

What's Your Color Personality PAGE 32

2017 VOLUME 2 ISSUE 1 **libm**
LONGISLANDBEAUTYMAGAZINE.COM

LONG ISLAND BEAUTY Magazine

Chic.Stylish.New.You.

Exclusive:

The Magic of
Clinton Kelly

PAGE 17

Trade Secrets

TARGET & TRANSITION

PAGE 10

COVER GIRL

Julissa Valerio

hello
spring!



FROM THE PUBLISHERS

We hope you enjoy our Spring issue of *Long Island Beauty Magazine*.

Julissa Valerio, our newest cover model, is a medical assistant at Cosmetic Surgery of New York and an aspiring Physician's Assistant.

When we were scouting for photography locations, David Kirschenbaum, Public Relations Manager at Neiman Marcus in Roosevelt Field, invited our crew to the store for the photo shoot. Julissa's pictures came out beautifully, and we'd like to thank David and the talented beauty ambassadors from Marc Jacobs Cosmetics, Michelle Shamper and Margaret Szmids, for their expertise and hospitality.

Spring is a time of renewal and rejuvenation for the mind, body and spirit, and this issue is filled with ideas, products and procedures to revitalize yourself for the warmer months ahead.

On page 6, you'll find our newest Face to Face column. This issue's conversation is about Breast Augmentation.

Anne-Marie Bellavia, our medical aesthetician, shares her Trade Secrets to target and transition your skincare routine on page 10.

Anne-Marie also gives us an insider's look into Bikram Yoga on page 14.

We are proud to bring you an exclusive interview with Port Jefferson native, Clinton Kelly, star of the hit ABC television show, *The Chew*, on page 17.

If you're planning on getting married, or you just want to look your best, our Wedding Day Radiance skincare guide on page 28 is not to be missed.

For women over 55, check out our Glam-Ma Makeover feature on page 30.

The field of plastic surgery is constantly changing. New technologies and techniques are always taking place, and our goal is to keep you informed about which of these innovations are safe and which will give you the best results.

Whether you are considering breast surgery, a tummy tuck, having your eyelids surgically rejuvenated or your nose refined, it is very important to choose the right professional who can guide you through the process and is Board Certified in Plastic Surgery by the American Board of Plastic Surgery.

We hope that you will come in for a complimentary consultation and give us the opportunity to see how we can help you look and feel your best.

Warm Regards,
Robert Jacobs, MD, FACS
Hillard Warm, MD, FACS



MOREY
PUBLISHING

CUSTOM PUBLISHING BY
MOREY PUBLISHING LLC
6901 JERICHO TPKE. SUITE 215,
SYOSSET NY 11791
MOREYPUBLISHING.COM

EDITED BY BEVERLY FORTUNE



STYLE & COVER PHOTOS BY
JUDYWALKERPHOTOGRAPHY.COM
MODEL: JULISSA VALERIO
CLOTHING BY:
NEIMAN MARCUS, ROOSEVELT FIELD
NEIMANMARCUS.COM
MAKE UP BY MICHELLE SHAMPER
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LONG ISLAND BEAUTY MAGAZINE

2017 VOLUME 2 ISSUE 1

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BEAUTY BUZZ



SMART LEGGINGS

Finding the right pair of jeans just got a lot easier.

LikeAGlove Smart Leggings have embedded sensors that measure your waist, upper and lower thighs, hips and inseam, and seconds later, sends your measurements to the LikeAGlove app on your smartphone.

On the app, you'll find different brands, styles and sizes of jeans that will fit your exact size and shape, so when you shop online or in the store, you'll know exactly which type of jeans will fit you perfectly. The leggings are also being used to track weight loss.

[LikeAGlove.me](http://$80 LikeAGlove.me)



NEVER SKIP A BEET: EAT PLANT PROTEIN

You don't have to get your protein from animals; the future of protein is plant-based. Plant proteins are popping up everywhere from nutrition bars to potato chips and are also being featured on the menus of the trendiest restaurants. Tyson Foods is the first big meat company to invest in plant-protein foods with their Beyond Burger, claiming it's the world's first plant-based burger that looks, cooks and tastes like fresh ground beef. "We see 2017 as a time where the meat case is going to be called the protein case," says Ethan Brown, CEO of Beyond Burger.

LIFE ON MARS BEAUTY

Cynthia Sansone, president of the non-profit Mondays at Racine Cancer Care Foundation based in Islip, recently launched Life On Mars Beauty, a non-toxic make up line whose mission is to ensure that your beauty and your best health can co-exist. LifeOnMarsBeauty.com





A New Alternative to Underarm Laser Hair Removal

miraDry reduces sweat permanently, with an 82% success rate. New data has been released touting its effectiveness as an underarm laser hair remover, with a reported 70-80% reduction in underarm hair with just one treatment. A big plus is that miraDry works on all hair colors, including light hair, which up until now has not responded well to traditional laser hair removal treatments. To schedule a complimentary consultation, call Cosmetic Surgery of NY at 631-473-7070.

SKIN MEDICA LYTERA



Medical grade skin care products are developed by chemists and physicians and have proven results from clinical studies. They are guaranteed to give results unlike most over-the-counter beauty products. Skin Medica Lytera Pigment Correcting Serum is highly concentrated and contains dermatologist-approved ingredients that are rich in Peptides and Antioxidants that will target, correct and help prevent hyperpigmentation and give you a radiant, more even complexion. Available at Cosmetic Surgery of New York, 631-473-7070.



Allergan, the pharmaceutical company that owns Juvéderm, just announced its newest hyaluronic dermal filler, Juvéderm Vollure XC, and has been approved by the FDA for the treatment of severe wrinkles and folds.

Vollure is said to last as long as 18 months, a year longer than other injectables available now. Call Cosmetic Surgeons of NY at 631-473-7070 for more information.



