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ISSUE 1 VOLUME 1 **lilim**
LONGISLANDBEAUTYMAGAZINE.COM

LONG ISLAND BEAUTY

Magazine

Chic. Stylish. New. You.

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with SculpSure**
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World-Renowned
Sailor Dawn Riley
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Taché**

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LONG ISLAND *Beauty*

MARISA TACHÉ

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COVER PHOTO BY
SUZAN MONELL PHOTOGRAPHY
SUZANMONELLPHOTOGRAPHY.COM

FROM THE PUBLISHERS >

As the principals and publishers from Cosmetic Surgery of New York, we hope you enjoy the premier issue of Long Island Beauty Magazine, which will be published quarterly.

We live and work on Long Island and wanted to create a lifestyle publication filled with stories to connect you to the community.

Every issue will be written with you in mind, and will feature fresh, relevant

lifestyle stories that speak to Long Island women.

At CSNY, there is no one more important than you. For more than 25 years, we have been restoring confidence, building trust and uncovering possibilities for our patients. That's why we love what we do.

There is always something new and exciting in the beauty industry and we will bring news about the most

advanced technology and anti-aging treatments available today.

Long Island Beauty Magazine will be your forum. We'd love to know more about what interests you and welcome your feedback.

enjoy!



COSMETIC SURGERY OF NEW YORK
DR. HILLARD WARM, DR. ROBERT JACOBS, DR. HAIM MISHOLY
PUBLISHERS, LONG ISLAND BEAUTY MAGAZINE

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BEAUTY BUZZ



AROMATHERAPY SHOWER

Turn your shower into a spa with this aromatherapy diffuser shower kit. This DIY kit is easy to install, simple to use and 100% organic. Each kit comes with 3 pods filled with organic essential oils that leaves no oily residue on skin or hair. No synthetic or artificial ingredients. \$39.99, EssioShower.com



YOGA WATER MAT

For those who are seeking Zen at the lake or in the pool, this water mat takes yoga to a new level. For beginners to advanced yoga enthusiasts. TheWatermat.com, \$599

FITNESS & NUTRITION GENETICS

Now, with a saliva swab you can reach your nutrition and fitness goals with a customized genetic profile on how you metabolize nutrients, the effects of different types of exercise and focus on two realms of genetic science – Exercise Genomics and Nutrigenomics. Get personalized information on your nutrition, health, fitness and your body so you can reach your goals. \$99, Phenombio.com





Do You Have 90 Minutes?

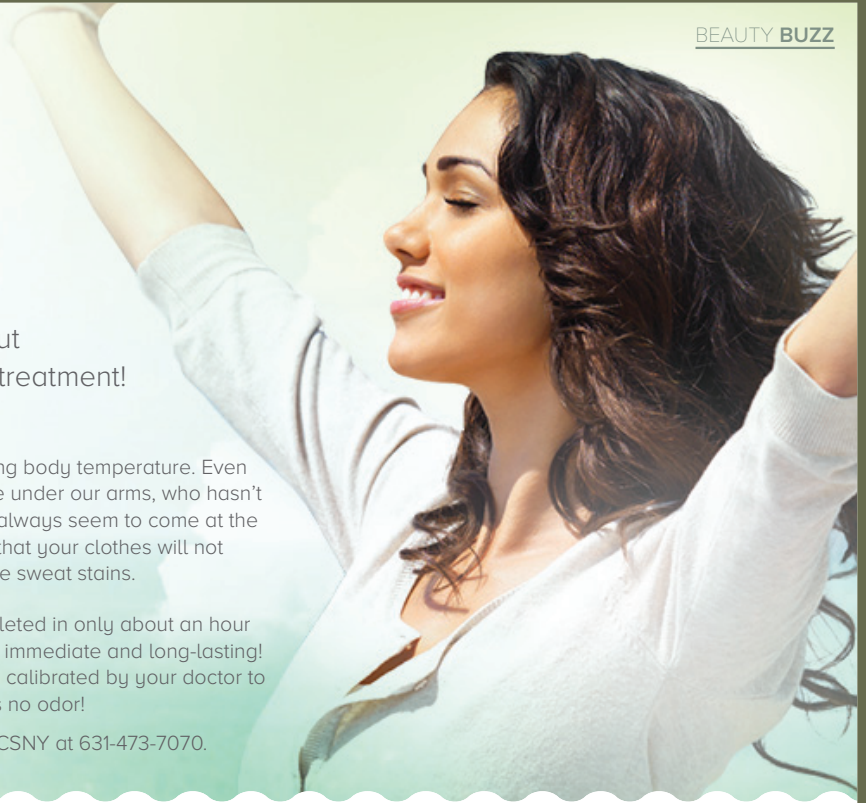
NO SWEAT!

miraDry, approved by the FDA to cut sweat by 82 percent after just one treatment!
FOR MEN AND WOMEN!

Everyone sweats. It's our body's way of regulating body temperature. Even though only two percent of our sweat glands are under our arms, who hasn't feared the dreaded underarm sweat stains that always seem to come at the wrong time? With miraDry you can be confident that your clothes will not have chalky white antiperspirant marks or telltale sweat stains.

miraDry is a non-invasive treatment that is completed in only about an hour and reduces sweat for good. and the results are immediate and long-lasting! miraDry uses microwave energy that is carefully calibrated by your doctor to zap sweat glands, forever. No sweat also means no odor!

To schedule a complimentary consultation, call CSNY at 631-473-7070.



LANOLIPS

Lanolin oil is naturally secreted by sheep to protect their skin against the harsh climate and has been used by humans for centuries. When lanolin oil is ultra-refined, it makes a wonderful hand and body moisturizer and lip balm. 100% natural makes it even more appealing.
Lano Lanolips, \$17, LanoLips.com



PHOTOSHOP ON YOUR PHONE WITH YOU CAM PERFECT

Edit your selfies into a masterpiece with this free app for iPhone or Android. You can instantly maximize your look by perfecting skin tone, lighten dark spots, whiten teeth and smooth your complexion. Easy to use and perfect for touching up pictures before uploading to Facebook. App Store. You Cam Perfect, Free.

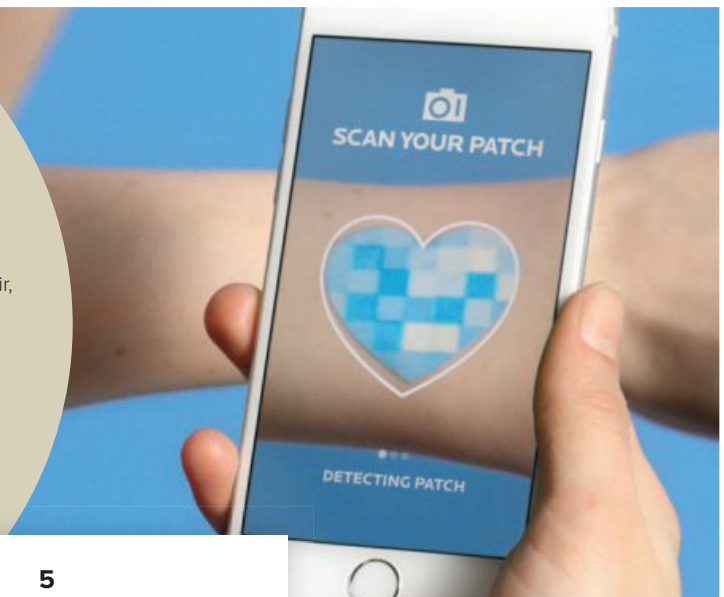
MY UV PATCH

Get on the list for news about this revolutionary device!

My UV Patch is unique device that measures your level of sun exposure. The patch is a transparent adhesive that stretches and adheres directly to any area of skin that you want to monitor. Virtually half the thickness of a strand of hair, the patch contains photosensitive dyes that change color when exposed to UV rays to indicate varying levels of sun exposure.

My UV Patch can be connected to an app that will provide a personalized report on your UV exposure, taking into consideration your skin type, if and when you applied sunscreen and the UV index at your location.

To find out when it will be available in stores: Tweet @LaRochePosayUSA #MyUVPatch



W
A
S
C

THE BEAUTY INNOVATORS: COSMETIC SURGERY OF NEW YORK

AT CSNY OUR FOCUS IS ON YOU

With more than 25 years dedicated to the art of aesthetic surgery, our plastic surgeons have not only blazed the trail in cosmetic surgery, we have set the standard.

