

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

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ART BY RICHARD PASQUARELLI



HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Beach Bag Bootie

In my last column, I talked about getting the perfect bathing suit for your body type and in doing so, feeling good about your size and shape.

Now that you have the perfect look for sea, surf and sand, you might also want to ponder what else you need to bring to the beach. Contemplate no more. After a fab vacation in Mexico (which I'll tell you about in a future column), I've made a list of some of my favorite beach necessities, things I simply couldn't live without.

Those of you who are old hands at the beach, either living in the Hamptons full-time or back at your usual beach house, still may not have heard of or thought of some of my must-have beach bag booty either, so listen up... and speaking of bags, that's #1 on my list.

Located a mere block away from the beach? No matter, it's always a good idea to have a sizeable bag with you to carry all your nifty necessities so that when you cop the perfect spot, you won't have to give it up, or schlep back to your pad to pick up forgotten items. Your beach bag should be made out of waterproof, light weight material. A bright color is always a fun in the sun way to go. Of course, you'll need towels and blankets, they're obvious. But be sure to also have some kind of shelter from the sun. In Mexico, we spent our last day of blistering 100 degree UV's under an umbrella thinking that we were pretty safe from the sun's piercing rays. Not true. Both my husband and I got burnt even though we thought that we were sheltered. So be sure to wear lotion, even if you do think you're in the shade. When walking about and exercising, try wearing a nice big sun hat for shelter. I found the most amazing hats at a local NYC store; they're

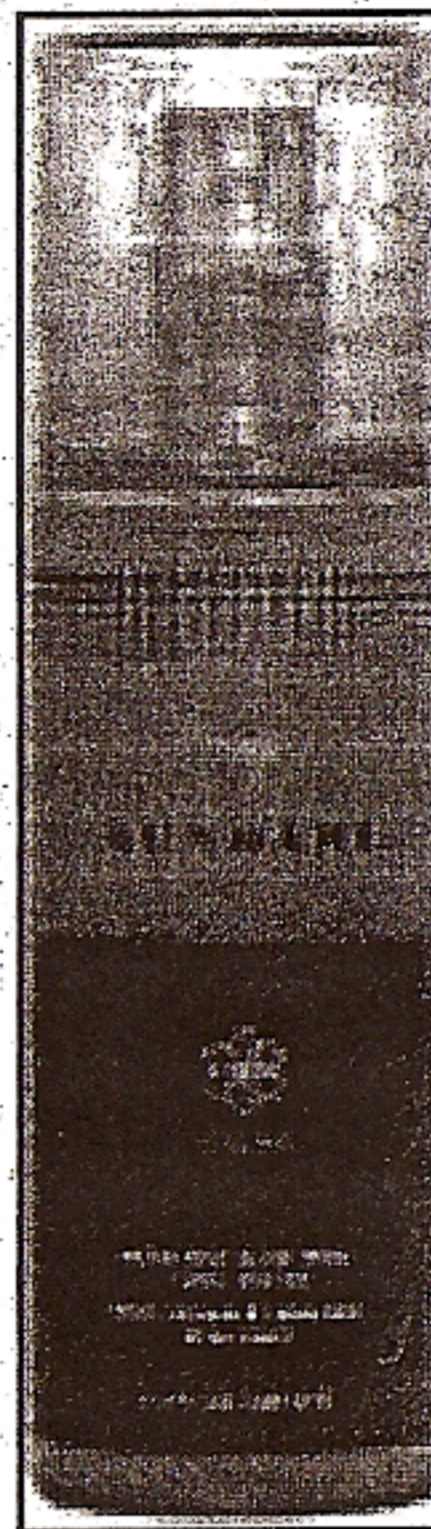
wide brimmed and come in several colors from natural to black. But the best thing about them is that they are completely packable. You can roll them up and push them to the bottom of your suitcase, or beach bag and voila, a little tweaking of the rim when you want to wear them and they not only look great, but provide ample shade. Get them at www.mxyplyzyk.com. They're made by San Diego Hats which is www.sandiegohat.com.

Another item I fell in love with late last year and from now on can't live without are Reef flip-flops. The most comfortable flip-flops you'll ever put on your feet. www.reef.com.

A nice wrap is always a good idea to bring and a light sweater in case you get chilly later in the day and want to stay and see the sun set.

Reading material is imperative at the beach and this summer's favorite takes its lead from one of the summer's blockbusters, *The Da Vinci Code*. Apparently it's a good idea when seeing this movie to have read the book first, because it helps to clarify some poignant unexplained questions. Another book not to be missed this summer is *Da Vinci's* predecessor. "Before the Da Vinci code was broken, the world lay at the mercy of *Angels and Demons*." *Angels and Demons*, also by Dan Brown, is a great summer read, too.

Bring plenty of H2O to keep hydrated, but also something like an Evian spritz, which is wonderfully refreshing to mist on the face and body when you just



can't take the heat. **Sundari's Healing Tonic Waters** are also great face refreshers to throw in any beach bag. www.sundari.com. Check out their web site. They make GREAT product.

Don't forget a wide-tooth comb for detangling hair after a dip in the ocean. But my new favorite find is the Kerastase hair-care range exclusively for the sun called Soleil by Kerastase. Gelee-Aqua Proof, a wetsuit for the hair, allows hair to be styled -- gives the wet look and protects hair from water activities as well as UV rays. A great product to throw in your bag.

Moisturizers and sun protectors are an absolute must in and after sun. Pack an after-sun moisturizer, as well as several levels of SPF protection for use when in the sun. Different areas of the face and body need different SPF values, including a high block out on eyelids and block out lip balm.

Don't forget a snack for the beach, something healthy and refreshing. Fruit is always good and an apple can just be thrown in the bottom of a bag.

Perhaps an extra set of comfortable underwear, so you're not stuck in a soggy suit all day and if you are spending the whole day at the beach, besides bringing plenty of reading material, think about an iPod or MP3. You might also want to think about a game, either a sports activity for the beach, or even a travel board game, or crossword.

Most importantly have fun in the sun and pack a smart bag.

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