

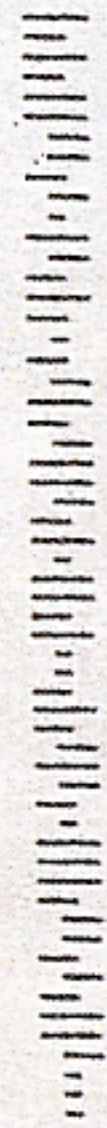
LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

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ART BY GORDON MATHESON

# HEALTH, BEAUTY & FITNESS

## Skin deep with Samantha Altea

### Viva Relaxation

**Rejuvenecer, reavivar, relajar.** Three little words, foreign to many, not only in language but in reality. However, a combination of these three Rs was exactly what I was enjoying a few short weeks ago and whilst doing them, I must confess, I felt the best I've felt in a long, long time. But what the dickens, pray tell, am I talking about and why should you care? If you're concerned about your health and well being, you might.

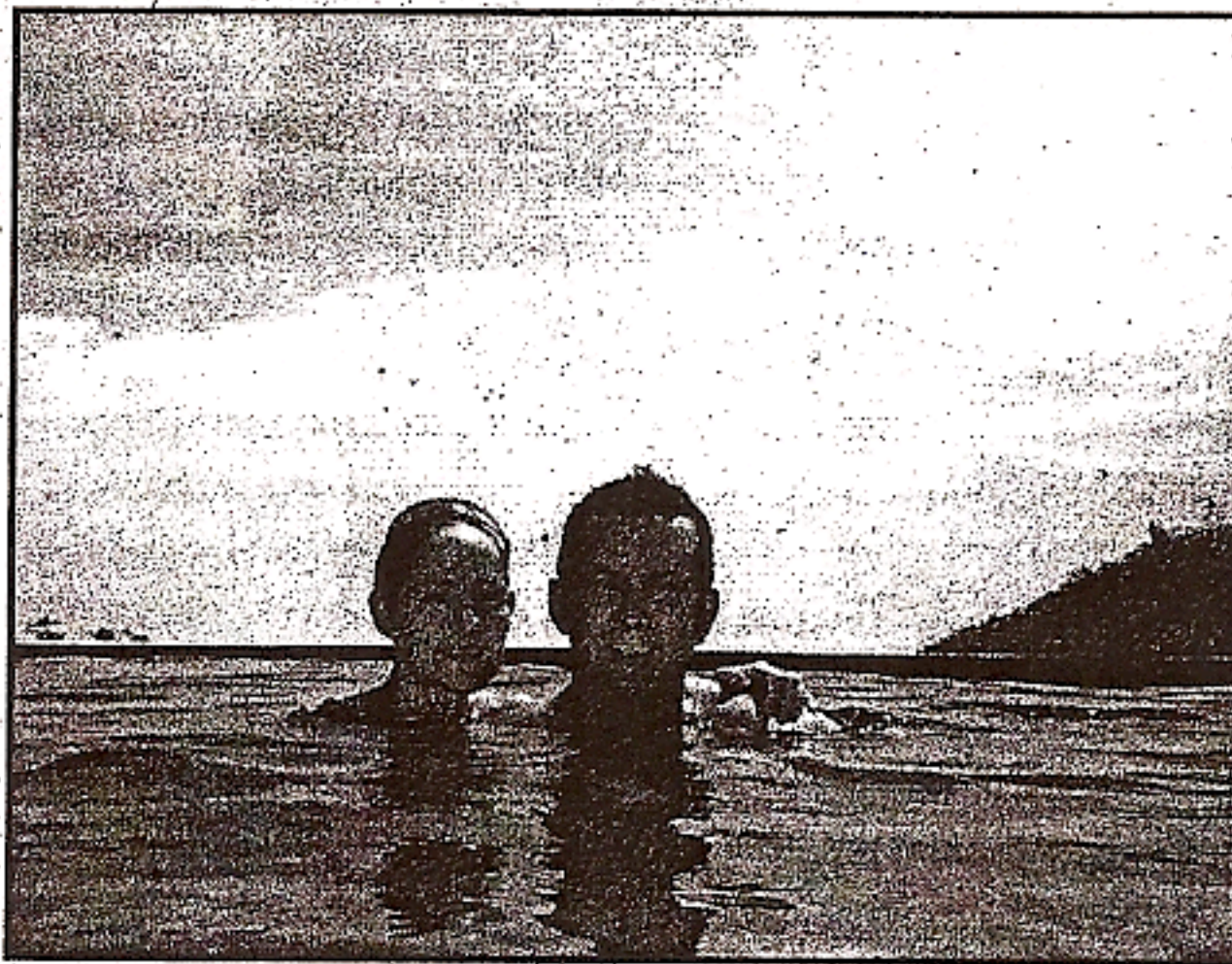
Rejuvenecer – to rejuvenate. Reavivar – to Revive and Relajar.....to relax! But you're at the beach, thinking, that's exactly what I'm doing, what's she getting at? Aren't you already relaxing? Yes, perhaps you are. And after spending 4th of July weekend in East Hampton, I'm reminded of each and every marvelous quality of living and loving time there. But are you still checking your e-mail? Have cell phone and Internet connection? Watch TV if the weather's not the best? Do you have contact with your buddies, drive back and fourth to work in the city most weeks; and a lot of the time, think about your life so hard that you can almost touch it, or if you live in town, still have to go to work, even though you live in a fabulous environment? Now do you think that you're getting your fair share of Rejuvenecer, Reavivar and Relajar?