Plastic surgery and its transformative results are no longer just for the rich and famous. Men and women are having plastic surgery in record numbers to achieve the look they have always desired.

New minimally and non-invasive procedures have given our patients more options to consider than ever before. Breast implants, liposuction and tummy tucks are now widely accepted gold-standard procedures.

At CSNY, before we perform any procedure, we discuss what your options are, your best course of treatment, and what results you can expect.

THE CHANGING FACE OF PLASTIC SURGERY

In 2014 the American Society of Plastic Surgeons reported a 111-percent increase in the number of surgical and minimally invasive procedures performed since 2000. Breast augmentation procedures were the most commonly performed, with a 35-percent increase, followed by liposuction, eyelid surgery, facelifts and rhinoplasty.

2016 has already been a busy year for CSNY, and we owe this strong start to some cutting-edge procedures like SmartLipo, and non-invasive procedures like SculpSure and miraDri.

CSNY also offers many minimally invasive cosmetic procedures, including BOTOX®, filler injections and other facial procedures, and the hottest (literally) new procedure available today, SculpSure.

Everyone has their own definition of beauty and health, and at CSNY we have built a culture that centers on exemplary patient care as well as using all the newest methods, procedures and state-of-the-art equipment.

Cosmetic Surgery of New York is a fully accredited surgical facility located in Port Jefferson Station. Our surgeons are also on-call at Long Island hospitals to provide concierge emergency room care when a plastic surgeon is required or desired for optimal wound healing.

We look forward to meeting you to learn about you and your desires, and we'd like to share who we are. ●

For detailed information on our services, go to www.CSNYCosmetic.com

THE SURGEONS AT CSNY



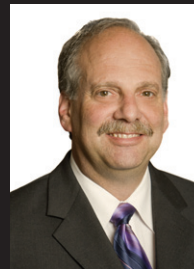
DR. ROBERT JACOBS

Commitment to community, particularly education, plays a major role in Dr. Jacobs' life. He is one of the founders of the Suffolk County Solomon Schechter Day School and though his children are grown, he still volunteers for the

Port Jefferson High School Prom Construction Committee. Dr. Jacobs can be seen about town and commuting to work on his bicycle.

Dr. Jacobs is one of the first 20 surgeons in the United States (three on Long Island) selected to participate in the initial nationwide cohesive gel breast implant study.

"Plastic surgery, like all of medicine, has steadily progressed over the more than 25 years I have been in practice. With the new innovations available today there is so much more we can do now than in the past," Dr. Jacobs says.



DR. HILLARD WARM

As a Board Certified Plastic Surgeon I hold myself to the highest standards. I truly believe in taking care of my patients the way I would take care of my own family. It is very important that you have the best outcome possible. To accomplish

this, I will review each treatment option with you and help determine which would provide the most benefit to you. I look forward to helping you achieve your goals.



DR. HAIM MISHOLY

Dr. Misholy is a Renaissance healer who brings art, science and humanity together through plastic surgery. "I enjoy the unique blend of form and function offered by the field of plastic surgery. It resonates with my artistic side and

a desire to help people achieve functional and aesthetic results that will improve the quality of their lives."

CONVERSATION STARTERS >>>>>>>>

Master the art of starting a chat with these little tidbits of information that we think are pretty interesting.

THE FLOAT PLACE

floatation-REST (Restricted Environmental Stimulation Technique) or sensory deprivation, offers immense potential for personal growth and healing. Enter a state of deep mental and physical relaxation by giving yourself a break from the endless input of sensory experiences and give your mind a chance to recharge and rest to emerge and face the world with renewed energy.

THE FLOAT PLACE, DEER PARK, THEFLOATPLACE.COM



SMARTTRESS

With a "lover" detection system

SMARTTRESS MATTRESS

Smarttress is a high-tech mattress with a "lover detection system" that is outfitted with 24 ultrasonic sensors that detect if it's in use while you're away. If the sensors detect suspicious activity, a notification beep goes to the phone where the mattress is linked along with a message that the mattress is being used.

SMARTTRESS.COM



The 25 Minute Game Changer!

SculpSure™

SCULPSURE - NON SURGICAL FAT REMOVAL

Body contouring without surgery is now available on Long Island. This breakthrough light-based laser reduces stubborn fat in problem areas in just 25 minutes, helping you achieve a slimmer and natural looking appearance without surgery or downtime. (Read more about SculpSure on page 14.) CSNYCOSMETIC.COM



CHARTER CONCIERGE SERVICES

Catering to the most discerning clientele, Long Island native Gia Vigliotti, founder of Charter Concierge Services (CCS), has made it her business to provide custom concierge services to her high end clients. Need an appointment with a celebrity stylist? Restaurant reservations at NYC's trendiest new hot spot? A unique, exclusive experience? Tickets to the Kentucky Derby? The Oscars? Super Bowl, Stanley Cup, World Series? Gia will provide you with luxury access to whatever your heart desires.

CHARTERCONCIERGE.NYC

CLOUD 9 EXOTIC CAR CLUB

If you love to drive exotic cars, Cloud 9 offers exclusive membership packages for the auto enthusiast without the hassle of ownership. Their fleet includes McLaren, Ferrari, Maserati, Lamborghini, Bentley, and more. Members also get track time at major racetracks across the tri-state area, race events and road rallies. CLOUD9EXOTICS.COM





TIME TRACKERS

Who do you spend time with? We track our daily steps, log our sleep hours, but what about the time we spend with our friends, family and loved ones? The 'Conceptor Soul' is a "Fitbit" tracking device that automatically detects when you're within range of a friend who also has the device or the app installed and will track the time you spend together to see just how much quality time you're spending with one another. Get weekly reports of how you invest your time and create challenges for your colleagues and friends. The device can be worn on your wrist and comes in two materials: leather or silicon. If you prefer to track by phone, just download the app. **STARTING AT \$35, CONCEPTOR.CO/SOUL**

THE STEM BOX

As the verticals of science, technology, engineering and math become more and more in demand, forward-thinking parents are buying STEM toys marketed specifically for their young daughters. In the genre of Birchbox and Ipsy, STEMbox kit subscriptions are mailed monthly to girls ages 7 to 13 and include different concepts and experiments for girls to explore. **SUBSCRIPTIONS START AT \$36, MYSTEMBOX.COM**



SECRET MENUS

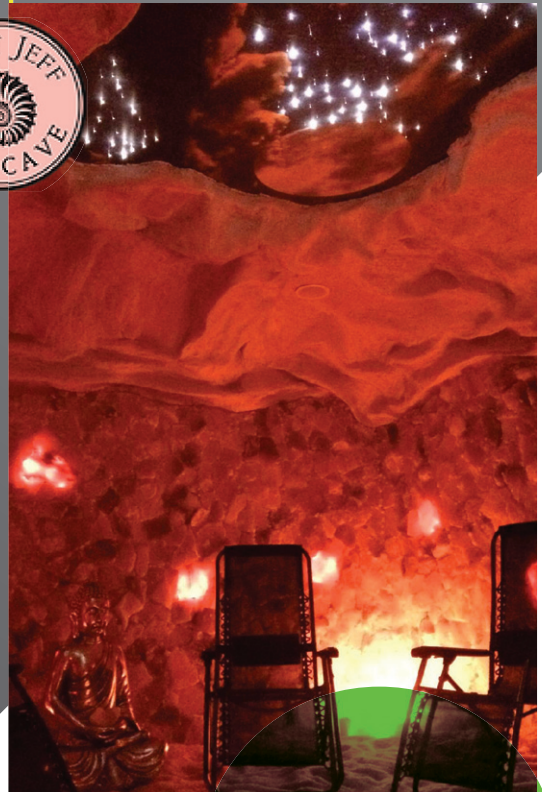
Some fast food aficionados prefer to create their own menu items by mixing existing ingredients and coming up with a better-tasting version of a menu item and often ends up on the restaurant's "Secret Menu." Almost every franchise has a secret menu and you can find all of the options available at SecretMenus.com. Not every location offers this special menu, so you have to ask or be ready to give them the specific ingredients to make the item. For Harry Potter lovers, check out Starbucks offering:



BUTTERBEER FRAPPUCCINO
Vanilla Bean Frap,
Caramel and
Toffee Nut Syrup

ALLERGY RELIEF


The salt cave, constructed of more than 3 tons of pure Himalayan salt crystals, acts as an anti-inflammatory agent to improving breathing, joint pain and other conditions. Yoga, Thai Chi, Reiki Circles, Mommy and Me and private cave parties are available too!
320 Main St.,
Pt. Jefferson.
PORTJEFFSALTCAVE.COM
OR CALL 631-938-2102.



