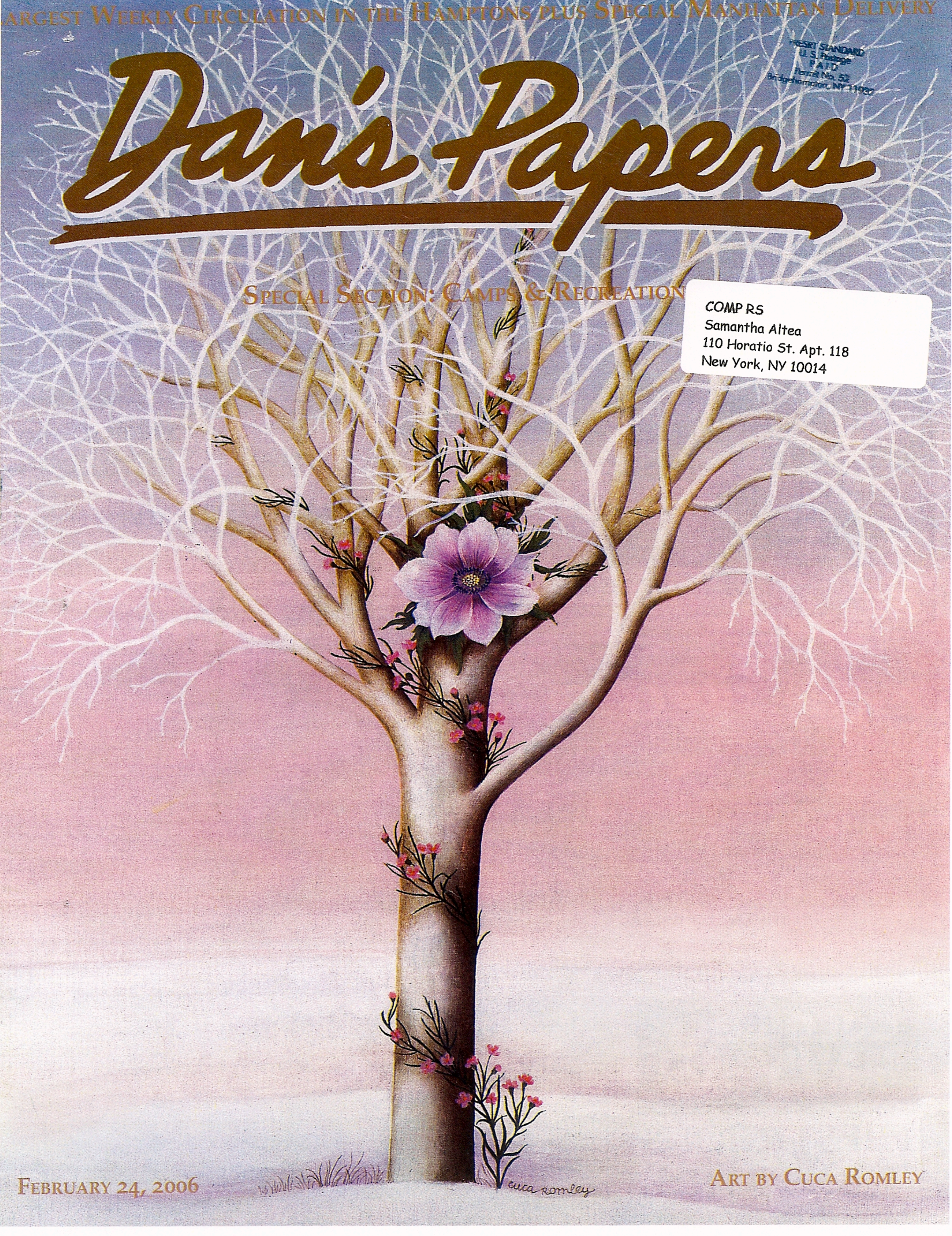
LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

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cuca romley

ART BY CUCA ROMLEY

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

It's really all about the après ski

Let it snow, let it snow, let it snow.....

Whether these three little words fill you with bone-chilling dread and the need to jet off somewhere tropical as soon as absolutely possible, or get you chomping at the bit to break out skis and boots and head for the nearest mountain, one thing's for sure, it's inevitable.....record snow fall a couple of weeks ago is *snow* joke, and proves my point. So why not embrace the chilly temps and learn to play in them? Become a ski bunny. And though a skier myself, I'll even condone snowboarding, perish the thought. This week, I'll help you figure out what necessities to pack, where to go and, most importantly.....what to wear to look cute for après ski.



Layering ensures that you transfer moisture away from the skin, so first skate your way into a sports store and get yourself some underwear that "wicks." (The technical term for transferring moisture away from the body for maximum performance, warmth and dryness.) A second layer should be some kind of turtleneck and a top layer could be, perhaps, a fleece, because they're lightweight, plus fleece is a low maintenance fabric for trips, easy to wash and dry quickly. But you may also want to consider a more glamorous top layer. That way you can take off your ski jacket and you're ready for

après ski in style. Perhaps a cashmere sweater and matching hat?

To top it off, you'll need a jacket. It's best to ski in separates. That way your jacket can be versatile for the *whole* trip. You can wear it if just shopping, or even building a snowman. This season is all about fur and so something like the Bogner jacket with a removable fur trim, though on the more expensive side, is ideal for ladies' skiing. It translates to day *and* evening wear. Plus, if you wear your jacket when traveling you don't have to pack it! For cutting, *downhill* edge, designer skiwear, try the new high end Kjus, which hit American snow

for the first time last year. It's middle to high-end in price. Killy is also a great and stylish brand, for jackets and pants, but on the pricey side. Northface is an old standard that might be worth a look and like Patagonia, Couloir Spyder and Marmot, is middle to lower end in price range. A super high-end ski brand is Montcler. But you'll look hot even when it's cold in their chic designs. Burton is always a favorite among those darn snowboarders. And be careful to get comfortable, warm enough pants that will match any jacket for versatility.

Back in the lodge and for that *après piste-de-*

(continued on next page)

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