It took a flight to Puerto Vallarta, a boat trip, and a hike to a remote hideaway, where a donkey followed carrying our luggage, for my husband, Peter, and me to start feeling unknown tension melt away. When we finally arrived in Verana, our fabulous resort, sweaty and exhausted, in a hazy daze, we felt like we'd suddenly arrived in paradise. Instantly we began to really unwind.

Arriving at our destination meant there were no phones, no Internet access, television, or modern technologies to fog our hearts and minds. In fact, Verana had only installed electricity 4 years ago.

We were more or less stranded in the jungle to get away from it all, but Hamptonites and those who visit have the three Rs at their finger tips..... How about spending a day or two without a clock for example? No cell phones, or Internet, newspapers, and TV.....don't you dare. Forget partying and your buddies just for a short time and when you feel any thoughts of work and stress creeping into your noggin, make a huge effort to consciously banish them from your mind. Meditate, read a book, take a walk, connect with a loved one.

On our trip we reveled in fresh wholesome food. It's amazing how freshly made organic foods and stunning surroundings make you feel instantly healthy



Samantha and Peter's fun in the sun

and replenished. The Hamptons is a heaven of just that – the Farmers Market in Amagansett is the epitome of fresh and wholesome and there are farm stands all over the place, not to mention many health conscious restaurants.

Instead of going out and connecting with all of the people and things that remind you of modern technology and your stressful life, even if you think you're having fun while doing it, instead, spend the night at home barbecuing, perhaps fresh fish, fruits and vegetables, grown only minutes away. Eat, drink and really spend quality time with someone special, whether it be a best friend, a relative, or lover; time with no other distractions. Or even spend quality time with yourself. It will only intensify the feeling of

letting everything else go.

It was the oddest feeling, but by the end of our stay I had no urge to check my e-mail, listen to voicemail and TV.....whatever. I wonder if you try just a few days without them too, you might feel the same way.

The crescendo of our vacation came with a spa treatment – a couple's massage, which was held in an open sided thatched roofed hut looking out over spectacular landscape making you feel completely at one with nature. That night was spent with the ultimate in relaxation – an open-air honey, milk and aromatherapy bath, lit with candles and the perfect temperature plunge pool. While staring up at breathtaking stars, engulfed in warm sumptuous bath water, smelling mountain air, surrounded by candlelight, I finally knew that before my trip I didn't quite know what *Rejuvenecer, reavivar, relajar* meant in any language. But at the culmination of it, I truly felt them.

Instead of the mountains, the Hamptons boast the most spectacular sand and sea, many of you have a pool and some even a hot tub. Why not create your own aromatherapy bath, surround yourself with candles in the open air and take in the incredible stars and amazing smell of sea air? Even a foot bath will do. Even a walk at night listening to the lulling, crashing of the waves on the beach connects us with nature. There's no need to go anywhere to get some real R&R. Plus, unlike us in Mexico, you won't have to watch out for the scorpions. (Yikes.) So take time this summer to slow things down and appreciate how to really relax.

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