By Anne-Marie Bellavia
CSNY's Medical Aesthetician
and Skin Care Coordinator

TRADE SECRETS

As the medical aesthetician and skin care coordinator at CSNY for more than 22 years, I have access to the latest in modern technology and exclusive treatments that will take you to the next level of beautiful skin- healthy looking with a rejuvenated glow.

 These treatments and products are my Trade Secrets. They are basic skin care regimens that work wonders to keep your skin looking smooth and youthful.

Note: The Skincare Department at CSNY is a clinical one, which means we not offer traditional facials.



DO THE TIGHTEN UP

Lasers work wonders to lighten and even skin tone. There are several types of laser treatments available that eliminate years of damage, smooth wrinkles and pores and erase age spots. You can also increase your collagen production with laser treatments for a tightened jowl and neck area, reduced crows feet and an overall more youthful appearance and glow.

MY TRADE SECRET:
The Triple Threat

To find out more about Anne-Marie's Trade Secrets, schedule an appointment for a complimentary personal consultation by calling 631-473-7070.

Anne-Marie Bellavia is a Member of the Society of Plastic Surgical Skin Care Specialists and a Member of Decisions Women in Commerce Professions, an organization of community service oriented business and professional women on Long Island.



FEEL ME, PEEL ME, TOUCH ME

There are several over-the-counter mini-peels that can give you a refreshed look for an evening out, but to keep skin looking supple and radiant, it requires professional exfoliation. I also recommend chemical peels as a time-tested treatment for skin blemishes that results in smoother, clearer and younger-looking skin.

We offer different levels and treatments to give your skin that youthful glow.

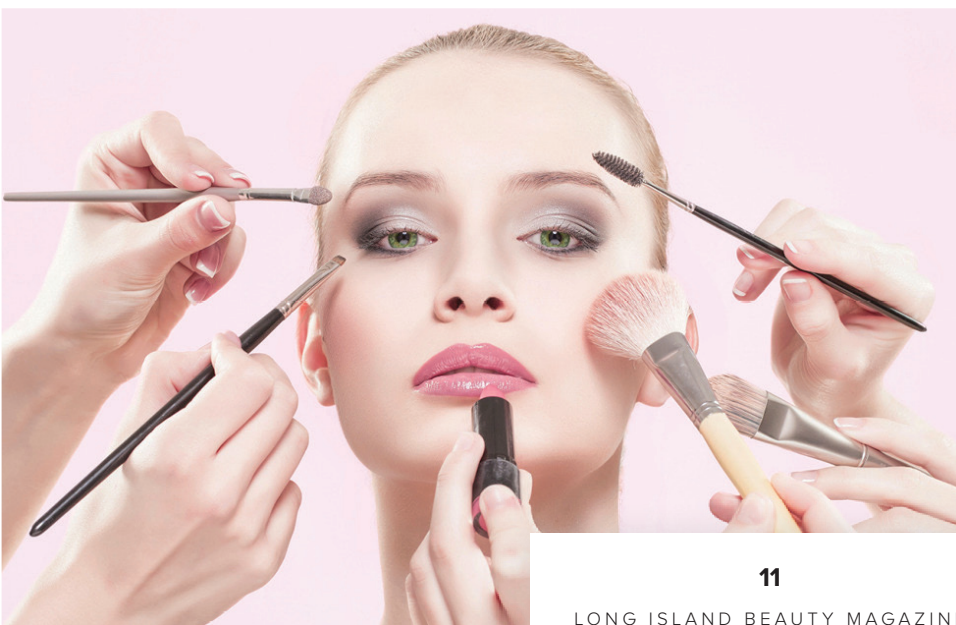
MY TRADE SECRET:
**Ultra C Microdermabrasion
Peel Series**



OVER THE COUNTER MEANS UNDER-PERFORMANCE

There are so many products on the market today it's hard to decide what to buy. The products I use and recommend are pharmaceutical-grade and they deliver results. Retinol Treatments help repair the texture of your skin and reduce hyper-pigmentation and lessen the appearance of fine lines and pores. Pharmaceutical-grade products will help to alleviate any dryness to the skin. Hyaluronic acid, which occurs naturally in skin, is depleted as we age and can be rejuvenated with the right product.

MY TRADE SECRET: Hydrator Serum that hydrates, plumps and adds volume to skin



BREAK UP WITH YOUR MAKEUP

Don't let your makeup age you. Every season you should take the time to update your makeup for a fresh and younger look. At CSNY we offer a complimentary refresher course in makeup application for every age.

MY TRADE SECRET:
Permanent Makeup gives amazing results. At CSNY, permanent makeup is applied under the supervision of a plastic surgeon.



SUMMER NUTRITION TIPS

BY Michelle Blum

MICHELLE BLUM, a native of New Jersey, has been interested in the dynamics of how, why and what we eat since she was a child and saw the fluctuating weight and diet struggles her father went through.

Being a Hofstra University graduate, she fell in love with Long Island and planted her roots here.

Only 27 years old, Michelle's growing empire of Nutrish Mish locations is now at five.

Her mission is to change the way America eats, and it begins right here, on Long Island.

"There's a disconnect between how people want to eat and how they actually eat," she says.

Her best advice is stop treating eating like you're on a diet. Eating healthy is a lifestyle change, and her aim is to get people to improve their eating habits and to make changes that will last a lifetime. If you make improvements to your diet instead of trying to be perfect, the weight will come off (and

stay off) naturally.

Being a Nutritionista means Michelle knows the ins and outs of seasonal eating, and while summer means lighter clothing and lighter meals, the sunny season definitely has its own nutrition challenges.

"Summer can mean a different schedule, or sometimes no schedule at all," Michelle explains. "People who have summers off or stay at home tend to struggle a bit more in the summer due to the lack of a schedule."

Michelle has an easy solution that can help smooth the transition from skinny jeans to bathing suit and ensure you still enjoy all that summer has to offer.

"The trick is knowing when and what you are having for lunch. If you know this, everything else will fall into place. Sometimes people skip lunch and then overeat at the end of the day, or start picking in the afternoon, which ultimately leads to weight gain. Plan ahead and stay ahead of weight gain," she recommends.



BBQs... *The Good, The Bad & The Ugly*

The summer means BBQs, and a lot of them. While the grill is a useful tool to eating well, traditional BBQ foods leaves much to be desired in terms of health. You can still enjoy BBQs, according to Michelle. Here are a few simple ideas and swaps you can make to enjoy grilling whenever the mood strikes:

Snacks – No Seconds!

If there are chips and pretzels being served, take a plate, put whatever you want on that plate, but that is all you get! No seconds! This allows you to indulge, but sets a limit on the amount, which will keep you from mindless eating.

Bring It Over!

If you are hosting a BBQ or are a guest, Michelle recommends that you bring healthy appetizers you feel safe picking on. Some great choices are veggie platters, or a shrimp cocktail that is high in protein and low in calories.

Hams or Hots – What Team Are You On?

“I look at the quality of the food as opposed to how many calories, so I am on Team Hamburger,” Michelle says. “While hot dogs have less calories than hamburgers, no one really knows what type of ‘mystery meat’ they really contain.” Opt for healthy alternatives like shish kebobs, grilled chicken, salmon burgers, even lean steak are all great options.

Dessert – Heat Is Neat!

Make fruit kabobs and grill for 2-3 minutes on each side. The heat caramelizes the sugar in the fruit, which makes it super-sweet and indulgent!

Alcohol – Spritz Is The Way To Go!

Frozen fancy drinks are a summer staple, but they can contain more calories than a meal, at 300 to 600 calories a drink! Some lighter alcohol options are White Wine spritzers, which contain roughly 80 calories. Another good choice is Mojitos, with approximately 150 calories and flavored Vodka mixed with Club Soda is only about 80 calories. You can also opt for a light beer, with about 100 calories opposed to their 200 calorie-beer counterparts. ●

Plan ahead and you can enjoy BBQs, pool parties and the beach all while maintaining your weight.