SOCIAL FITNESS

Exercising with friends can be a lot more motivating than working out alone. Social Fitness apps can give you the ability to track and share your progress with hundreds of like-minded people, giving you the incentive to reach your fitness goals. Check out MeetUp.com to find a network of Long Island fitness enthusiasts. MeetUp.com



Robert Jacobs, MD, FACS

FACE TO FACE

A BEAUTY CONVERSATION WITH
BOARD-CERTIFIED PLASTIC SURGEONS:

**ROBERT JACOBS, MD, FACS
& HILLARD WARM, MD, FACS**

Breast augmentation is the most popular cosmetic procedure performed in the United States. In 2016 there were more than 290,000 patients opting for the surgery, which is a 4-percent increase over the previous year, according to new statistics released by the American Society of Plastic Surgeons.

"We are finding that women are more knowledgeable about the new implant technology, so we are performing significantly more breast augmentation procedures," says Dr. Warm.

The board-certified plastic surgeons at Cosmetic Surgery of New York are Dr. Robert Jacobs, who is also the Chief of Plastic Surgery at St. Charles Hospital, and Dr. Hillard Warm, the Chief of Plastic Surgery at John T. Mather Hospital.

Drs. Jacobs and Warm bring a wealth of experience and skill and are Member Surgeons of the American Society of Plastic Surgeons, which makes them uniquely qualified to perform cosmetic and reconstructive procedures.

The doctors share their knowledge and expertise for anyone interested in knowing the truth about breast augmentation and answer the most common questions about the procedure.

Am I A Candidate for Breast Augmentation?

A breast augmentation is a very personal decision, and it's important that you're considering it for yourself and not for someone else. We find that our patients are highly satisfied when they have the procedure because they want it and not to please someone else.

If you want to increase fullness and projection of your breasts and/or improve the balance of breast and hip contours, then you may be a candidate to have this procedure.

Before considering surgery, answer these questions:

- Are you physically healthy and not pregnant or breastfeeding?
- Are your breasts fully developed?
- Do you feel your breasts are too small and have lost volume after pregnancy, weight loss or aging?
- Does the upper part of your breast appear "empty" or are your breasts asymmetrical, have one or both breasts failed to develop normally or have an elongated shape?
- Would you like breast reconstruction after mastectomy or injury?

What Breast Augmentation Does Not Do:

Breast Augmentation does not correct severely drooping breasts. You may require a breast lift with a breast augmentation to look fuller and lifted. A breast lift can often be done at the same time as your augmentation or may require a separate operation. We will assist you in making this decision.

How Should I Prepare for My Consultation?

First and foremost, you should know if your surgeon is qualified to perform the procedure. The surgeons at Cosmetic Surgery of New York are fully trained and certified by the American Board of Plastic Surgery and have more than 25 years of plastic surgery experience. Their office-based surgical facility is accredited by the American Association for Accreditation of Ambulatory Surgical Facilities (AAAASF) at the highest level.

Now that you can feel secure in the knowledge that you are getting top-notch medical care, there are other questions you should ask at your consultation:

- Am I a good candidate for breast enhancement or breast enlargement?
- What will be expected of me to get the best results?
- Where and how will you perform my breast augmentation surgery?
- What shape size, surface texturing, incision site and placement site are recommended for me?
- What is Fat Transfer Augmentation and is it safe?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How are complications handled?
- How many additional implant-related operations can I expect over my lifetime?
- How will my ability to breastfeed be affected (if applicable)?
- How can I expect my implanted breasts to look over time? After pregnancy? After breastfeeding?



Hillard Warm, MD, FACS

- What can you do for my asymmetrical breasts?
- What are my options if I am dissatisfied with the cosmetic outcome of my implanted breasts?
- How will my breasts look if I choose to have the implants removed in the future without replacement?
- Do you have before-and-after photos for this procedure?

At Cosmetic Surgery of New York, we cannot stress enough the importance of educating yourself before having surgery.

Use only a qualified plastic surgeon. Don't shop for price, do your homework and make sure you trust your doctor and that their facility is accredited.

We welcome your questions and hope that you will come in for a complimentary consultation before making such an important decision.

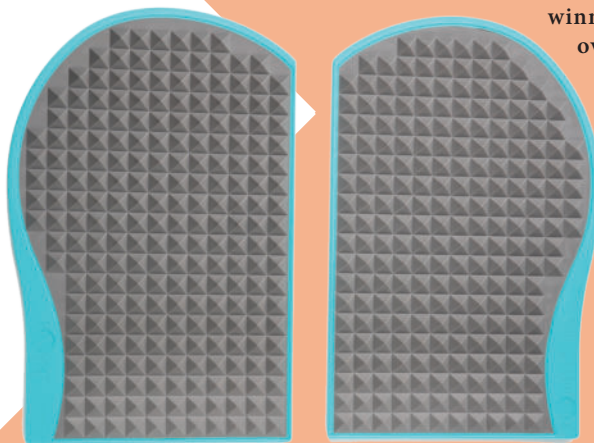
To schedule your complimentary consultation, please call us at 631-473-7070

CONVERSATION STARTERS >>>>>>

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

SWEET CHEEKS CELLULITE MASSAGE MAT

One of the downsides of sitting for hours on end is cellulite. Sweetcheeks is a cellulite massage mat which leverages your own body weight against a 454 pyramid-designed rubber mat that creates a gentle massage and increased circulation in the buttock area. According to SweetCheeksProducts.com, the additional circulation increases oxygen and nutrients to the area to help support collagen and elastin, thereby reducing cellulite when used for 30 minutes a day.



dietbet

MAKE MONEY LOSING WEIGHT

DietBet combines a social fitness setting with the exciting incentive of winning money. With the DietBet app, choose a group to join, bet on yourself to lose weight, and the game begins. If you've hit your goal by the end of the game, you split the pot with the others in the group who also made their goal weight.

According to DietBet.com, players have lost 5 million pounds and over \$21 million has been paid out to winners, which includes over 400,000 players in 90 countries. Free iOS, Android. DIETBET.COM.

