

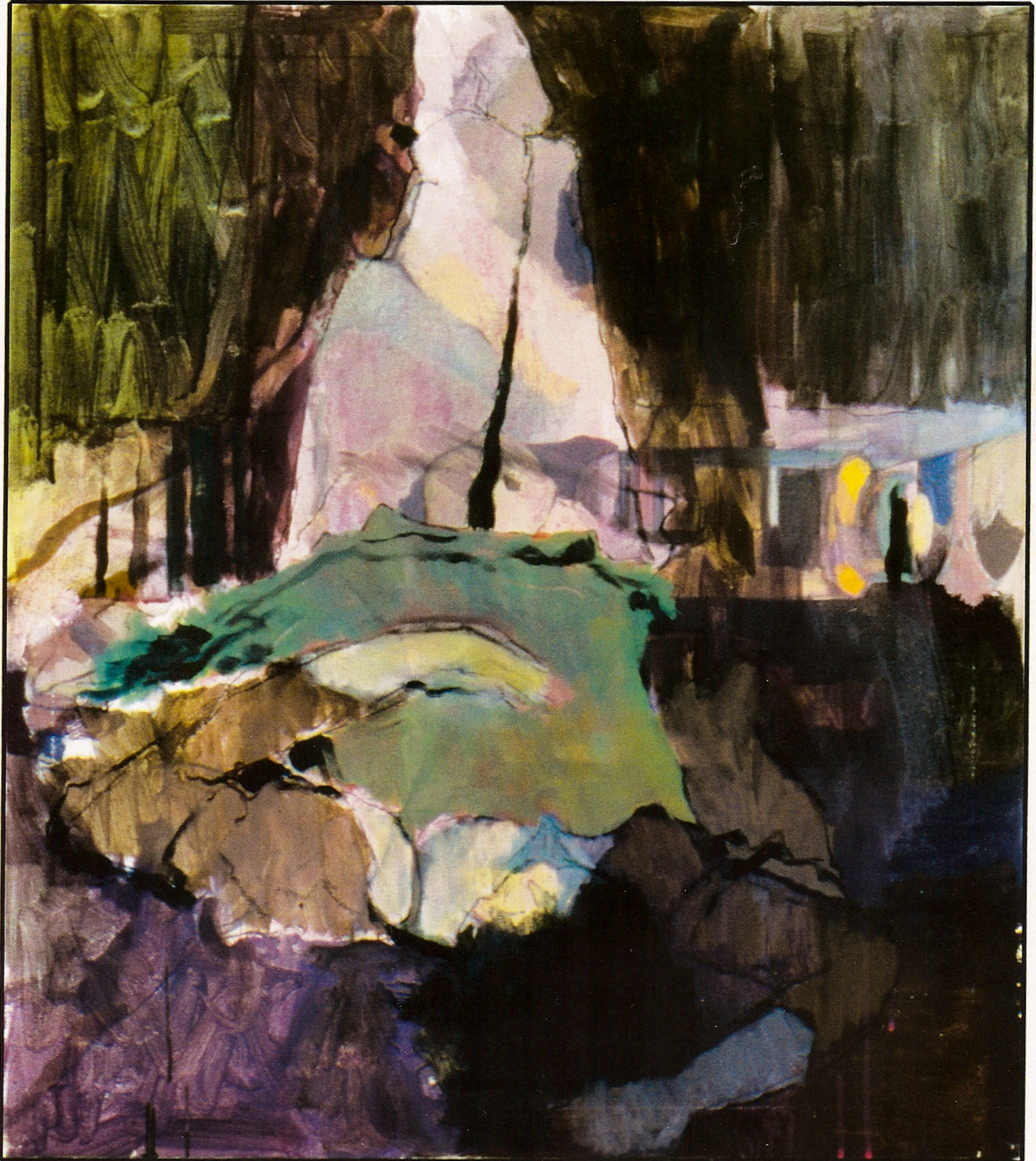
THE HAMPTONS INTERNATIONAL FILM FESTIVAL