Long Island
Nutritionista
Michelle Blum,
the Nutrish
Mish



SculpSure™

THE GOLD STANDARD IN
BODY CONTOURING

A new FDA-approved light-based body contouring treatment that melts fat permanently is the newest weapon in the battle of the bulge.

SculpSure has everyone excited with studies showing this new laser technology can melt away 24 percent of fat in the treatment area in less than half an hour, with no downtime and with permanent results.

Better, Faster, Stronger

SculpSure is the newest and most cutting-edge technology for non-surgical fat removal treatment in more than a generation.

CSNY Plastic Surgical Group made the investment in this breakthrough technology that is approved by the FDA, based on published clinical tests documenting remarkable results after using SculpSure.

90% in 90 Days

With a 90-percent success rate being reported, and optimal results seen in 90 days, SculpSure is considered the gold standard in body contouring.

SculpSure vs CoolSculpting

CSNY cosmetic surgeon, Dr. Haim Misholy, points out that the ideal SculpSure candidate has a BMI of under 30, good skin tone, lives a healthy lifestyle and wants to eliminate stubborn pockets of fat.

Unlike CoolSculpting, which can only target one area at a time, SculpSure treats multiple areas in one session. Abdomen, love handles, flanks, bra and back fat, thighs, arms, even the tough C-section pouch can all have stellar results with SculpSure.

"I can treat multiple areas at once with SculpSure's separate applicator pads that are placed on each area for just 25 minutes. The pads deliver laser energy that breaks



down the fat. As your body processes and excretes the destroyed fat cells, you get a more sculpted look after just six weeks," says Dr. Hillard Warm of CSNY.

No Need to Pinch an Inch

CoolSculpting requires the patient to have excess fat that is squeezed between the paddles. With SculpSure there is no pinching or pulling of the skin.

Gone for Good

The SculpSure laser heats your fat cells, which causes them to detach from your inner tissues and are then removed from your body via your lymphatic system.

The difference with this procedure is that once you destroy the fat cells, they are gone for good and the treatment area shrinks. Even if you gain weight, only the cells that are left are affected.

Smooth Operator

CSNY principal and cosmetic surgeon, Dr. Robert Jacobs, points out another advantage to using SculpSure.

"The laser energy used in SculpSure stimulates collagen and elastin production and actually tightens the skin, leaving the treatment area much smoother," he says.

It's Time

Once you've had a consultation with a doctor, your SculpSure treatment will proceed smoothly and painlessly. Many patients see results as early as six weeks following treatment, as the body begins to eliminate the destroyed fat cells; optimal results are usually seen at 12 weeks.

A SculpSure treatment is an ideal procedure to kick-start your diet and exercise program or be the final stroke in contouring your perfect body look. ●

- ✓ **Takes 25 Minutes**
- ✓ **No Downtime**
- ✓ **No Pain**

To schedule a free consultation with a CSNY Plastic Surgeon, call 631-473-7070 or go to www.CSNYCosmetic.com

DECADES

ABOUT FACE (YOURS)

We all age differently. This has led to new and more natural ways to customize facelifts.

If you've stared in the mirror and asked yourself, "where did my face go?" you can blame that loss of volume on dwindling collagen.

The best anti-ager you can use, hands down, is sunscreen with sunblock with a SPF of 30 or higher followed by a skin care regimen for your skin type. Even with vigilance, wrinkles will begin to appear, most of the time sooner than you think.

When is it time to begin using Botox® and fillers? It depends on each individual, their age and lifestyle and what kind of results they want to achieve.

There are three kinds of facial wrinkles which can determine the most effective treatment.

- Dynamic or mimic lines are caused by muscle movement. That includes the "11" frown lines, worry lines on the forehead and crows feet.
- Static line wrinkles are visible when your face is at rest.
- Gravitational folds are usually deeper and result from gravity and loss of volume like nasolabial folds that run from your nose to the corners of your mouth.

Botox® typically lasts for 3 to 4 months, the results may last longer if more units are used. It begins to work 3 to 4 days after the treatment and peaks at two weeks, when you get the maximum result.

Many think that the results are immediate, so have patience and time your treatments accordingly.



TARGET

PRESERVE & PROTECT

SMOOTH

NON-SURGICAL

- LASER HAIR REMOVAL
- LIP ENHANCEMENT
- MIRADRY OR BOTOX FOR SWEATING
- SCULPSURE

- BOTOX & FILLERS
- KYBELLA FOR DOUBLE CHIN
- LASER HAIR REMOVAL
- LIGHT PEEL
- LIP ENHANCEMENT
- MICRODERMABRASION
- MIRADRY OR BOTOX FOR SWEATING
- SCULPSURE
- THERMAGE FOR FACE AND BODY
- VELASHAPE

SURGICAL

- BREAST AUGMENTATION
- EARLOBE REPAIR
- EYELID SURGERY FOR HEREDITARY PUFFY LIDS
- LIPOSUCTION
- OTOPLASTY
- RHINOPLASTY
- SMART LIPO

- BREAST AUGMENTATION
- BREAST LIFT
- DOUBLE CHIN LIPO
- EARLOBE REPAIR
- EYELID SURGERY FOR HEREDITARY PUFFY LIDS
- LIPOSUCTION
- MOMMY MAKEOVER
- OTOPLASTY
- RHINOPLASTY
- SMART LIPO

of BEAUTY



BRIGHTEN, LIGHTEN & TIGHTEN

BOTOX & FILLERS
 HAND REJUVENATION
 KYBELLA FOR DOUBLE CHIN
 LASER HAIR REMOVAL
 LIGHT PEEL
 LIP ENHANCEMENT
 MICRODERMABRASION
 MIRADRY OR BOTOX FOR SWEATING
 SCULPSURE
 THERMAGE FOR FACE AND BODY
 VELASHAPE

BOOST

BOTOX & FILLERS
 HAND REJUVENATION
 KYBELLA FOR DOUBLE CHIN
 LASER HAIR REMOVAL
 LIGHT PEEL
 LIP ENHANCEMENT
 MICRODERMABRASION
 MIRADRY OR BOTOX FOR SWEATING
 SCULPSURE
 THERMAGE FOR FACE AND BODY
 VELASHAPE

Botox® gradually wears off over the next few months and frown lines and wrinkles relax into a more rested appearance.

The number of units, not the volume injected, is the correlation with the effectiveness of your injection.

Botox® can be used for much more than reducing those “11” lines between your eyes. A skilled plastic surgeon can subtly shift the shape of your eyes, and lift your eyebrow enough to give you a relaxed, bright-eyed natural look.

Scheduling your Botox® treatment a few days before a cut and color can give you a mini-makeover that will have you looking like you had a weekend away.

FILL ‘ER UP

Fillers can plump your lips, enhance contours, soften wrinkles and creases and give you a rested and more youthful look. Most fillers last between 6 to 18 months, depending on the thickness of the filler and how deeply it’s injected.

Loss of facial volume can be more impactful than wrinkles and in the hands of a skilled plastic surgeon, fillers create a liquid facelift

CSNY LOYALTY PROGRAM

We are rewarding readers of Long Island Beauty Magazine with a complimentary loyalty point, valued at \$20.



We are a Diamond Level Brilliant Distinction Provider. EVERYDAY is Botox® Day at CSNY. Call us, you won’t find a lower price.



Botox® and fillers are administered by a board-certified plastic surgeon. Download the Brilliant Distinctions app to track your savings.

BREAST AUGMENTATION
 BREAST LIFT
 CHEMICAL PEEL
 DOUBLE CHIN LIPO
 EARLOBE REPAIR
 EYELID/EYEBROW LIFT
 INTERMEDIATE FACE LIFT & NECKLIFT
 LIPOSUCTION
 RHINOPLASTY
 SMART LIPO
 TUMMY TUCK

BODY LIFT
 BREAST AUGMENTATION
 BREAST LIFT
 DOUBLE CHIN LIPO
 EARLOBE REPAIR
 EYELID/EYEBROW LIFT
 FOREHEAD LIFT
 FULL FACELIFT & NECKLIFT
 LASER RESURFACING
 LIPOSUCTION
 CHEMICAL PEEL
 SMART LIPO
 TUMMY TUCK

SETTING SAIL

DAWN RILEY OF OYSTER BAY,
EXECUTIVE DIRECTOR OF OAKCLIFF
SAILING CENTER & WORLD-FAMOUS SAILOR

Almost 250 years ago, Jeanne Baret became the first woman to circumnavigate the globe. For two years she traveled on a French naval vessel, binding her breasts with linen to hide her femininity from the crew of 300 men who knew her as “Jean.”