WELLNESS TOURISM NEW TRAVEL NICHE

This rapidly growing travel niche, second only to cultural tourism, is expected to hit \$680 billion by 2018. Wellness travelers tend to have deep pockets and spend 130% more than the average traveler. Massages, healthy cuisine including farm-to-table dining, fitness classes, environmental beauty and sports, wellness cruises, and a myriad of other activities are becoming readily available.





THE WING SPACE FOR WOMEN

YOUR THRONE AWAY FROM HOME

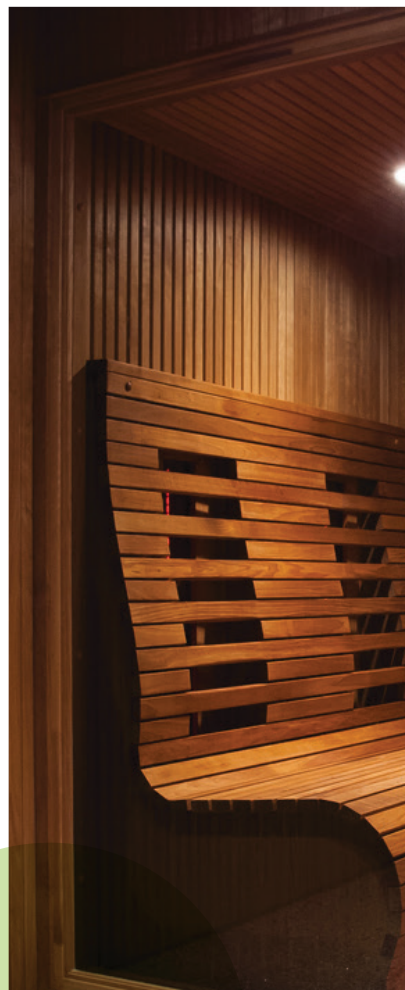
Founded by Audrey Gelman, a political and public relations consultant from Brooklyn, The Wing was born out of the belief that women need and deserve a multi-purpose space designed to make their lives easier, and that magic is created when women gather together. Located in NY City's Flatiron District, The Wing is a members-only (and women only) space where you can work, shower, get a blow-out, take a conference call or make a new friend, all in one place. It's a home base for women on the go and an offline destination for women to build essential relationships, hatch plans and be together. THE-WING.COM



AQUAFABA LEGUME LIQUID

The next time a recipe calls for chickpeas or other legume, don't discard the liquid! Aquafaba (the liquid) is being used as a vegan cooking substitute and with its unique mix of starches, proteins and other plant solids, it can be used for a wide range of cooking methods including thickening, emulsifying, foaming, binding and gelatinizing. Aquafaba is being used to substitute egg whites in meringues, mayonnaise, baked goods and much more.

AQUAFABA.COM



INFRARED SAUNAS HOT AND TRENDY

Infrared saunas use a different type of heat that permeates the body and raises its core temperature. They give off less heat than a traditional sauna, reaching about 120 to 140 degrees instead of nearly 200 degrees. These trendy saunas are being used by hospitals to warm premature babies and gyms are using them to provide soothing relief for sore muscles and joints, detoxification and deeper relaxation.

TRADE SECRETS

Target & Transition

With Revision Skincare



TARGET: THE NECK

The skin on the neck ages differently than the skin on the face, and needs its own unique, targeted anti-aging approach. Revision Skincare's Nectifirm® is the gold standard in tackling the signs of the aging neck.

- **Revision Skincare's Nectifirm®** contains a blend of peptides and botanicals that work in tandem to lift, firm, and tighten the appearance of the neck.
- Theophylline derivatives target adipose tissue for a fat-reducing appearance.
- Enhanced hydration and moisture combat the appearance of rough, crepey skin, while reducing the appearance of fine lines and wrinkles.



TRANSITION: EXPRESSION LINES

As we age, expression lines become increasingly prominent, and are one of the top concerns for patients seeking aesthetic treatments.

Revision Skincare's Revox™7 works to reduce the appearance of expression lines using the latest technology in a light, water-based serum perfect for all skin types. There is nothing else like this on the market today!

- A blend of neuro-modulating peptides use cell signaling to inhibit muscle contraction and reduce the appearance of expression lines.
- Perfect to use as a compliment to injectable procedures, for result-enhancing effects.
- Perfect to use in the hard-to-reach spots injectables can't target.

Cosmetic Surgery of New York's Skin Care Center offers a complete line of **SkinMedica Pharmaceutical Skin Care** Treatments and Products. Each patient's skin is evaluated to determine the most effective products and treatments to use for their specific needs.

- Triple Threat Treatment
- Parisian Peel/Microdermabrasion
- Retinol Peel
- Ultra-C Microdermabrasion
- Glycolic Peel
- Oxygen Peel
- Hyaluronic Acid Treatment

- Thermage Skin Tightening
- Broken Capillaries/Brown Spots
- Laser Hair Removal
- Permanent Makeup
- Lash & Brow Tint
- Camouflage Makeup
- Bridal Makeup

Note: The Skincare Department at Cosmetic Surgery of New York is a clinical one, which means we go beyond traditional facial



If you would like
more information about
Anne-Marie's Trade Secrets
for beautiful skin, contact:

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631-473-7070

ABOUT: ANNE-MARIE BELLAVIA

"My 33-year journey in the skin care industry has been a very rewarding one! I love what I do and my goal is to make my patients feel good about themselves and their skin," Anne-Marie says.

Before coming to Cosmetic Surgery of New York, Anne-Marie owned her own skin care center.

"After being introduced to the medical side of skin care, I witnessed the dramatic results you can achieve.

Twenty-three years ago I was given the opportunity to manage the newly formed clinical skin care department at Cosmetic Surgery of New York and now have more than three decades of experience in the aesthetic industry," she says.

Anne-Marie's education and training in the latest advancements and treatment protocols have earned her a reputation as a trusted aesthetic professional with a deep knowledge of skin care and rejuvenation and is known for her signature "Triple Threat Treatment."

Ann-Marie is a member of the Society of Plastic Surgical Skin Care Specialists and a member of the Long Island chapter of Decision Women in Commerce and Professions.



