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**YOU NEED NOT BE A ROCKEFELLER TO LOOK LIKE A MILLION
OUR EXPERTS SHARE BEAUTY SECRETS OF BIG CITY SOCIALITES**

New York, NY December 20, 2002, 12:00 PM EDT – *Aerin Lauder, Paris and Nicky Hilton, Nina Griscom*, these ubiquitous bold facers are known for their beauty and ability to look perfect on any occasion even after one too many Cosmopolitans. Just how do they do it? Can “regular women” without trust funds follow their regimen? Surprisingly, the answer is yes. We polled three beauty experts to get the inside scoop on what a socialite’s beauty arsenal entails. Guess what? It wont cost you an arm and a leg.

Oasis Day Spa-When stressed out celebs and socialites want to purge their bodies of toxins, champagne, and one too many Marlboros, they turn to the experts at this famed spa. According to spa owner Bruce Schoenberg, one favorite is the **Body Glow Salt Scrub**, which is an exhilarating 30-minute treatment using Dead Sea Salts and aromatherapy oils to exfoliate and massage away dry skin and improve circulation. The treatment also includes a Vichy Shower to melt away tension and get women in the right mood for a big event. It is worthwhile to note that Oasis is one of the few city spas to offer this shower treatment. You can hang onto your wallet because the price for this treatment is only \$50.00. Another favorite is **the non-surgical facelift**, which is a fraction of the price of “the real thing” and entails just five collagen and hydro lifting treatments over a seven-week period. Oasis uses medical grade collagen that moisturizes and gorges facial lines and wrinkles slowing down the aging process dramatically and rendering the skin hydrated and glowing. If mud is your thing, try the **Detoxifying Dead Sea Mud Wrap** which just might help you squeeze into that slightly snug party dress by reducing water retention. In addition, it helps stimulate and revitalize the metabolic system, the skin, hair and scalp. The price of a taxi to Oasis is certainly cheaper than a trip to the real deal in Israel.

Food For Life-Just because your name is not Oprah does not mean you can’t have the benefits of a personal chef. Celebs and socialites alike trust their form and figures to this new gourmet diet. For just \$35.95 a day, 3 truly gourmet meals (utensils included) are delivered to home or office in an attractive and discreet cooler. What’s more, the diet is customized by determining a client’s metabolic type. For socialites who have never entered a kitchen, or other cooking phobics, this diet is ideal because there is no weighing, measuring, preparation, or counting calories. Who said average folk can’t have a personal chef?

Plastic Surgery- With the Dow Jones at sometimes-record lows, few people are having major cosmetic overhauls. Although socialites may have the funds for the latter, they can’t spare the downtime, and neither can you. The trend now is toward incremental procedures and no one knows that better than Park Avenue plastic surgeon Dr. Bruce Nadler. The doctor has treated many a socialite in for a quick boost before an important affair. What are among the most oft requested procedures? “Without a doubt,” says Dr. Nadler, “women are flocking to my office for collagen lip injections to achieve the

perfect camera ready pout. This lunchtime procedure is ideal because the results are immediate and ladies can be paparazzi perfect in only a matter of hours with results lasting for a few months.” In addition, Botox injections in the foreheads have become increasingly popular even with the younger set that wants to eradicate the very first signs of aging. Furthermore, those eager to slip into their bikini for a St. Bart’s sojourn sans a sarong are opting for micro-liposuction. This method entails smaller cannulas that can target problem areas such as the inner thighs, knees, and outer hips. Lastly, blue peels are ever popular for sun damaged and generally lack luster skin.

Although you may not be a bold-facer, you need not spend a million to look like it. Whether it’s a holiday party you’re gearing up for, or a big event, beauty SOS is right around the corner.

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