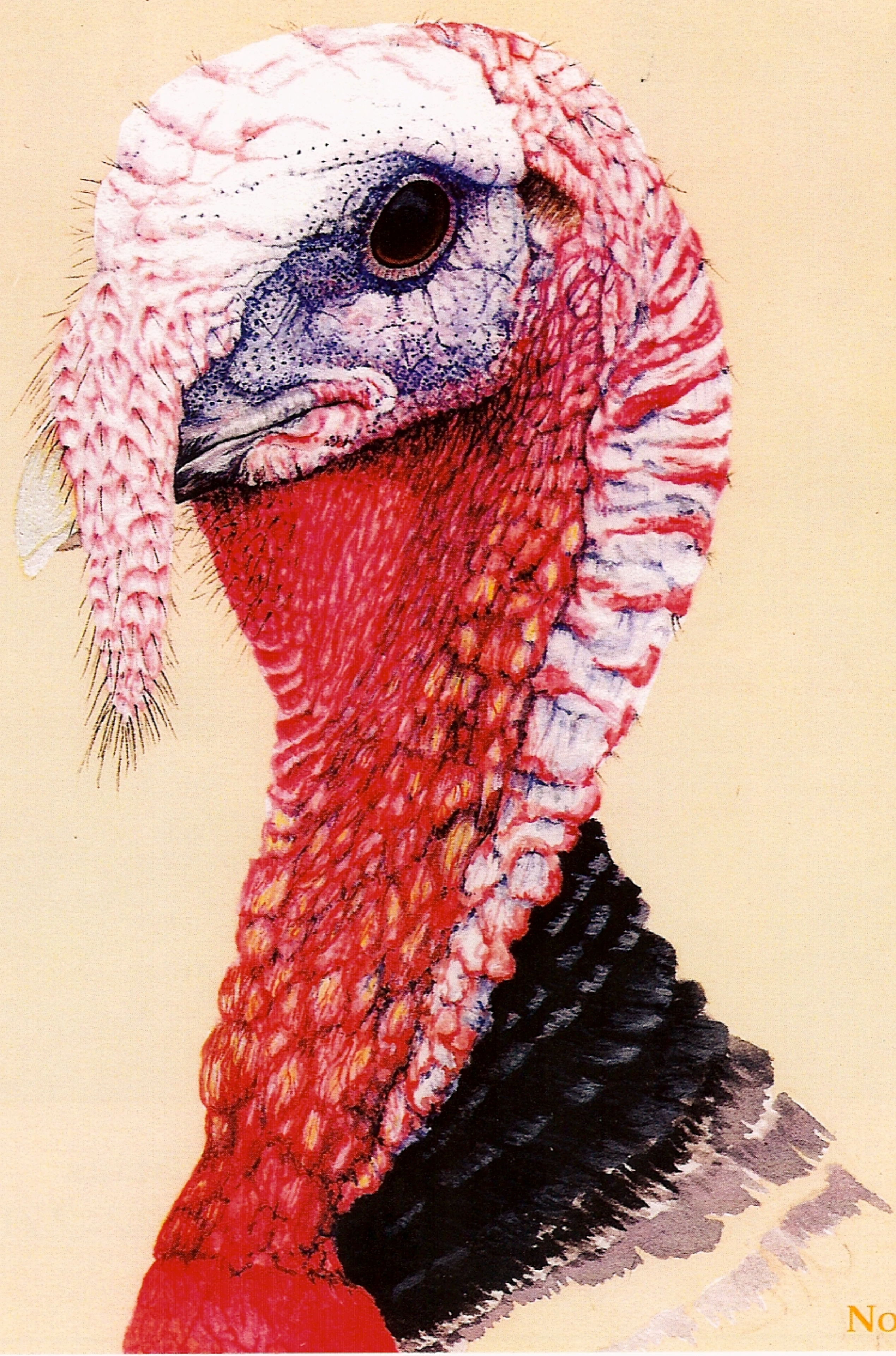


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Dani's Paper

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY



ART BY MICA McCANN

NOVEMBER 21, 2003

HEALTH & BEAUTY

Skin deep with Samantha Altea

The Hamptons Diet?

Warning: Do not continue to read this week's column if you are even remotely hungry, because by the end of this piece there'll be a rumble in your tummy and a tingle in your taste buds.

Due to the overwhelming trend of food-derived beauty products on the market these days, I decided to come up with a tasty treat for you, my readers. What's more, you can indulge all you like and you won't gain a pound. So forget other diets - here is the "All-New" Hamptons diet - seven days to tickle your taste buds.