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THE POWER OF

Food

*What you need to know about your diet
before and after cosmetic surgery*

Congratulations! You have scheduled your cosmetic surgery procedure and are anxiously awaiting the big day. Preparing your body for surgery is just as important as preparing your mind, and you should be aware of what to eat and what to avoid two weeks prior and post-surgery. Your diet can aid healing and reduce swelling and pain.

Here is a simple guide to what NOT to include in your diet that will help you heal faster and give optimal results from your procedure:

Avoid:

Salty and spicy foods, especially if you are having facial surgery. Spicy and salty foods can increase swelling. Begin to limit your sodium intake to 1200-1500 mg. a day two weeks prior and post-surgery.

Avoid:

Processed carbohydrates, including bread, pasta and cereal.

Avoid:

Too much sugar can activate glycation, a process in which proteins that are essential for healthy elastic skin become hard and rigid. Keep your sugar intake to 10% of your daily calories.

Avoid:

Foods containing salicylates can thin blood and prevent blood clotting. These foods include: apples, apricots, blackberries, boysenberries, cherries, cucumbers, garlic, ginger, grapes, oranges, pineapples, plums, radishes, raspberries, strawberries and tomatoes.

Avoid:

Herbal Supplements and Vitamins E, K, B, fish oils and all herbal supplements two weeks before surgery.

Avoid:

Green tea, cayenne, ginkgo, flaxseed, potatoes and eggplant, which can react negatively with anesthesia and increase blood pressure.

Avoid:

Neurotoxins such as alcohol, caffeine, aspartame and MSG.

Avoid:

Aspirin and all non-steroid anti-inflammatory drugs.

You can optimize your aesthetic results after surgery by following these simple nutrition tips, which can determine the quality and time needed to heal youthfully and beautifully:

*For a complimentary consultation,
call Cosmetic Surgery of New York at
631-473-7070*

BIKRAM YOGA:

Breaking a Sweat

Anne-Marie Bellavia, Cosmetic Surgery of New York's Medical Aesthetician and Skin Care Coordinator has been practicing Bikram Yoga for eight years.

For those who are not familiar with Bikram yoga, Anne-Marie explains the benefits of this exercise.

“Bikram Yoga consists of 26 groups of postures (known as Asanas). These yoga poses will invigorate all of the body by stimulating glands, nerves, organs and improve circulation,” she says.

Anne-Marie suggests before doing Bikram Yoga poses to consider the following:

- Be on time for class and bring a high-quality Yoga mat.
- Ideally, you will perform these poses in a room with an average temperature of 107 degrees, so wear light, breathable clothing.
- You will be in a sauna-hot room for about 90 minutes, so it is important to continuously focus on breathing calmly.
- Be prepared to sweat, but don't use a towel. Your sweat helps maintain a normal body temperature and if you wipe it away it can disrupt your body's natural temperature regulators.

Try not to eat at least two hours before class and arrive well-hydrated.

- Beginners may need weeks or even months of practice before their bodies can move completely into many of the poses.
- In Bikram, your instructor will not demonstrate each pose; they teach using a moving meditation.
- Practicing in front of a mirror is recommended, because several steps involve using one.
- The standing poses warm up the body, and the floor poses squeeze, stretch, and twist various parts of the body.
- To support the spine during all twisting poses, keep the abdominal muscles engaged.





ANNE-MARIE
BELLAVIA

Anne-Marie demonstrates a Standing Bow-Pulling Pose: Dandayamana Dhanurasana

This pose exemplifies the “tourniquet” effect in Bikram Yoga and transfers circulation from one side of the body to the other, and then equalizes it. Standing Bow Pose is a very comprehensive posture, improving the flexibility and strength of most of the body’s muscles.



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A portrait of Clinton Kelly, a man with a beard and short brown hair, wearing a dark blue blazer over a light blue button-down shirt. He is smiling and looking towards the camera. The background is a dark, solid color.

THE *Magic* OF CLINTON KELLY

By Jaime Franchi

► I'm so close I can read the teleprompter from where I'm sitting. I can smell the eggplant parmesan-stuffed meatloaf. And if I reached over the "tasting table," I could touch Clinton Kelly, who is about two feet in front of me and fawning over *Gossip Girl*'s Leighton Meester.

"You are so beautiful," Kelly tells Meester. "I can't stop staring at you!"

I am on the set of *The Chew* at ABC Studios near Central Park West, where I am scheduled to interview Kelly after he tapes the first show of the day. On set, camera people,

technicians and assistants swarm around the show's stars: Kelly, Mario Batali, Michael Symon and Carla Hall. Between segments a producer warms up the crowd, instructing us to clap and "ooooh" at prescribed times.

At the tasting table, there are 10 of us who were selected to taste the food created for the show. It's as delicious as it looks on television, and much more filling.

“You’re going to be on TV a lot!” Kelly tells me with his signature booming laugh. Nerves overtake me and I start to sweat, but then he compliments my necklace and just like that, I feel better. Better than better. I feel fabulous.

That’s the magic of Clinton Kelly.

Kelly doesn’t hold back with his compliments. Although, if you aren’t his cup of tea or do or say something to offend him, he won’t hold back either. The bottom line is that this Long Island native is real and genuine. And he absolutely adores women.

This love plays out in a number of ways. On *The Chew*, he positively gushes over Leighton Meester. His female adoration goes back decades to his stint as co-host with Stacy London on TLC’s *What Not to Wear*, where he made-over women, empowering them with his gift of style. It’s an empowerment that goes beyond clothes and hair.

“I really miss the profound impact I used to have on women’s lives,” Kelly confides. “Because it really wasn’t all about the clothes, it’s about having the outside match the inside, and finding the power within yourself to really control your own message.”

Kelly was raised in Port Jefferson Station surrounded by powerful, self-possessed women who owned their fabulousness. His mother and grandmothers knew they were beautiful, smart and capable. And along with that, they had effortless style. This created the belief in a young Kelly that every woman was born with an innate sense of confidence.