Today, thousands of women have mastered the art of sailing, but Dawn Riley of Oyster Bay not only broke through many barriers to become a top-rated sailor, she is internationally known as the first American, man or woman, to sail in three America’s Cups and two Whitbread Round-the-World Races.

A native of Michigan, sailing came naturally to Riley. Her great grandfather, grandmother and father were all avid sailors, and she also inherited their sense of adventure and penchant for traveling long periods without sighting land.

“I started sailing when I was one month old, and by the time I was 13, I was chasing racing opportunities on my own,” Riley says.

In 1989, Riley had her first experience with a Whitbread Round the World Race that covered 32,000 miles and circumnavigated the globe in six legs. Working as a team in four hour watches and sailing under extreme weather conditions, the race began and ended in Southampton, England rounding Cape Horn.



In 1993, she navigated the grueling course again.

Though conditions were hazardous, Riley recalled one of her favorite moments while racing around the world.

The team was sweating from a sail change even though temperatures were below-freezing and the water was rough, with 40- to 50-foot waves, yet Riley stayed on deck for the extraordinary view of the sky.

“I looked up at the stars and it was peaceful and amazing,” she recalls.

Riley’s sailing milestones are numerous and record-breaking.

A trailblazer in the sport, she helped integrate women into sailing and created opportunities that were never considered before.

She was the youngest and only female CEO of an America’s Cup Team, a record that Riley still holds today.

She is a past president of the Women’s Sports Foundation, an organization founded in 1974 by tennis legend Billie Jean King, dedicated to advancing the lives of girls and women through physical activity.

In 2000, Riley created a coed sailing team called America True that outraced many of the top teams in the world. She went on to serve as the CEO of America True, which offers programs to introduce young people to the joys of sailing and is the first syndicate in history to be headed by a woman.

“Women have done great things in sailing—and will continue to do great things,” she says.

Riley’s sailing acumen and reputation as an astute leader on the business side of the sport brought her to the attention of the Lawrence family of Oyster Bay, owners of a large parcel of waterfront property and a fleet of more than 100 racing boats,





Dawn Riley of Oyster Bay, the first women to sail on an America's Cup team.

Bottom: Sailing from Oakcliff
Photo credit: Alan Levenson Photography



including the largest collection of Swedish Match 40 sailboats in the world.

They asked Riley to create a plan that would put their vast assets to good use.

Riley conceptualized a high-level training center for 15- to 30-year-olds that would teach competitive sailing both as a sport and a business and prepare them for a future as American leaders.

In just six years under Riley's direction, Oakcliff Sailing Center has brought the best programs from the around the world and offers them in Oyster Bay. Their diverse student body is more than 30 percent female, more than five times the average in other schools.

"Our students are the cream of the crop," Riley says. "They are trained on the water, in the boat shop, anything and everything that can break they learn how to fix: engine, sail, paint, repairs."

The business of competitive racing

is also part of the curriculum where students learn about contract negotiations, sponsorships and budgeting along with boat construction, technology and teamwork.

"There is no place that encompasses the business management and project management of Oakcliff Sailing Center," Riley states proudly.

"We are raising the level of sailors and sailing in the U.S. across the board. We have a training program where they learn about every position on the boat

and in the shop, plus marketing, PR and accounting."

"A professional sailor needs to know how all of that works. You have to be your own agent and manager, she says.

"Sailing is something you never stop learning. It's always strategic. It's about balance," says Riley.

Their motto exemplifies Riley's sailing career:

"If you can dream it, you can do it." ●



CLOTHES TO HOME

*A Spotlight on Exceptional Long Island
Entrepreneurs and Retailers*

Gown by
Justin
Alexander

Maggie Sottero
"Luna" (top)
Allure Bridal
(bottom)



Fantasia Bridal Center

FASHION IS ONLY THE BEGINNING OF YOUR EXPERIENCE
AT FANTASIA BRIDAL CENTER IN ROCKY POINT

Alicia LaGala, owner of Fantasia Bridal Center, dreamed of opening a bridal salon for years and is now celebrating 20 years of helping Long Islanders find a perfect dress for their special occasions.

“Owning a bridal salon was a calling. My grandmother was a seamstress so it has always felt like home. Together with my daughter Gina, Fantasia is truly a family business,” Alicia says.

Finding THE dream dress for a special occasion is a very personal search, one that is filled with love and anticipation.

“At Fantasia, all of our dresses are special and we treat them that way. We understand that your wedding dress has to be perfectly you,” Gina says.

The entire team spends hours going over designers’ collections before selecting only the most stylish and beautiful dresses to be found on their racks.

News about the selection and customer service at the bridal center has spread and now brides travel from the tri-state area and as far away as Texas to shop at Fantasia.

“I love to help brides find their dress and our extraordinary team of stylists can relate to all of our brides on some level and that’s priceless,” Alicia says.

“We deliver a customer service experience that only a small business can offer. It has to be different and amazing.”

Alicia loves working with her brides and says,

“My favorite part of the bridal experience is seeing my bride’s face light up when they just know that the dress they have on is THE dress!”



Sottero & Midgley “Stella”

Fantasia Bridal Center
29 Rocky Point Yaphank Road
Rocky Point, NY 11778
631-744-7200
FantasiaBridalCenter.com

American Idol

MARISA TACHÉ'S
JOURNEY CONTINUES
FROM SINGER TO
SUPERSTAR

PHOTO BY
SUZAN MONELL PHOTOGRAPHY



T

here aren't many performers who can say they "made it to Hollywood" on *American Idol*.

On Long Island, there are a few rare exceptions, about 10 in all, including Robbie Rosen, Kevin Covais and Marisa Taché of Center Moriches.

Taché, 18, has been singing since she was about 5 years old and says, "I love to sing, act and dance.

"I love pop, R & B and alternative music. My favorite singer is Celine Dion, and a lot of people tell me I sound like Colbie Caillat and Ingrid Michaelson."

Taché auditioned for Season 14 of *American Idol* at the Nassau Coliseum and chose to sing the pop-standard "Stand By Me" by Ben E. King for the judges.

Taché says the whole process is not as easy as it looks when watching it on television. Time flies when you have an hour time slot to edit into a top 10 television show, so several weeks and countless hours are filmed and then condensed to get the results that are aired nationally.

"People think you just get to perform in front of Jennifer Lopez. To get to that point, it took me about a month," she says. "Plain and simple, it was an absolutely incredible experience, the best in my career. If you have a passion for singing, it will change you, you will grow and learn from the entire experience.



"I was the first audition of the day in New York. It didn't get aired on television, but I was there!"

She continues, "I've been on a lot of auditions, but this was different. You come out of it a different person."

Taché treasures the fact that she made it to the next round in Hollywood, which has given her the confidence to continue on her career path. She is a student at Sacred Heart University in Connecticut, where she is studying theatre, communications and performing arts.

Until her next big break, the brunette beauty will use her success as a springboard into an acting career while *American Idol* remains an incredible memory.

"Just meeting amazing musicians and being around great performers happens once in a lifetime," she says. Being on *American Idol* was an incredible experience. My advice to anyone who loves to perform is 'Go for it' ★

HOW TO PLAY IT SAFE THIS SUMMER



The Emergency Room buzzes with trauma and drama, chaos and miracles.

Split decisions are made every day, sometimes every hour, and staying calm under pressure is a pre-requisite for the staff, as patients depend on their knowledge and skills to get them through their ordeal.

Accidents happen, and in the summer, the number increases by leaps and bounds. In the Emergency Room, you never know what's going to come through the doors. It could be someone injured in an accident, a baby in distress or a crime victim.

Dr. Jeffrey Wheeler, has been the Director of Emergency Services at St. Charles Hospital Emergency Room for 12 years and has seen many avoidable injuries.

Dr. Wheeler is a Doctor of Osteopathic Medicine (DO). To receive this designation, Wheeler has special training in the musculoskeletal system and by combining his knowledge with the latest advances in medical technology he can offer patients the most comprehensive care available today.

"I might take on a different approach, same standards, but a little different philosophy," he says.

Dr. Wheeler was recently named a physician hero by the Long Island Business News for his outstanding contributions in Emergency Room care.

The ER staff sees many injuries during the summer, some more serious than others where treatment might be administered at an Urgent Care Center.

