

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY.

Dani's Paper

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

SPECIAL SECTION: REAL ESTATE

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

SEPTEMBER 8, 2006

ART BY JACKSON POLLOCK

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Post Labor Day Blues

The dog days of summer are quickly fading away. One minute I'm dreaming about jumping in the ocean on an almost hourly basis and the next, I actually find myself running home for another layer.

The problem with this time of the year is that one day it might be 60 degrees and chilly and the next it could be in the high 70s and glorious. What's a girl to wear when she doesn't know what weather to expect? In my next column, I'll tell you, with a fall fashion run down. But this week, we're covering, quite literally, our hair, skin and nails for fall. Don't have PLBD (Post Labor Day Blues), it's not terminal. In fact, it can easily be remedied if you embrace the change of season. This fall's fashion is fab and as long as we look after our bodies, we can look and feel great when wearing the new duds you'll be dying to shop for after my next column.

Hair today, Fall tomorrow

In the fall, our hair needs some TLC for its PLBD.

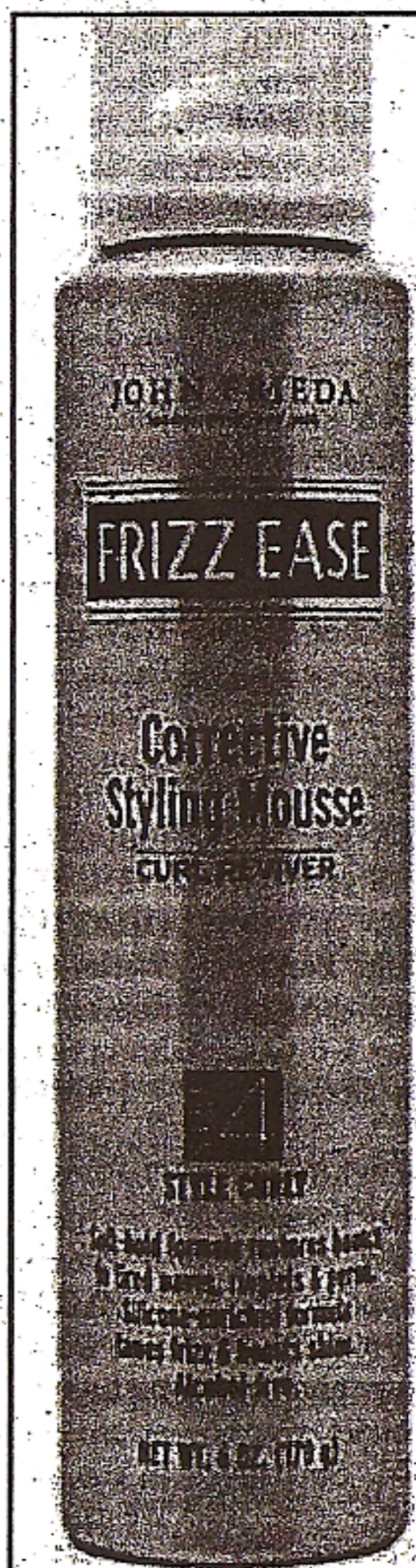
During the summer we tend to neglect our noggin', which takes a beating from the sun and salt, or pool water. Many of us have highlights for optimum sunny shine and that beach gal (or guy) sun-kissed look. This dries out our hair, for starters. Also, we probably haven't had regular cuts so the first thing to do this fall is go to your salon for a good haircut. Because the sun and sea have also dried out our luscious locks, some hydration is a good idea and a deep conditioning

treatment at a salon is advisable. Conditioning treatments at home are useful as well.

Hair can get a little crazy during the fall months because the weather can be very changeable and so many have hair frizz and static problems; the proverbial "bad hair day." This might be a good time of year to embrace the slicked back look, if your hair is long enough, or to use product, if not; if you're tired of doing that, having sported it all summer long, you might combat your "hairy" situation with some Leonor Greyl, Masque Aux Fleurs De Jasmin, which will re-hydrate and leave hair soft, shiny and static-free. Ecrú, New York, also makes a product called Volumizing Silk Mist, which works well for this. John Frieda's Frizz Ease is a good solution to those bad hair days and can be applied wet or dry.

If you're itching to get your hands on your blow-dryer, straightener, or curling irons, do your hair a favor and use pre-heating product to protect it from the intense heat that scorches the hair's shaft when using these kinds of appliances. Thus, fewer split ends. You might also like to tone your color down a little for fall and go slightly darker.

Falling into dry skin



Dry cracked skin is always something that needs attention, year-round, but as soon as the summer is over, there's major work to do. Not only should you exfoliate your whole body to get rid of dry, sun-damaged skin, but to protect from cold, windy weather, as well as home heating systems which also do a number on your epidermis. Be very sure to keep your skin well moisturized in the fall and into winter. Use a different moisturizer for body and face and don't forget your feet and hands, which also need particular attention and their own special moisturizing lotions. Choose something that suits your skin type and apply as a daily routine for soft, supple skin. You might also think about using make-up foundation. While foundation was the last thing we all wanted to wear even a month ago, believe it or not, it can actually protect our face from the elements in fall and winter. It acts as a protective layer. Just remember to remove it well and cleanse.

Nailing Fall

Our nails get very dry and brittle in the fall. There are many products on the market for nail care, but one in particular that is excellent is Talika Nail Regenerator. Dr. Hauschka Neem Nail Oil pen is also a favorite

for strong, healthy nails and soft cuticles. It promotes nail growth, with which many people struggle. Bliss makes a whole range of nail care products for both hands and feet. Try Bliss Glamour Gloves for hand and nail help this fall.

Don't "fall" this season and make the mistake of not paying attention to your body. Instead, make your body a temple, ready and waiting for the great new fashion which I'll tell you about next time.

Botox House Calls
by
Bryan Lee, MD



Dr. Lee is a certified specialist in the cosmetic applications of Botox and cosmetic fillers.
914-949-6107

Botox \$20 per unit

Lip enhancement \$1000

Restylane \$650 per vial

Serving Manhattan and the Hamptons


For Office Appointments Please Call:
38 East 57 St. 9th Floor
(between Park and Madison)
(212) 752-8475

Have an **Opinion?**

Need to get something **off your chest?**

Want to **thank someone,**
but don't know exactly who?

e-mail Dan at
askdan@danspapers.com



Dentistry for Young People

DR. NANCY COSENZA
DENTISTRY FOR CHILDREN
TEENS & HANDICAPPED
631-287-TOTS

97 NO. MAIN ST.
SOUTHAMPTON
N.Y. 11968

Hampton Pediatric Dental Associates specializes in general dental care for young people. We believe that good dental habits started at a young age will last a lifetime. Our office is designed to make children (& their parents) feel comfortable in a situation that many adults choose to avoid! Our hours will accommodate even the most hectic schedule.

LA VISH
boutique



cosmetics • fragrances • skin care • bath • body

great gift ideas...



air diffusers



bliss



MARIO BADESCU
SKIN CARE

for more info, go to www.shoplavishbeauty.com

132-5 Main Street • Westhampton Beach
(Sexton Commons Plaza) • **631.288.1855**