“I think that comes from having a mother and two grandmothers with a strong sense of self and just knowing that you could be a strong and beautiful woman at the same time,” he says. “Growing up I thought all women were as strong as my mom and as beautiful as my mother and felt as confident as my mother does and all women are as intelligent as my grandmothers.”

Kelly details his Long Island childhood in his new book *I Hate Everyone (Except You)*. Long Islanders will relate to the profound disappointment that followed road trips to New Jersey’s Action Park (as well as the injuries and the disturbing sights of the bathing suit-clad people), his experiences bussing tables at Port Jefferson’s Danford’s Inn, and the suburban adventures of the bygone-era small town video stores (complete with the curtained-off room in the back).

► **“I have so many Long Island memories,” he says. “Going to Smith’s Point Beach in the summer was my favorite thing in the whole world.”**

Kelly stares off a bit, remembering.



Photo Credit: Lou Rocco | ABC

“There was a cemetery out east by Port Jefferson where we used to take our Ouija board at night and scare the crap out of ourselves,” he recalls. “I don’t even believe in ghosts but I still don’t think I would do that now!”

Most of his teenage memories growing up on Long Island include his friend Lisa, who still lives here. Like his mother



and grandmother, Lisa had a strong sense of who she was and was the instigator of most of Kelly's teenage shenanigans. While Kelly saw himself as shy and awkward, he was drawn to Lisa's confidence, beauty and fearlessness.

Later in life, when he encountered women with low self-esteem, he was not only puzzled by it, but also felt a compulsion to step in.

"I think that's why *What Not to Wear* clicked with me," he says. "I was like, of course I could help you find good shoes, but I can also help you discover the woman inside of you who feels as though she can have it all because I know you can."

That desire to lift women up, to lend his expertise in helping them find ways to accentuate their best features and bring out the beauty within is at the core of who Kelly is. It shows itself in his relationships, in his family and in his career. It's his legacy.

And he isn't finished yet.

While he thoroughly enjoys his time on *The Chew* and is having a blast promoting his book, Kelly feels the world of TV makeovers beckoning him, although

he's not quite sure what that means at this point.

► "I want to do another television show with a makeover component to it, but the TV world has changed a lot," he confides. There really aren't any more makeover shows on TV anymore."

The style guru recalls his experience a few years ago when he partnered with Macy's on a program called *Makeover America*. Kelly traveled across the country, giving makeovers to 15 women in each city, and then each one modeled their new look in a runway show.

Kelly recently came across a stack of thank you letters from that time, which reawakened his desire to work with women in that way again. He describes *Makeover America* as "one of the best experiences I've ever had career-wise." Although the work was exhausting, he found it incredibly rewarding.

► "If the network wants to hire me, they know where to find me," he says, the wheels almost visibly turning in his head.

For more information go to
ClintonKelly.com

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Spring Forward

Julissa Valerio

- ▶ Julissa in a Tiered Lace Sleeveless Midi Dress in White/Black by Self-Portrait.
- ▶ Diamond and Velvet Choker by Sheryl Lowe
- ▶ Makeup by Michelle Shamber and Margaret Szmidt of Marc Jacobs Beauty.
- ▶ All styles and cosmetics available at Neiman Marcus, Roosevelt Field and NeimanMarcus.com

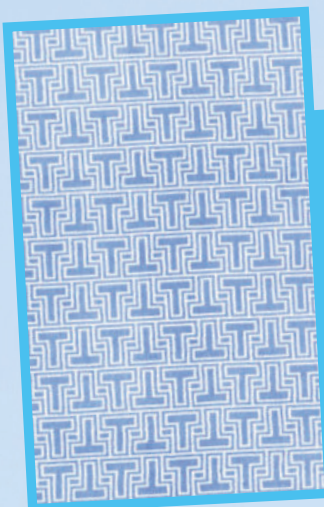
The *Hot List*

Summer Trends



TORY BURCH KERRINGTON PARROT CANVAS TOTE

Tropical & Charming
\$295, Nordstrom, Roosevelt
Field, Nordstrom.com



T-TILE BEACH TOWEL.

Luxuriously
oversized and
perfectly chic.
\$118, ToryBurch.com

SKIN MEDICA TOTAL DEFENSE + REPAIR SPF 34 – TINTED

Protect and rejuvenate your
complexion with a skin-fortifying
antioxidant complex.
POR, Cosmetic Surgery of NY,
631-473-7070



LILLY PULITZER INSULATED COOLER

Ideal for toting cocktails and treats on
your next beach adventure. \$34, Nord-
strom, Roosevelt Field, Nordstrom.com



EUGENIA KIM EMBROIDERED FLOPPY SUNHAT

Keep the sun off and the
paparazzi at bay. \$485,
Neiman Marcus, Roosevelt
Field, NeimanMarcus.com



**DIOR DIORAMA
CAGED MIRRORED
SUNGLASSES**

\$500, Neiman Marcus,
Roosevelt Field,
NeimanMarcus.com

**ORIBE
APRES BEACH
WAVE & SHINE
SPRAY**

Use this moisturizing
glamour spray for
beach-to-bombshell
hair. \$42, Neiman
Marcus, Roosevelt Field,
NeimanMarcus.com



**STELLA
McCartNEY
KIDS BOBO
HOODED
BEACH
PONCHO**

For Boys & Girls,
\$123.20, Nordstrom,
Roosevelt Field,
Nordstrom.com



**ROMEO SHEER GLASS
SILICONE WATER
BOTTLE**

Stay hydrated while in the sun.
In Periwinkle. \$55, Saks 5th Avenue,
Saks.com



A Woman's Right to *Shoes*

Shoe fashions for Spring/Summer 2017 promise to be colorful and nostalgic. Some shoe styles can be considered works of art. Platforms and flatforms are the top styles this season, and in contrast, thin stilettos also are on-trend. Sandals with socks and sock boots, too! Once a big no-no, sheer tights are now being worn with strappy sandals. It seems this season, anything "toes!"