"No one has the right formula to say if you should go to Urgent Care or the ER. Sometimes medicine isn't quick and simple, sometimes it takes a while to diagnose," he says.

"Everybody's emergency is their emergency – so it's up to each individual. There's a good percentage that could go to Urgent Care, there's less wait and by going there you are keeping resources available for people who are really sick," he says.

We asked Dr. Jeffrey Wheeler for his advice on summer safety, and he offered these tips:

FIREWORKS & SPARKLERS

Leave them to the professionals. Period.

PLAYGROUND SAFETY

No bare feet.

Make sure there is a minimum of 9 inches of rubber, sand, wood chips or bark on the play area.

No "S" hooks or protruding bolts.

No attachments to swing sets, they can be a hanging hazard.

Test the metal for excessive heat.

Trampolines are high risk even if supervised. 75% of injuries occur when there is more than one person on the trampoline.

BICYCLE SAFETY

Wear a helmet – on every bike ride, no matter how short the ride is.

Do not try to transition a child to a two-wheeler until they are ready.

Make sure the bike is properly fitted to their size, oversized bikes are dangerous.

SKATEBOARDS, SCOOTERS, INLINE SKATES & HEELY'S

Wear a helmet.

Community skateboard parks are superior to home constructed apparatus.

Use Inline skates on paths, not in the street.

Wearing protective wrist, elbow and kneepads is a must.

Practice falls on grass.

Children under 8 should always be supervised and should not skate alone.

Dr. Jeffrey Wheeler

Director of Emergency Services
St. Charles Hospital
200 Belle Terre Road, Port Jefferson, NY
St.CharlesHospital.CHSLI.org

INSECT SAFETY

Lyme and West Nile are found on Long Island so it's best to avoid stagnant water, perfume/hairspray and flowering plants. Make sure window screens are repaired.

Use insect repellent with DEET, between 10% to 30%. (Not recommended for babies under 2 months.) 10% will last 2 hours, 30% will last 5 hours, and it works. There's a new drug called Picaridin but DEET is an oldie and goodie.

Wear long sleeves, pants and socks at night to ward off mosquitos and ticks.

ATV SAFETY

They are very dangerous for anyone under 16 years old. The nervous system and judgment are not fully developed.

Wear a helmet with face shield.

Never ride at night.

Avoid on-road usage at all times.

Use flags, reflectors and lights to maximize visibility.

Always check terrain prior to riding.

LAWN MOWER SAFETY

Only use lawn movers with blades that stop moving when the handle is released.

No one under 16 should use a ride on mower.

Twelve years and older can use a walk behind mower, wearing sturdy shoes.

Pick up any loose objects before starting the mower.

Wear eyewear and hearing protection. ●

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4616 Nesconset Highway, Port Jefferson Station, NY 11776
631-473-7070 CSNYCosmetic.com



Port Jefferson

Destination for a Day or a Lifetime

With a rich history that dates back to the 17th century, Port Jefferson is now one of Long Island's most popular destinations, known for its waterfront as well as a cultural mecca for showcasing local music and arts. From Theatre Three and the Long Island Museum, to festivals and family-oriented activities, "Down Port" is one of the busiest hubs on the North Shore.

Mayor Margot Garant, a real estate attorney and lifelong resident of the village, was elected into office in 2009 and her love for her hometown is evident in her passion for everything that pertains to Port Jefferson.

"We worked really hard to build Port Jefferson as a community where people will want to come for a day or a lifetime," she says.

Citing the diverse landscape of the village that includes a deep-water harbor, ferry, train station, schools and hospitals, Garant's mayoral term has seen the village endure the economic downturn, Hurricane Irene and Sandy roar through the winding streets and wreak havoc on

the waterfront, and has had to solve several inherited environmental challenges.

Garant has led Port Jefferson through the worst of times, but managed to turn it around, including a deficit that is now a \$1.2 million surplus.

"Simply put, we've done more with less," she says.

Garant would like to see more young professionals move to Port Jefferson, so she has been working hard to procure more housing.

Through a grant from Vision Long Island, 86 new apartments are being built near the train station, with plans to break ground for an additional 112 apartments in the near future.

Garant, a 1982 graduate of Pt. Jefferson High School, says that there are 40 alumni from her class alone who still reside in the village today, along with their extended families.

"I completely connect with my friends and peers and those who are my mother's age, in their 60s and 70s. When you balance the needs of these groups, it's what makes this village so family oriented."

"A lot of people who like to recreate are coming to live in Port Jefferson because of all the amenities we have to offer, which are plentiful," she explains.

Garant believes Port Jefferson's best kept secret is the Yacht Club, along with the Port Jefferson Country Club.

"I wish everyone knew that we have one of the best farmer's markets on Long Island every Sunday, and we have a central business district where four of our residents recently opened up new businesses, even a general store," she says. They are investing in Port Jefferson's future.

"During the summer we offer Movies on the Harbor on Tuesdays, every Wednesday night is folk music and on Thursday nights we bring in bigger bands or groups for the band shell, and we have children's shows and more."

For Garant, everything about Port Jefferson is perfection, truly a "Destination for a Day or a Lifetime." ●

FOR INFORMATION ON ALL THAT PORT JEFFERSON OFFERS, GO TO WWW.PORTJEFF.COM

PORT JEFFERSON EVENTS

WEDNESDAYS, THROUGH AUGUST 31



PICNIC SUPPER CONCERTS

Bring a blanket and some snacks and enjoy free music every Wednesday evening at 6:30. In the event of rain, concerts will be held on the first floor of the Village Center. www.PortJeff.com



A TREASURE ON MAIN STREET

Keeping theatre alive on Long Island through a rich variety of programming has been the mission of Port Jefferson's Theatre Three since 1969. Located in a 140-year-old historic building on Main Street, the non-profit professional theatre offers a multitude of productions that include: A Main Stage season of seven big productions (four musicals, two plays and a Christmas Carol), a Second Stage season of small plays (including Friday Night Face-Off, Long Island's longest-running Improv troupe), Caberet & Comedy night, and a Children's Theatre program. To develop future performers and audiences they offer acting classes, touring programs, a dramatic academy and workshops in an environment where talent is nurtured and encouraged.

TUESDAYS, THROUGH AUGUST 16

MOVIES ON THE HARBOR

Tuesday evenings at dusk. Bring a blanket, chair and a picnic-style dinner.



SEPTEMBER 10

PORT JEFFERSON VILLAGE CUP REGATTA

Registration 9 am, race begins at 1 pm. For more information call 631-473-9650

OCTOBER 23

24TH ANNUAL WALK FOR BEAUTY

Stony Brook Village Center. Registration at 8:30 am, race begins at 9:30. For more information call 631-751-2244

Paint Port Pink



Proceeds to benefit:
FORTUNATO BREAST HEALTH CENTER
AT MATHER HOSPITAL
PORT JEFFERSON, NY

OCTOBER 1 – OCTOBER 30

A month-long outreach by the Fortunato Breast Health Center at Mather Hospital to raise awareness about breast cancer. For information, call 631-476-2723

UPCOMING CHILDREN'S SHOWS

THROUGH AUGUST 11

THE EMPEROR'S NEW CLOTHES

AUGUST 5 – AUGUST 13

THE MISADVENTURES OF ROBIN HOOD

OCTOBER 1 – OCTOBER 29

PUMPKIN PATCH MAGIC

NOVEMBER 25 – DECEMBER 30

BARNABY SAVES CHRISTMAS

ALL TICKETS ARE \$10.
WWW.THEATRETHREE.COM



RELAX ME MONDAYS

JUNE THROUGH SEPTEMBER, 6 PM TO 8:30 PM, FIELD 5 ROBERT MOSES STATE PARK
A year-round indoor-outdoor spiritual experience. For more information, go to www.WhiteLight1111.com

gallerynorth

OUTDOOR ART SHOW AND MUSIC FESTIVAL

SEPTEMBER 10 & 11, 10 AM TO 5 PM.
GALLERY NORTH, 90 NORTH COUNTRY ROAD, SETAUKET.
Over 100 artists and artisans exhibit their crafts. Painting, photography, ceramics, jewelry and more.
For more information call 631-751-2676. Free admission



LONG ISLAND FOOD TRUCK RODEO

JULY 8TH THROUGH JULY 17TH, TIMES VARY
THE SOUTHAMPTON ELKS LODGE,
605 COUNTY ROAD 39, (RT. 27), SOUTHAMPTON, NY 11968

Live entertainment, a farmer's market, contests, raffles, door prizes and the best in mobile cuisine and catering. \$5 general admission, \$20 VIP, under 6 free. For more information go to www.LongIslandFoodTruckRodeo.com or call 516-978-0261

Long Island AGENDA

Event Calendar



MOTORCYCLES ON THE OPEN ROAD

JULY 9TH THROUGH SEPTEMBER 5TH, 10 AM TO 5 PM
WARD MELVILLE HERITAGE ORGANIZATION

Motorcycles from all decades, memorabilia, outdoor car showcase, speakers, artwork and more. General admission, \$5 pp, Children under 12, \$3. For information go to www.wmho.org or call 631-689-5888

SOUTHAMPTON STRINGS FESTIVAL GALA CONCERT

AUGUST 12TH AT 7:30 PM
SOUTHAMPTON CULTURAL CENTER, 25 POND LANE, SOUTHAMPTON, NY 11968

Under the direction of Jessica Tortorice and boho4 String Quartet of Belgium. For more information call 631-287-4377 or email stringfestival@scc-arts.org



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SculpSure consultations are available daily, call 631-473-7070 or go online to register.