SPECIAL SECTION:  
BEST OF THE BEST

# Dani's Papers

ART BY LIZ GRIBIN

OCTOBER 24, 2003



LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS MANHATTAN DELIVERY

# HEALTH & BEAUTY

## Skin deep with Samantha Altea

### Get A Leg Up On Beauty

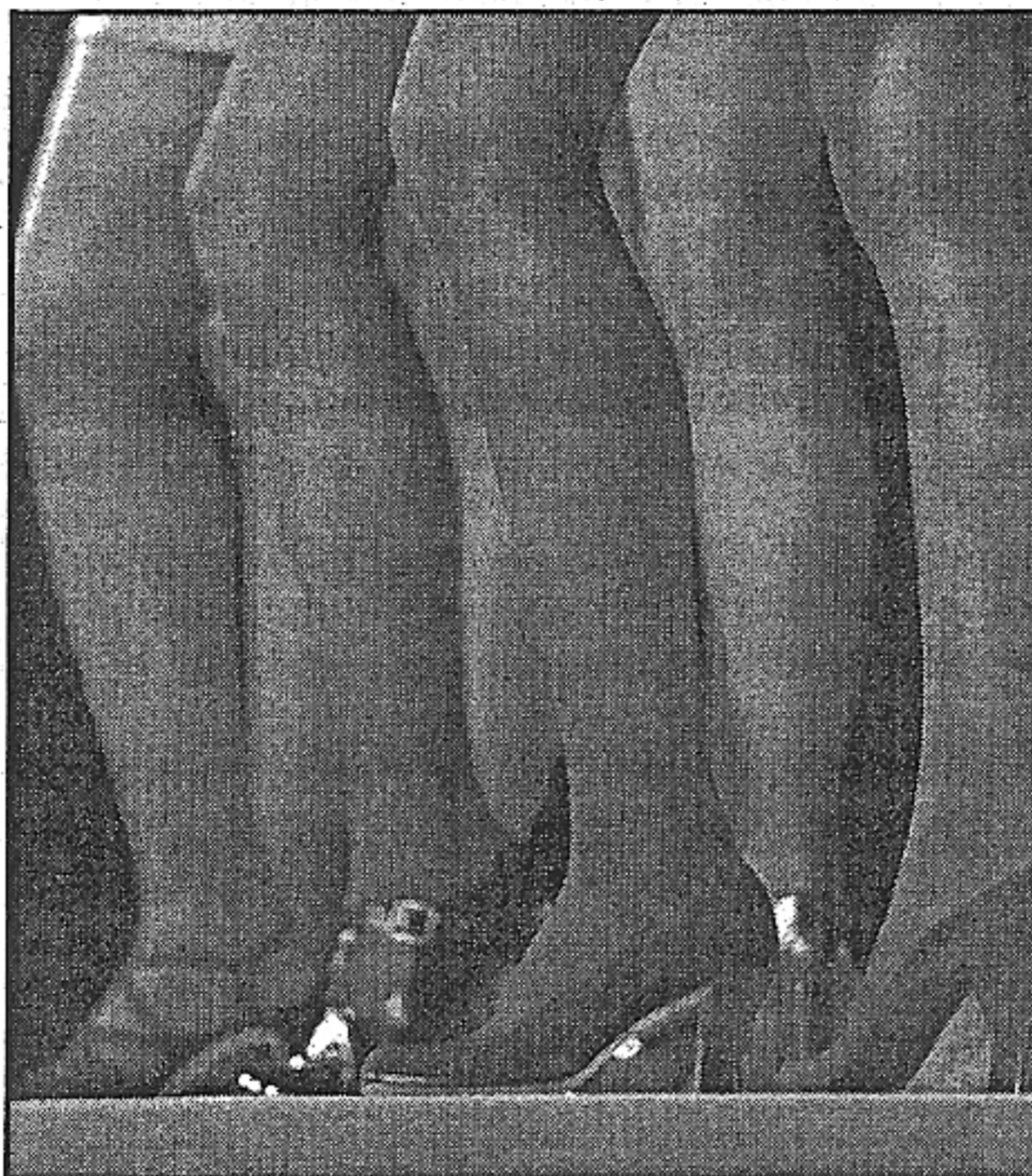
Now there's a distinct chill in the air, you may think that it's time to cover up your legs and, dare I say it, even let those sneaky little "stubby" hairs grow a tad longer than you normally would, (admit it, we've all been there), but here's the news. Think again. Why worry about the state of your legs this winter? Because this year is the revival of the mini skirt! Yes, it's back with a vengeance. So sharpen up those razor blades and heat up that wax, ready for the hottest look in fashion. But before you groan at the notion of showing off your usual winter white, lackluster, hairy set of gams, don't. Here's a leg up on how to get ready to accommodate even the micro tiniest of skirts.

First things first. Exercise. I spoke to Equinox fitness' trainer, Kacy Duke, who told me the three most essential ways to shape up your legs ready for any mini.

"To begin, head for the hills," she says. Plenty of walking, or running. This shouldn't be too hard to accomplish in our beautiful Hamptons landscape and Kacy even suggests a power walk in the sand to really give yourself and your legs a cardio detox and sculpt. Then, once you've finished stomping down the beach, she recommends plenty of squats and lunges to help define ham-strings, quads and glutes, (legs and bottoms to us layman). Do three sets of 12 reps, three times a week and you're well on your way to raising those hemlines.

But once your legs are sculpted to perfection, then what? Well, no self respecting mini skirt

wearer would step foot without exfoliating, hydrating and working on any cellulite. Even if you plan to wear tights or hose, says Margaret Banks from Sephora. "Unconditioned legs still show under tights," she remarks, as she points out



some of their most popular selling leg treatment products.

Why not try Bliss Lab products made especially for the legs? You could start with their High

Thighs Seaweed Task Mask, at \$45, to help fight cellulite and lumpy legs. Rub this product in three times a week. Along with this, try their Serious Seaweed Cellulite Soap, not to be confused with the seaweed you'll find at the beach when you're power walking. Rather, this seaweed soap, combined with almond oil, is actually molded so that it has massage nodules that help to knead away cellulite.

Then for serious leg smoothing action, exfoliate with their Super Slough Scrub, \$28, containing jojoba scrub beads in a gel that hyper-hydrates and gets rid of dead cells to reveal radiant skin beneath. Last but not least moisturize, moisturize, moisturize. Where would we be without showing off smooth silky hydrated legs? Most body moisturizers will do. Though you can turn to Bliss' Lemon and Sage Soapy Sap, \$28, for that, as well.

Now you have perfect legs for a mini, but the suntan you had a month ago is fading fast. Well, there are two ways to go. First you can fake it. Get rid of winter white legs with Bathina Body So Fine, by Benefit, \$26. This product leaves a shimmering hint of color for perfectly groomed legs. Or Nars body glow, \$55 for a sun kissed glow. What most are doing this cold season, however, is to couple the perfect mini with a pair of gorgeous warm tights and long boots. For fabulous designs try Wolford, their tights come in all shapes and sizes, colors and designs.

So, no matter what shape, size, color or design, your legs happen to be, why not take a short-skirted walk on the wild side this year.

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