Prada Floral-Embroidered Ankle-Strap Sandals

Beautiful floral appliques enliven these 3.34" heeled strappy sandals.

\$1,100, Saks Fifth Avenue,
Roosevelt Field and Walt Whitman Shops, Saks.com



Kate Spade Delancey Wedges

Raffia and leather wedge slingbacks with a printed canvas platform with colorful pom-poms and tassels.

KateSpade.com



Fendi Striped Knit Sock Bootie

With floral bow embroidery, round cap toe, lined in leather.

\$1,050, Neiman Marcus,
Roosevelt Field,
NeimanMarcus.com



Thom Browne Anchor Leather Sandals

90mm anchor-shaped heel, ankle strap with adjustable buckle closure.

\$1,170, Luisaviaroma.com



Gucci Barette Metallic Leather Studded Platform Sandals

Studded espadrille platform is 1.75" high with adjustable ankle strap and metallic leather upper.

\$1,100, Saks Fifth Avenue, Roosevelt Field and Walt Whitman Shops, Saks.com



Miu Miu Wedge Sandal

Leather-trimmed appliqued PVC and Plexiglas Edged Sandals

\$1,190, Nordstrom, Roosevelt Field, Nordstrom.com



Sophia Webster Chiara Butterfly Wing Sandals

The signature Chiara 3-D butterfly has been designed in Orchid/Spearmint.

\$595, Neiman Marcus, Roosevelt Field, NeimanMarcus.com



Maison Margiela Laser-Cut Leather Western Boots

Perfect for adding a contemporary twist to an everyday look.

\$1,590, Hirshleifers, Americana Manhasset, Hirshleifers.com



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25% FAT
REDUCTION**

IN TREATMENT AREA

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- No Incisions
- No Pain
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PORT JEFFERSON STATION
NEW YORK 11776
631-473-7070
CSNYCOSMETIC.COM

Make Waves in Beautiful Bridal-Style

SWIMWEAR

Destination weddings are in vogue and brides are shopping for adorable white swimsuits to lounge in at the beach or poolside for pre- and post-wedding festivities.

Bridal style swimwear with embroidered handmade swimsuits and long flowing cover-ups are trending this summer season.

Sidney One-Piece

by Becca Swim

Flattering crochet panels provide a peek for skin in this daring yet demure one-piece.

\$124
BHLDN.com



Maldives One-Piece

White with beautiful front beading and embroidery.

\$428
BeachRiot.com



NIKKI Strapless Open Floor Length Coverup

Floor-length and an open front creates a sophisticated poolside look for any woman. This is a bridal favorite, complementing a honeymoon or quick getaway.

\$154
BeachCandySwimwear.com



Caracas Lace Shorts

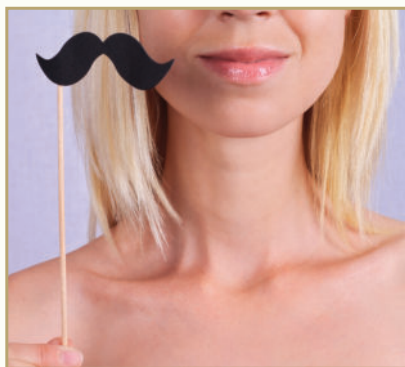
Lace Shorts feature an inset lace yoke, scalloped hemlines and a cute paperboy belt-looped waist. When your bikini top is too cute to cover up, just throw these on!

\$140
ForLoveandLemons.com



Wedding D

Whether you're the bride-to-be, Mother of the Bride or part of the wedding party, you'll want everything to be picture-perfect on your wedding day. You should begin following a healthy diet and exercise regimen right away. A complimentary consultation with Cosmetic Surgery of NY's board-certified plastic surgeons will provide you with a personalized treatment plan for radiant skin and a toned body.



12-15 MONTHS BEFORE YOUR WEDDING:

(These treatments require multiple treatment sessions.)

- Laser hair removal can be performed on a variety of body areas, such as the face, breasts, stomach, back, arms, bikini area and legs.
- A series of Thermage treatments can tighten, firm and gently lift skin to smooth out wrinkles and renew facial contours.

6-9 MONTHS BEFORE YOUR WEDDING:

- Facial surgery can address many aesthetic concerns and bring out your natural beauty. A complimentary consultation can answer all of your questions, call Cosmetic Surgery of New York at 631-473-7070.
- Liposuction can help you achieve a more toned body shape by reducing stubborn areas of fat, including the stomach, hips, arms, back and legs.



3-6 MONTHS BEFORE YOUR WEDDING:

- Breast augmentation is a great option for those desiring an increase in bust size and a lifting of the tissue, especially with a low-cut wedding dress.
- Skin care regimens are an excellent way to achieve a clear complexion. Cosmetic Surgery of New York offers a variety of medical grade skin care products you can begin using now.
- Common skin imperfections like fine lines, wrinkles, acne scars, stretchmarks and enlarged pores can be corrected with a series of microdermabrasion and dermaplaning treatments.



- Chemical Peels can help smooth uneven skin texture and improve abnormal pigmentation that may have resulted from sun damage or acne and reduces fine lines and pores.
- miraDry: Never let them see you sweat, especially on your wedding day. miraDry will reduce sweat by 82% in just one treatment and it takes just 90 minutes!

Day RADIANCE

1-6 MONTHS BEFORE THE WEDDING:

- You'll have a slimmer bridal body in no time with body contouring by SculpSure, a breakthrough light-based body contouring treatment designed to reduce stubborn fat in problem areas such as the abdomen, love handles, thighs, upper arms, or bra strap area. Treatments take 25 minutes and cause permanent loss of fat with an average of 24% reduction with one treatment.
- Dermal fillers such as JUVÉDERM™, VOLUMA®, Volbella®, Vollure®, Radiesse®, Restylane®, Restylane® Silk or Restylane Lyft® add volume to thin lips and sunken cheeks, smooth out fine lines and wrinkles, lift the brow area and fill in scar depressions caused by acne. A complimentary consultation with Cosmetic Surgery of New York can show you how you can get immediate results from these injectables.
- Laser hair removal can provide long-lasting results in areas with unwanted hair. To achieve optimal results, you may require a series of treatments that are scheduled every four to six weeks.
- Parisian Peel: A series of Parisian Peel/Microdermabrasion treatments spaced out monthly along with a light peel will help lift dead skin, cleans and shrinks pores and smoothes skin texture so makeup glides on your skin. Don't forget your décolletage, shoulders and back, especially if they are exposed from your dress.



