

SPECIAL SECTION: REAL ESTATE

# *Dani's Papers*

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS MANHATTAN DELIVERY



ART BY NIDIA D'ALLESANDRO

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# HEALTH & BEAUTY

## Microdermabrasion: Crystal Clear Skin

If, like our fall leaves, your skin is feeling a bit dry and worse for summer wear, then it's time to rejuvenate, hydrate, exfoliate and celebrate the new beauty suggestions we have for you to wipe away the effects of sun, sand and sea and get ready for the wind and rain to come.

In the summer months, our faces really take a beating while we enjoy the beautiful outdoors of the Hamptons, but now is the time to turn over a new leaf, to shed the residues of those hazy summer days. And shedding is exactly what we mean! Fall is the perfect season to regroup and get ready for winter by getting rid of old damaged summer skin.

Microdermabrasion is one way to reveal a fresher, beautiful, more rejuvenated you. And with the holidays just around the corner, it's something to consider. But what is Microdermabrasion? Well, we've got the *dead* skinny for you.

Microdermabrasion is a technique that uses a machine containing tiny crystals that literally blast away dead, environmentally-damaged skin. The crystals exfoliate and resurface your face and neck as a technician gently works them in small areas across your whole face, leaving it feeling and looking brighter and refreshed.

It's a series of treatments that take about 30 minutes and is "so popular, and non-invasive, that many are booking sessions during their lunch hours," report Eileen Palley and Astrid Bedrossian from the Georgette Klinger salon of New York, who have their own version of microdermabrasion. Instead of crystals, they actually use diamonds to resurface the skin, which they say are much gentler. Well, diamonds are a girl's

best friend.

The ladies from Georgette Klinger say that in summer our skin tends to harden and thicken, and that microdermabrasion removes the toughened layer, allowing fresh new skin to shine through. Microdermabrasion can also help to polish and reduce fine lines and wrinkles, help with mild scars and acne, as well as mild pigment irregularities.

But if you've worked on your sun tan all summer and the thought of shedding a layer of it isn't quite so appealing, don't worry, apparently this treatment only enhances often gray-yellowish, worn tans. So, is there a down side to this beauty favorite? Most say no, but in some cases, women have reported a couple of days of slightly red, marginally irritated skin. Though the general consensus is that this is a minor negative for major results.

If, however, you'd like a more natural alternative to lift your spirits and your face this fall, then you might want to try something like Fresh Sugar Face Polish Mask. Suzette Pilgrim, a make-up artist from Fresh told us that this would be the best alternative to microdermabrasion. Fresh's Sugar Face Polish Mask hydrates, deep cleans and evens out the face and neck. It's a ten-minute treatment that should be done three times a week. But you can do this one in the comfort of your own home. Fresh is renowned for using unusual but familiar ingredients, combining ancient recipes with modern technology. This product is no exception. This face-mask contains brown sugar that works as a humectant and is anti bacterial. Added to this, there is strawberry

puree, which infuses the skin with vitamin C, and helps to shed layers of dead skin with the acid, revealing revitalized skin beneath. This allows grape seed oils to work on hydrating. Fresh's representative assured us that the face-mask works wonders. You be the judge. But if all else fails, those strawberries, sugar and grape oil sound, and believe me, smell, almost good enough to eat.

Whether you go for the fruity approach to skin care this fall, or feel like glamping it up a bit with crystal and diamonds, one thing's for sure. The seasons are gonna' keep on changing. So go with the flow and shed a little skin.

-Samantha Altea

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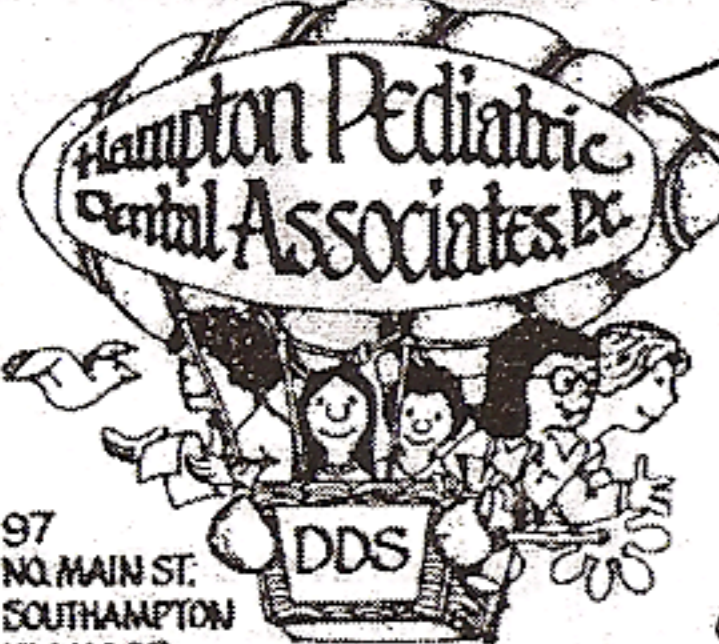


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## NEW COSMETIC PROCEDURES



If you ever watch prime time news or read the most recent beauty magazines and wonder where you can get the latest cosmetic procedures done, you need look no farther than Dr. Alexander Covey at East End Laser Care. He has been providing cosmetic surgery procedures to the people of Long Island since 1988 and has been named "One of the Top Doctors in New York."

On Tuesday, October 21st at 7 p.m. Dr. Covey will be presenting a **Free Seminar** on "The Newest Advances in Cosmetic Laser Surgery." Dr. Covey will discuss everything from "Current Laser Techniques for Wrinkle Reduction" to "The Latest Cosmetic Procedures to Eliminate Unwanted Blemishes, Uneven Facial Tone, Acne, and Acne Scarring." Learn about "How Botox, Collagen and New Natural Fillers Improve Facial Lines" and "How Laser Hair Removal Can Permanently Reduce Unwanted Hair."

You will also meet patients who have had remarkable results and find out how cosmetic laser surgery can help you look better and feel better. In short, this is your chance to find out more about what's new in cosmetic surgery.

For those who attend, there will be drawings for a **\$500 Botox treatment** and a **\$150 Microdermabrasion treatment**. Each person will also be given a special jar of our own Vitamin C beauty pads. All attendees for a limited time can take advantage of a **10% discount** on **all cosmetic procedures**. We will be donating a portion of all proceeds generated after this seminar to the *Suffolk County Coalition Against Domestic Violence*.

**Call (631) 287-6662 NOW** to register. **PRE-REGISTRATION IS NECESSARY** (Last time many people had to be turned away). This seminar will take place at The Inn at East Wind at 5720 Route 25A in Wading River and will begin at 7 p.m. Refreshments will be served.