AMERICA'S NINE FIRST LADIES FROM NEW YORK STATE

SEPTEMBER 19TH, 7 PM TO 9 PM

Sponsored by the Three Village Historical Society Lecture Series
Free lecture, open to the public. For more information, www.ThreeVillageHistoricalSociety.org

23RD ANNUAL EAST HAMPTON SAND CASTLE CONTEST

SATURDAY, AUGUST 6TH, 9 AM TO 4 PM.
ATLANTIC AVENUE BEACH, AMAGANSETT
For more information go to www.ClamShellFoundation.org or call 631-324-6250



LONG ISLAND BEAUTY BALL FOR CANCER CARE

MONDAY, SEPTEMBER 26TH, 6 PM TO 10 PM
CREST HOLLOW COUNTRY CLUB, WOODBURY, NY

Hosted by Mondays at Racine. A totally unique and fun, interactive evening full of experiences. Food stations, open bar, DJ and entertainment, psychic readings, paint night, oxygen bar, photo booths, fashion show, beer and wine garden and more. Go to www.LongIslandBeautyBall.com for more information.



MOM-MENTUM ACHIEVING EXTRAORDINARY CONFERENCE FOR PROFESSIONAL WORKING MOTHERS

FRIDAY, OCTOBER 21ST, 8:30 AM TO 3 PM
MOLLOY COLLEGE

1000 HEMPSTEAD AVENUE, ROCKVILLE CENTRE, NY

Empower, enrich and engage with women leaders. Featuring keynote speaker Liza Huber, award-winning author and entrepreneur. Plenary sessions, work/life panel discussions. www.Mom-Mentum.org

Instant Inspiration

Stories about people and professionals who love the same things we do —and come from the same place.

COOLSMILES ORTHODONTICS

A PORT JEFFERSON DENTIST GOES THAT “EXTRA SMILE”

Patients have a lot to smile about when they are under the care of Dr. David Amram and Dr. Justin Ohnigian of Coolsmiles in Port Jefferson.

At Coolsmiles you’ll find a fun and caring atmosphere housing a thriving practice that draws families and friends together in the Three Village area.

“We wanted to create a place that was open and friendly and have been doing just that since 1978,” Dr. Amram says proudly.

He went on to explain that parents should start caring for their children’s teeth when they are infants. Their first dental check should occur by the age of 2 and the optimal time for their first orthodontia appointment is around the age of 7.”

“Usually at that age, we’ll see them again in a year, but sometimes kids might have an over or under bite that requires attention sooner,” he says. “In the past we used to wait for all of the baby teeth to fall out, but that’s not the best way to go now.”

Technology and treatment have changed rapidly in orthodontia and Dr.

Amram calls this new philosophy “Faces First.”

“We’ve learned now there’s a difference between straight teeth and a beautiful smile,” he says. “A beautiful smile is broad and goes from corner to corner. With extractions you might not get that. We can construct a beautiful smile without extracting teeth, that’s why I call this treatment Faces First.”

“It’s not about the teeth lining up but what steps are needed to make a beautiful smile,” he continues. “Are we seeing the top and bottom teeth? Is the child’s smile very narrow or is it broad? These observations are very important, that’s why it’s critical to have an oral examination while your child is still growing.”

For teenagers and the more mature patient, Coolsmiles incorporates the latest in sophisticated technology with clinical excellence.



Dr. David Amram

Over the past two decades, the number of teenagers in orthodontic treatment has nearly doubled to 80 percent, and adults now make up almost one quarter of all orthodontic patients.

The popularity of Invisalign, a treatment that Dr. Amram began using in 1999, has evolved tremendously.

“When I started using Invisalign, it was a simple technology and was pretty



CoolSmiles' state-of-the-art office uses the latest equipment and technology.

good at closing spaces," he explains. "Now, we use a digital scanner to create our treatment plan and it is a completely different process. It's very efficient and cuts down on treatment time significantly. It's a fantastic technique."

Another new technology that you find at Coolsmiles is Acceladent, a wand that the patient bites down on that pulses and allows for increased blood flow, which in turn means faster bone turnover, allowing the teeth to move faster.

"We just started incorporating this in our practice," he says. "With Acceladent we can speed up the Invisalign progress and get the same results. What would have been a 12-month case might be completed now in eight to nine months."

Coolsmiles goes that "extra smile" in

"We've learned there's a difference between straight teeth and a beautiful smile."

the community as well.

"Charity is a big part of what we do," Dr. Amram says.

Getting the staff and patients involved in giving back is important to the doctor. Last year they participated in the Walk for Beauty (for Breast Cancer Awareness) in Stony Brook and this year they will be participating in the Sachem Relay for Life.

They also offer monthly contests and a big annual contest. Previous contest

prizes were trips, but this year one family will win a \$1,000 shopping spree and \$1,000 to donate to their charity of choice. (You can enter on www.facebook.com/coolsmilesortho/ and you don't have to be a patient to win.)

Everyone should have a reason to smile: at Coolsmiles that's exactly what they do best. ●

www.coolsmiles.com

WHAT'S YOUR

SKIN IQ

1. WHAT'S THE TOP REASON FOR WRINKLES?

- A Aging B Smoking C Sun Exposure D Not Using Moisturizer

2. HOW LONG DOES A BOTOX® INJECTION LAST?

- A 1-2 months
 B 3-4 months
 C 5-6 months
 D One year

3. WHICH PRODUCT CAN HELP MAKE SKIN LOOK YOUNGER?

- A Alpha-hydroxyl acids B Retinoid
 C Azelaic Acid D All of the above

4. WRINKLES START TO APPEAR IN SMOKERS AT WHAT AGE?

- A 20 B 25 C 30 D 35

5. WOMEN ARE MOST LIKELY TO USE A NON-SURGICAL WRINKLE TREATMENT ON THEIR:

- A Face B Hands C Cleavage D Neck

6. WHICH PROCEDURE HAS NO DOWNTIME?

- A Light Laser Treatment B Chemical Peel C Thermage D Ablative Laser Skin Resurfacing

7. WHAT PROCEDURE WAS VOTED MOST POPULAR BY BABY BOOMERS?

- A Facelift
 B Tummy Tuck
 C Liposuction
 D Breast Lift

8. WHICH PRODUCT IS NOT A FACIAL WRINKLE FILLER?

- A Bellatero B Botox® C Juvederm D Restylane

9. WHAT PROCEDURE DELIVERS THE MOST DRAMATIC RESULTS IMMEDIATELY?

- A Filler
 B Botox®
 C Peel
 D Laser

10. WHEN USING A TOPICAL RETINOID, WHAT PROCEDURE SHOULD YOU AVOID?

- A Microdermabrasion
 B Botox®
 C Glycolic Peel
 D Thermage



ANSWERS

1.C 2.B 3.D 4.A 5.A 6.C 7.A 8.B 9.A 10.C

A

IF YOU ANSWERED MOSTLY A'S

You are a skin expert. You take great care of your skin and lead a healthy lifestyle. Your hard work will pay off with a clear complexion and when it's time for a wrinkle-reduction treatment, you are educated and in the know.