3 WEEKS BEFORE YOUR WEDDING:

Touch up from past results or rejuvenate your appearance for the first time with dermal fillers and Botox. Also, schedule your bridal trial makeup session.



1-7 DAYS BEFORE YOUR WEDDING:

For true Wedding Day Radiance, schedule a "Triple Threat," our signature 3-in-1 peel with no down-time. You will see noticeable lifting and reduction of fine lines and your skin will be more luminous, tighter and toned, ready for your big day!

The
Kids Are
Grown,
You're
Ready
to Play

It's Glam-Ma Time!



Mature women are more health-conscious, youthful and active than ever before. They are feeling good and living longer, so it's only natural that they want to have that feeling on the outside, too. Plus, because mature women are taking better care of their health, they are better surgical candidates.

In 2015, the American Society for Plastic Surgeons (ASPS) reported that individuals age 55 or over made up nearly 25% of all patients seen for cosmetic surgery treatments.

In addition to cosmetic surgery, there are a variety of other reasons why women over 55 are considering surgery. Many have stubborn post-menopausal weight gain, and sagging breasts which can lead to back, shoulder and neck pain, symptoms that can be significantly relieved by a breast lift or reduction.

On top of that, many women over 55 have the financial freedom to invest in themselves and want to enter their retirement with confidence. They have more money to spend, feel younger and want their faces and bodies to reflect that.

Women are now living longer, so why not reinvent yourself after 55? You want to stay active and engaged in life and want your appearance to reflect that vitality.

If you're over 55 and interested in having your appearance reflect how you feel, schedule a complimentary consultation with Cosmetic Surgery of New York at 631-473-7070.

A Glam-Ma Makeover by Cosmetic Surgery of New York can give you the results you seek:

- A facelift or mini facelift can correct years of aging and damage to the face, giving you an uplifted and fullness to your face, and erase jowls or a sagging jawline.
- Eyelid surgery and/or a brow lift can do wonders, giving you a natural, yet refreshed look.
- Tummy Tuck to remove loose skin and fat
- Breast Augmentation and/or Breast Lift
- Volumizing dermal fillers like Juvéderm
- Body Contouring with non-invasive SculpSure
- Neurotoxin injections like Botox, Dysport, and Xeomin
- Submental Fat Reduction like Kybella
- CO2 resurfacing lasers
- Thermage to tighten skin



WHAT IS YOUR COLOR PERSONALITY?

COLOR PSYCHOLOGY TELLS US THAT OUR INSTINCTIVE COLOR PREFERENCES CAN REVEAL THE DEEPEST PARTS OF OUR PERSONALITIES.

WHAT COLOR DO YOU RELATE TO?

SEE OUR CHART BELOW TO FIND OUT WHAT YOUR
COLOR PERSONALITY IS!



RED

**STRENGTH, HEALTH,
ENERGY, PASSION**

Those who love red live life to the fullest and are outgoing and impulsive. They like to be the center of attention, so others are drawn to their vitality and sense of excitement. Red lovers are ambitious and competitive and like to win.



ORANGE

**ARTISTIC, CURIOUS,
RESTLESS, STRENGTH**

Orange lovers are good-natured, social beings who are adventurous and full of life. Orange radiates warmth and happiness. They may sometimes seem like show-offs, but Orange lovers tend to get lonely, so they love to be around other people.



YELLOW

**CREATIVE, FUN,
ENTHUSIASTIC**

People who love yellow are optimistic, cheerful and creative. They enjoy learning and sharing knowledge with others and have a strong sense of humor and a vivid imagination. They need logical order and are considered to be wise and adventurous.



GREEN

**BALANCE, RENEWAL,
HOPE, PEACE**

Those who love the color green create equilibrium between the heart and the head. They are loyal friends, down to Earth and love to be outdoors. Green lovers are peacemakers who love and nurture others unconditionally.



BLUE

SOFT, SOOTHING, CONSERVATIVE

Those who love blue are reliable, sensitive, and live from the heart by putting the needs of others before their own. They have a high degree of devotion to family and friends. Blue lovers are emotional and sentimental and love things from the past.



VIOLET

HARMONY, ROYALTY, ROMANTIC

Those who love violet are intuitive and have a unique and creative personality. This color is a sign of royalty. Purple or violet lovers are known for their high ambitions and for their ability to inspire others with their free-spirited dreams and desires.



PINK

MATERNAL, GENTLE, DELICATE, KIND

Pink lovers are very much in touch with their femininity and take care of others before themselves. They have a positive outlook on life and see the good in everyone. People are attracted to pink lovers because of their kind and nurturing nature.



GRAY

COOL, COMPOSED, CONSERVATIVE

Those who love gray are considered hard-working and reliable and prefer to be independent and not the center of attention. Calm and practical, they seek balance and stability and try to be in control of their emotions at all times.



SILVER

INTUITIVE, INSIGHTFUL

Silver lovers are resourceful, flexible, and creative. The color silver has a feminine energy that is related to the moon and tides. People who love silver are intuitive and insightful, and have a strong connection with a higher spiritual guide.



GOLD

CHARISMATIC, PERSONABLE

Gold lovers radiate charisma, personality and individuality. People who love gold are leaders who attract others with their optimistic attitude. They are trustworthy and wise and have many friends because of their warmth and generosity.



BROWN

STRUCTURED, SUPPORTIVE

People who love brown are friendly and genuine with a keen sense of duty and responsibility. They enjoy the outdoors and the comfort of a stable home life. Brown lovers do things slow and steady or not at all. They are dependable and have a high standard for excellence.