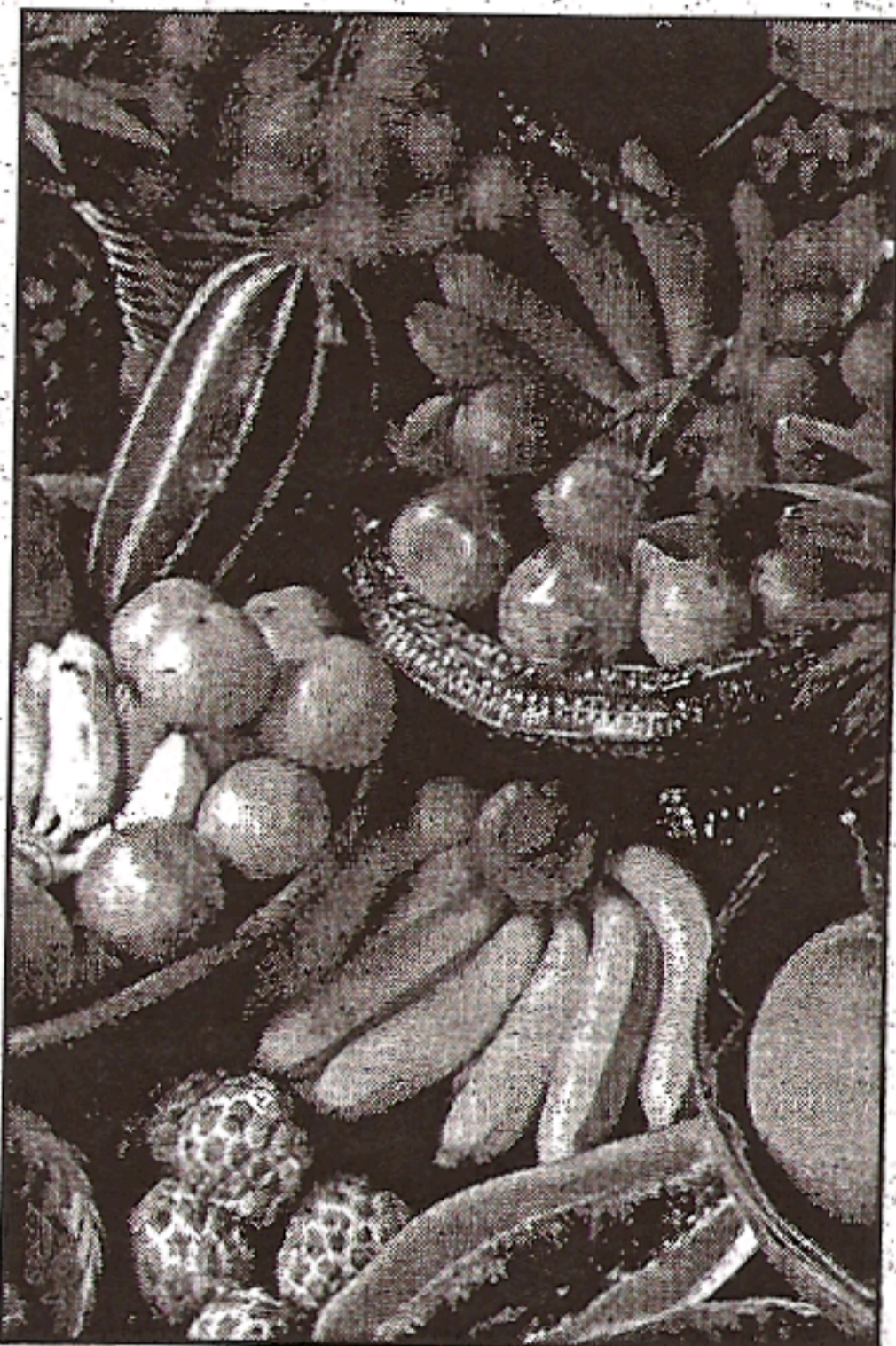
This week's menu:

Munch your way into Monday. Start your week off right, by taking a hot morning shower with Origins Pomegranate Wash, Bubbling body cleanser, \$15. This fruity cleanser will fill your bathroom with the aroma of pomegranate, mixed with coconuts, strawberries, oranges and lemon zest. Yum.

Taste Tuesdays with a sweet tooth: You'll be sweetness and light all day if you wear Sugar Cookie Cologne by Demeter, \$45 (bath products included in price). Note that Demeter also makes a Hot-Toddy cologne, \$17.50, but perhaps this should be worn on weekends only. Bosses might wonder what you've got stashed in your desk drawer.

Wet your appetite on Wednesday with Philosophy's Gingerbread house, \$35 (gift set). You'll taste good enough to eat with cookie lip balm, or sweetly smile with gingerbread facial paste - and, watch out J Lo - look inside the Gingerbread House. You, too, can have cinnamon buns with Philosophy's scented body wash.

Quench your thirst on Thursday and take a bite out of Juicé Beauty's Green Apple Peel AHA



Enzyme Treatment, \$48. This product contains "real fruit juice" that has alpha hydroxy acids to improve the look and texture of your skin. We all know how healthy fruit is, so don't be surprised, the other nourishing benefits come from vitamins A, C and E. Say "goodbye" to fine lines and say "hello" to even-textured skin. It's yours for the picking.

By Friday, you've had your fill. So at the end of the workweek, relax and put up your feet for a light meal. As an appetizer, repair tired, dry, cracked skin on your tootsies with Barielle's Cucumber Foot Soother, \$20. This low fat option moisturizes and soothes chapping, while chamomile leaves your feet feeling soft and smooth. Then for the main course, cook up Fresh's Rice foot cream, \$32. This rice and beeswax product absorbs into the skin leaving it smooth and silky. It's officially the week-

end and so on Saturday, veg-out with B Kamins chemist, Vegetable Skin Cleanser \$32. Have a healthy snack after a night on the town and remove make-up with this veggie cleansing product that dissolves impurities from the face. Savor Sunday

with an array of sinful treats. Chocoholics go wild with Philosophy's Chocolate Lovers Cookbook, \$32 for set. Indulge with two kinds of chocolate shampoo and body washes, then swill them down with café au lait. Or pamper yourself with the mouthwatering Jaqua Girls marshmallow cocoa body whip, \$16.50. You'll have smooth succulent skin to again begin the workweek. These seven gourmet days of heaven are a treat for everyone. Once you've tried it, you'll probably agree that it really was totally fat-free. You won't gain a pound - that I guarantee. So if our buffet of delectable bites has left you with an appetite, try the no calorie Hamptons diet. It's sure to satisfy.

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