

BEAUTY

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Summer sun and dry wind can be harsh on our skin in the months ahead; of course, the sun is the number one offender for dehydrating while also dulling and aging our skin! If you want to help yourself and your skin out this summer try some of these marvelous beauty defenders.

SUMMER SKIN GUIDE

1. HYDRATE OFTEN

Your skin will always be on guard against the sun’s harmful rays with the **MIYU Hydrate Mi Beauty Essence** – a facial mist containing goji berry extract, the superfruit that is positively brimming with anti-oxidants. This refreshing mist provides an instant surge of hydration for your skin anytime of day or night. MIYUBeauty.com, \$34.

2. AFTER THE SUN

By this time of year, you may have already had a sunburn incident so make sure you’re always prepared by keeping **Dermalogica After Sun Repair** on hand for any and all summer sun mishaps. It’s a cooling treatment balm that helps remedy sun damage and calms your skin. Dermalogica.com, \$32.

3. SECRET WEAPON

Cle de Peau Brightening Serum Supreme is an advanced-performance brightening serum, which stops conditions that lead to dark spots from even developing. This patented serum creates a dramatically luminous and well even-toned complexion that absolutely glows from within. Saks Fifth Avenue, \$180.

4. PLUMP IT UP

Keep your skin glowing all summer long with **Bliss Firm, Baby, Firm Moisturizing Gel-Cream**, a hydration powerhouse that completely refreshes your skin. Bursting with benefits yet lightweight, this gel-cream is formulated with gardenia stem cells to give your skin a healthier look, all while providing intense moisturization. Bliss.com, \$62.

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THE NATURAL NOSE



Dr. Laurence Milgrim, top facial plastic surgeon in Manhattan and New Jersey is internationally known for specializing in rhinoplasty and creating his award winning signature procedure, the Natural Nose. Dr. Milgrim has performed thousands of rhinoplasty procedures, and believes that each nose is unique and that it must complement a person’s face. He is sought-after throughout the United States and beyond, for his attention to detail and achieving

a natural nose, for each and every one of his patients.

Dr. Milgrim's emphasis is on the balance of the nose to the face, while preserving the natural and sometimes ethnic nature of the nose. Dr. Milgrim uses the closed surgical technique with the latest technology available to naturally sculpt the nose from the inside out. With hidden incisions, he can manipulate the tissue with less trauma and can see the results as he operates. Dr. Milgrim combines small incisions with minimal tissue damage to accomplish the look, and grafting is minimal to non-existent.

Surgeons used grafting to change the shape of the nose. This left

a noticeable operated look in which everyone looked the same. With minimal to no grafting and minimal tissue rearrangement, the Natural Nose leaves you looking like you were born with it! Patients emerge with a beautiful and timeless nose that balances their face in harmony — all with no scarring or pain.

The procedure takes an hour to perform, depending on the extent of the surgery and lasts a lifetime. Patients won’t have to subject themselves to painful external incisions or weeks of downtime. Now, you can have the new nose you’ve always desired. And the best part: No one will ever know your little secret!

1 Degraw Avenue, Teaneck, NJ; 201- 837-2174 or his affiliation in NY at 200 W 57th Street, Manhattan; 646-559-2854. milgrim-plasticsurgery.com

Dr. Laurence Milgrim is an expert facial plastic and reconstructive surgeon that has been in private practice for over twenty years. He is board certified by both the American Board of Head and Neck Surgery-Otolaryngology and the American Board of Facial Plastic and Reconstructive Surgery. This unique status is reserved for the few surgeons who are experts in both cosmetic and reconstructive facial surgery. Dr. Milgrim has gained international fame for his approach to rhinoplasty and has been seen on ABC and NBC, has been featured in the pages of the Bergen Record, New York Times and Allure Magazine, and has written numerous texts on the subject.

Editor’s Pick: Sonia Kashuk Travel Duffle



This **Sonia Kashuk Gingham Print Travel Duffle** will fit all you need for a weekend getaway with impeccable gingham style! The duffle contains two removable clear plastic pouches for unparalleled organization to keep cosmetics and toiletries safely stowed. The best part is that it can fit all of my travel beauty essentials – skincare, haircare, makeup and beyond. Target, \$39.99.

