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HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Get Set for Summer-color

It felt as if Memorial Day would never come, and now it's just around the corner! All winter long, though we enjoyed the cold weather, change of seasons, occasional ski trip, enough is enough, right? Personally, I found myself counting the days until the "official" start of summer and then, poof, it's crept up on me before I could say, "sun tan lotion." Any day now it's officially summer and time for that much needed long weekend. To my despair, I'm not properly prepared for it at all. So with this in mind and for the next several weeks, I thought I'd clue us all in on the latest and greatest in trends, must know 06 health and beauty info, from make-up colors, to hair care, swimwear fashion, accessories, and more. That way we can all look good, as well as be fully equipped to have fun in the sun. This week we begin with color.

It's always important to be up on the latest make-up and nail colors for each season and this summer tends to be a really fun one, where we can experiment with fresh new looks.

Summer make-up colors for 06, according to make-up artists and magazines galore, are in tones of greens and blues. See Too Faced Candy Bars in Thin Mints (\$25 Sephora) or the bright colors of Pop Beauty www.popbeauty.co.uk (either online, or also at Sephora) for some ideas. Even Jeanine Lobell, Stila Make-up creator, was quoted saying that blue and green colored beads inspired her eyeshadow colors. So it seems to be a consensus that blue and green are in this year for eyes.

That said, I forbid you to hop a time machine back to the eighties and start wearing big bold blue eyeliner and mascara.....this is a subtler look and one that should be done with caution. Don't be afraid to be bold, but know it is a hard look to get just right, according to Alyssa Morgan, a make-up artist I met recently on a fashion shoot. She's worked on the likes of Naomi Campbell, on many movie sets and even L'Oreal commercials. Morgan suggests that if you can't pull off "full-on" blue and green, like a pro, she says you should try "to offset the new summer colors (in clothing) this year of green and yellow, I believe a nice combo of pinks and taupes look the freshest." Or for a special occasion you can always hire someone like Morgan to create the latest look for you. Visit www.make-faces.com for more info from or about her.

Remember to go light or nude on the foundation and finish with a light texture and colored crème rouge in a fresh pink. This goes for the lips, too. A dusting of bronzer is always a nice touch, but easy does it.

Color for fingers and toes are a MUST in the summer. First things first, get a mani and pedi. Get those toes that haven't seen the light of day for goodness knows how long in tip-top condition and then make them even prettier with color. Fingernails are usually best in clear or light colors in the summer. You can go a little darker with



your toes, but if you're running around barefoot in the sand and want a great pedi to last without looking chipped and worn it's best to keep the color on the lighter side, too. Then again, it's always fun to have a louder splash of color in the heat if you're doing something special and/or prepared to retouch. The new nail colors Essie has for spring are all in hues of light to mid-pink, with one mauve-ish tone called China Doll. The rest of the series has names that totally conjure dreams of summer and sun. "Spaghetti Strap" is pretty in very light pink and "Bikini with a Martini" sounds like my beverage of choice. "Flirt" and "Infatuation" are always fun at the beach and they, too, are mid shades of pink. See www.essie.com to check them out for yourself.

Like Essie, its main competition, OPI, also recommends pinks for summer 06, but adds a little more spice to its colors with a "Mexico collection." OPI has slightly brighter colors and seem to cover all bases for 06. "You Rock-Acapulco Red" says it all, while "Tijuana Dance?" asks the question in an interesting Lilac shade. "Will you Mari-achime?" A purplish opal tone one might like to see, while I'm definitely hoping "Magnifico Mexico" speaks the truth - A rich terracotta that I'll be sure to get my hands on early next month for my trip to Puerto Vallarta, Mexico! See www.opi.com/mexico.asp for more colors and I'll see you when I return. Yeee haaaaa.

GRAND OPENING

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