BLACK

POWERFUL, MYSTERIOUS, CONTROLLING

People who choose black as their favorite color are often independent, artistic and sensitive. They are natural-born leaders who are capable of great power. They are considered mysterious because they do not share easily with others.

Angel Cards

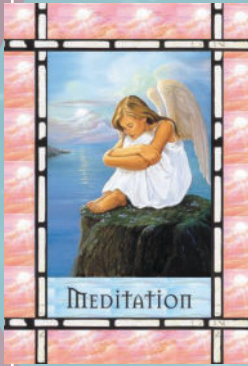
BY PSYCHICDEB

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: MEDITATION

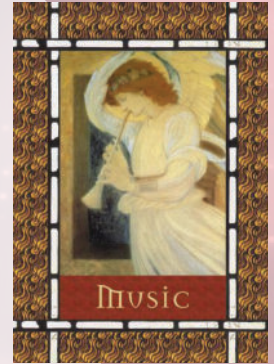
Enjoy practicing meditation often; it is very important for you right now. A quiet mind hears the voice of Angels more easily. Ask your Angels a question, and then listen intently. Don't strain to listen; if you chase the answer, it will evade you. The more you relax your mind, the easier it is for you to hear the answer.



Taurus

ORACLE CARD: MUSIC

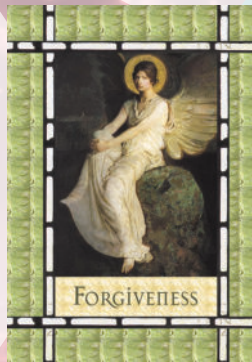
The Angels guide you to immerse yourself in beautiful music. Music lifts your spirit above earthbound concerns and elevates your thoughts to Divine love. You have Angels with you that want to help you through the healing properties of music. If you have your own musical gift, join a singing group, play an instrument, or use it to help others heal through your music.



Gemini

ORACLE CARD: DREAMS

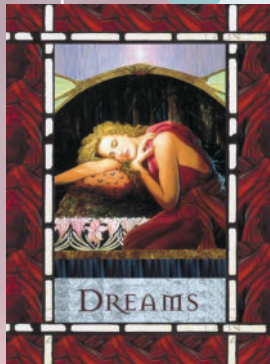
Pay attention to your dreams right now. The messages and experiences of your dreams are never truly lost or forgotten but are incorporated into your unconscious so your higher self's wisdom governs your actions. Keep a dream journal by immediately recalling your dream upon awakening. Review the journal often and look for patterns and themes.



Cancer

ORACLE CARD: FORGIVENESS

Let go of anger and resentment and feel yourself be 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.



Leo

ORACLE CARD: ABUNDANCE

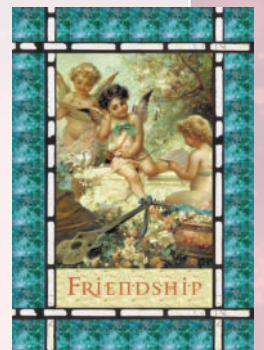
A new flow of support is coming to you right now. Ask the Angels to help you release fears about scarcity so that you can enjoy this increased abundance. Your faith, even if it was small, triggered the abundance that is manifesting for you right now. Say this affirmation daily: "I accept good graciously into my life. All of my needs are met abundantly for me now and always."



Virgo

ORACLE CARD: FRIENDSHIP

Changes in your friendships are occurring. Be lovingly honest with yourself and your friends right now, and appreciate the healing benefits of a true friend. Not only are you changing on the inside, but your life is changing on the outside as well. You may no longer have common interests with old friends and may wonder if you'll meet new ones. Your Angels will help you over this transition. Be ready to meet new friends who mirror your interests and ambitions.



Libra

ORACLE CARD: RETREAT

Spend some time alone in quiet thought. Clear your mind and focus on your truth and priorities. If you are pushing yourself too hard, the Angels are reminding you that rest is a natural cycle in every living thing. While you are resting, take time to reflect on your heart's true feelings and desires. True Divine guidance will speak of your desire to make a difference in the world.



Scorpio

ORACLE CARD: BLESSINGS

The Angels are helping you right now. Continue to ask for their help and then accept it when it comes. You have extra blessings around you now. If you have experienced some challenges, the Angels are surrounding you with more Divine love than ever. Additional Angels are with you, giving you an added cushion of love and light. Your Angels will lift away your fears if you let them.



Sagittarius

ORACLE CARD: EMERGING

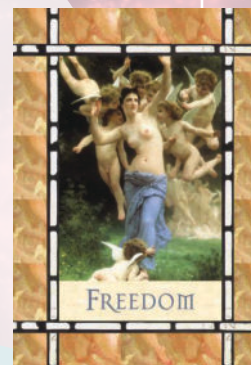
Your true self — radiant, powerful, successful and intelligent — is now shining through the surface. Allow your true self to be visible to others, for you lift them up and inspire them. Your Angels are guiding you to honor your true feelings by expressing them to yourself and others. Your Angels will never guide you to do or say anything that could hurt you or anyone else.



Capricorn

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.



Aquarius

ORACLE CARD: SELF-ACCEPTANCE

You are perfect and every part of you is wonderful. Your Angels guide you to let go of negative self-judgments and to enjoy being you! It's important to view yourself through loving eyes. Berating yourself only makes your spirit sink. Self-improvement comes from a positive mindset. Your Angels love you unconditionally and they want you to love yourself in the same way.



Pisces

ORACLE CARD: BODY CARE

The Angels urge you to care for your body. You are asked to eat healthful foods, to exercise regularly, and to avoid toxins. Your Angels know that if you follow this guidance, you will feel terrific. Your increased energy is your reward and they will help you find the time and motivation to exercise and lose your cravings for unhealthy substances.



Psychicdeb has been a professional astrologer for over 25 years. She teaches Astrology for a nominal fee. Psychicdeb also uses the tarot to do psychic reading, 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.astro-mate.org.

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