B

IF YOU ANSWERED MOSTLY B'S:

If growing old gracefully is in your plan, then you're right on target. You should educate yourself a bit more on the newest products and procedures that can be a part of your daily routine and achieve outstanding results with no down-time.

C

IF YOU ANSWERED MOSTLY C'S

You have a routine down pat, but is it the right one? It might be a good idea to consult with a skin care professional and update your skin care regimen.

D

IF YOU ANSWERED MOSTLY D'S:

Before you turn into a bonafide prune, call a trusted skin care specialist for advice on how to turn back the clock. Your naiveté can mean achieving great results from something as simple as a light chemical peel and Botox®.

Angel Cards

BY PSYCHICDEB

Please read your message with an open heart. These angels' messages can come as an emotional or physical feeling. You may receive these messages as a thought, idea, vision, dream, smell or taste. Your angels will confirm the validity of the message by giving you signs in the physical world.



Aries

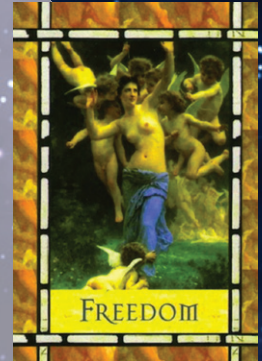
ORACLE CARD: CHILDREN

You are asked to pay attention to your children or your inner child. New children may be coming into your life right now. This card signals that the Angels see your need to play, have fun, and honor your inner child.

Taurus

ORACLE CARD: FREEDOM

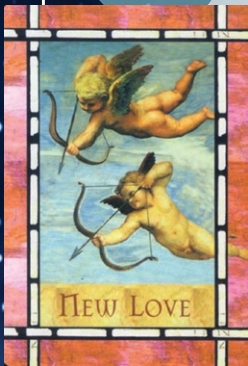
The Angels guide you to freely express your true thoughts and feelings with love. You may feel trapped right now by life conditions. The Angels ask you to realize that everything you do in your life is by choice, and you are free to choose again. When you realize that you have the power to be free, freedom follows.



Gemini

ORACLE CARD: NEW LOVE

A new chapter in your love life begins, whether it is with a new partner or rekindled love in a current relationship. Changes in your love life will only be painful if you are rigid in your thoughts or behaviors. Current relations may end, or they may act as a transition into a new phase of passion and renewed love.



Cancer

ORACLE CARD: ARCHANGEL MICHAEL

This powerful Archangel is with you right now. He gives you courage and helps release you from the effects of fear. He is the symbol of true courage and is letting you know that, as you make changes in your life and as you encounter challenges, you are safe and secure.



Leo

ORACLE CARD: SUPPORT

The Angels and Ascended Masters who love, protect, and guide you are watching over you right now. You are not alone and you are safe!

Your Angels and guides ask you to talk to them more frequently. Soon, the Angels will enlist you to help other people. If you feel doubtful about your ability to help others, ask the Angels to help you release these fears.



Virgo

ORACLE CARD: SURRENDER & RELEASE

Let go and allow the Angels to help you. Everything that you release will either be replaced by something better or will be returned to you healed. When you hold on tightly to a part of your life that's not working, it has no room to heal. The Angels ask you to try not to control the outcome of your troubling situation.



Libra

ORACLE CARD: INTENTION

Your intentions create your experiences. Make sure that your thoughts and feelings reflect your true intentions. The Angels ask you to infuse your intentions with love. See yourself and others as happy, successful and peaceful. The Angels can help you replace negative mental habits with more empowering thoughts, if you ask for their assistance.



Scorpio

ORACLE CARD: NATURE

Spending time alone in nature is important to you. Even five minutes in a garden would be healing. You may be happier living in a more rural setting and may also want to choose an occupation involving plants and animals. The nature Angels are helping you discover and give your gifts to the world. Help them help you by spending more time in nature.



Sagittarius

ORACLE CARD: POWER

Allow yourself to express your power. Being powerful is safe for you, knowing that you express your power with love. The Angels ask you to give them any fears you may have connected with being a powerful person. They see a beautiful aspect of your true power stemming from the only power in the Universe: Divine love. Allow yourself to shine with this radiant love.



Capricorn

ORACLE CARD: TRUST

Believe in yourself and have faith that the Angels are with you. Ask them to help you lose the fears that block you from enjoying full faith. Your Angels know that you've been disappointed in the past. These experiences may have eroded your faith in yourself or others. However, the Angels remind you of the importance of holding on to your faith and will help you trust yourself.



Aquarius

ORACLE CARD: LISTENING

You are in communication with your Angels, and the messages that you are receiving are very real indeed. Trust them. If you get an inclination to call someone, go somewhere or read something, it's important to follow this guidance. Give all your doubts or worries about Divine guidance to your Angels.




Pisces

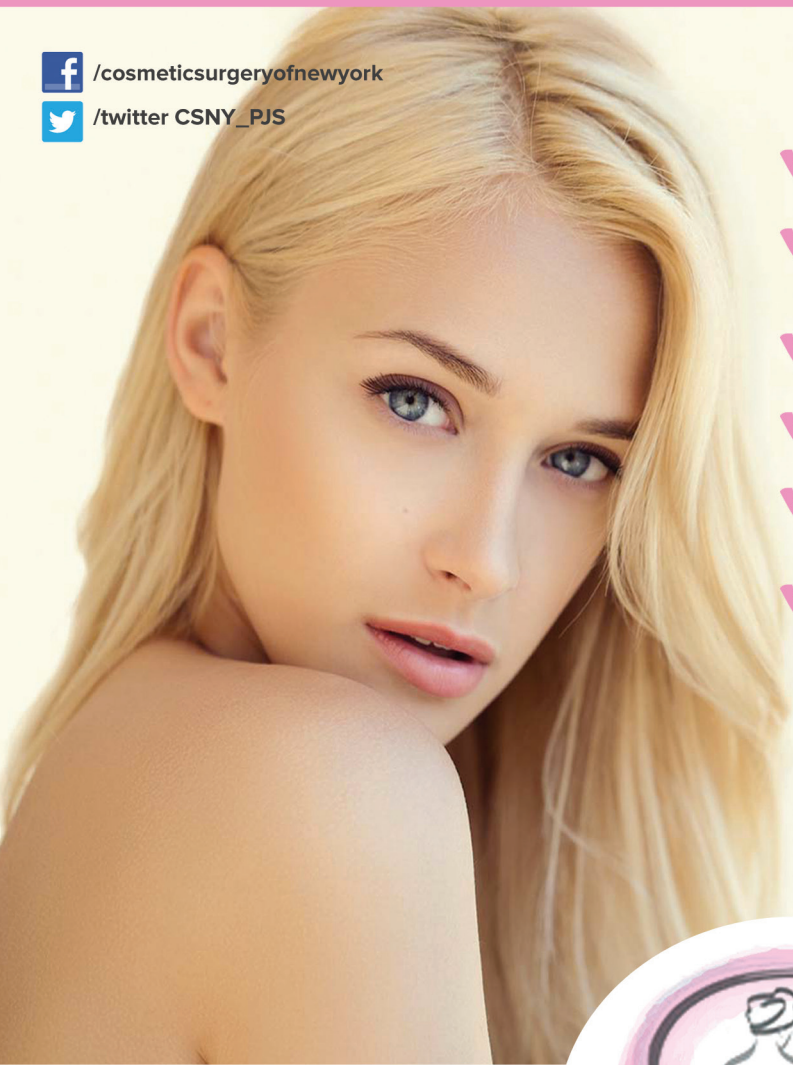
ORACLE CARD: FORGIVENESS

Let go of anger and resentment and feel yourself healed. You don't need to forgive the action, just the person so that you can be at peace. Your Angels guide you to release anger and irritation. You may be perfectly justified in feeling angry but they ask you to look at the high price you pay for being the vessel of anger. You only punish yourself.



Psychicdeb has been a professional astrologer for over 25 yrs. Self-taught, she began her studies in astrology when she was 8 yrs. old learning what she could from her mother's astrology magazines. As she got older and learned geometry, she searched for books on Astrology and taught herself how to construct a chart. She teaches Astrology for a nominal fee. Psychicdeb also uses the tarot to do psychic readings channeling her spirit guide Helen. Reiki is one of her obsessions. She is a Reiki Master and loves to teach others the benefits of Reiki. Namaste. You can find her at the Original Psychic Fairs on Sundays. A listing of the Fair dates can be found on her website at: www.astr0-mate.org

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