

# Winter Wellness

Warren-Tricomi offers a warm, inviting refuge.



## Pamper your skin and body in luxurious style

BY ALEXANDRA RIBIS

**D**EBORAH NORVILLE depends on her brains — and her beauty. Under the glare of harsh lights, the *Inside Edition* anchor manages a sun-kissed veneer even in the dead of winter. Her secret? Skillful application of makeup that employs vibrant hues, says makeup artist Laura Geller. “To make her face pop, I use bright pink,” she adds. “In winter, our face eats up color.”

Looking good this time of year is a challenge. The overindulgence of rich food and drink, combined with arctic temps, can make your face as brittle as kindling. “All skin types become dry and lose their glow,” says Ling Chan,

owner of Ling Skincare, whose devotees include Gretchen Mol and Naomi Campbell. “The simplest step to protect the skin is to drink lots of water.” So mix soda and coffee, which are dehydrating, and reach for the Evian.

“Women must take care of their skin in winter, especially those over 30, when signs of aging begin to appear,” says Chan. “I walk clients through the correct process of cleansing and moisturizing.” Lancôme’s Rénergie Intense Lift, an ultra-firming face cream, and Michael Kors’ Leg Shine, which moisturizes and tints, can also fight seasonal blues.

Though the surgeon’s knife can trim years, many women are sticking with natural skin-care regimens. “Anti-

oxidants and vitamins have become the celebrities of the skincare world,” says the co-owner of the DDF skincare line, Elaine Linker, who also holds a degree in herbology and nutrition. Lycopene, sold in DDF, Kiehl, and Aveda products, shines as the “it” antioxidant of the moment. This touted fountain of youth is found in tomatoes and slows the aging process by protecting the skin from pollutants.

And just as the health-conscious read food labels, savvy consumers want to know what they’re putting on their bodies. Stylish destinations cater to these discerning clients. At Warren-Tricomi, the Rockefeller Center salon for nearby media stars, decadence flows in a milk-and-honey pedicure. The feet are submerged in a warm soak, followed by exfoliating massage with micronized oatmeal. Then a rich sour cream mask moisturizes the skin for the finale. For hands, the most visible body part after the face, the salon offers a skin nectar manicure Cleopatra would have adored.

If you’re in the mood to pamper your whole body, the newly opened Oasis on Park Day Spa lures women entranced by the salt scrub and seaweed wrap. “Salt is an amazing exfoliant and allows the body to infuse more moisture into the skin,” explains Bruce Schoenberg, co-owner of Oasis. “Combined with the minerals in the seaweed that help damaged skin and improve circulation, it’s an ideal revitalizer.”

Of course, skin is enhanced by good hair. To maintain a glossy mane brutalized by the wind and cold, deep conditioning and highlighting help to brighten your look. Rely on the experts: Santino at Warren-Tricomi, Ron Levin at Pierre Michel, and Frédéric Fekkai. Weekly blow-drys are also a must at SoHo’s Privé, which has its own herbal-treatment line. It is open weeknights until 10 and Sundays for those emergency rendezvous.

But when in doubt, trust the fashion-forward woman. She knows a fabulous Balenciaga bag or the new red shade of Chanel’s lipstick is only part of a chic ensemble: To complete the package, deck yourself in clear luminescent skin from head to toe. ☺