

# HAMPTONS

A full-page photograph of three women, Katie Lee, Ali Wentworth, and Stephanie March, posing together outdoors in a lush garden. They are all smiling and wearing matching white sleeveless tops and colorful, patterned skirts. The woman on the left has dark hair, the middle woman has blonde hair, and the woman on the right has blonde hair and is wearing a large necklace. They are sitting on a stone wall, with their arms around each other. The background shows green foliage and a clear sky.

## Katie Lee, Ali Wentworth, & Stephanie March

A FRIENDSHIP FORMED ON THE EAST END

**PLUS** Anne Burrell, Mayor Mark Epley, Nanette Lepore, Elie Tahari



the beach in no time. The no-downtime technology delivers ultrasound energy deep down to the same layer of skin plastic surgeons lift when they do a traditional face-lift, Dr. Mark says. It's the only nonsurgical treatment approved to lift the skin of the face, neck, and brow, and a single treatment can last as long as three to five years.

**BEAUTY MYTH:** "People think Fraxel is so good, when in my opinion, the Mixto is a far superior technology," he says. "The Mixto won an award for regenerative facials three years in a row, it hurts less than Fraxel, and it more uniformly heats the dermis." 425 County Road 39A, Ste. 201, Southampton, 283-0002; 200 Pantigo Pl., Ste. N, East Hampton, 324-4161; kennethmarkmd.com

## EAST MEETS WEST

### Shellie Goldstein

"Acupuncturist to the stars" Shellie Goldstein uses an entirely different set of needles than your typical cosmetic practitioner. Her specialty is cosmetic facial acupuncture, which she practices at both her Amagansett and Manhattan locations. Goldstein was also one of the first acupuncturists to work in hospitals and healthcare facilities in New York.

**BEAUTY PHILOSOPHY:** You don't need injectables to look younger. Goldstein is a proponent of alternative cosmetic therapies, which she discusses in her book, *Your Best Face Now: Look Younger in 20 Days with the Do-It-Yourself Acupressure Facelift*.

**SUMMER MUST-HAVE:** Goldstein's signature AcuFacial Facelift is like "taking your face to the gym"; it uses a combination of therapies to treat aging from the inside out. The personalized treatment begins with either microdermabrasion or ultrasound to slough away surface skin cells and stimulate cell removal. Next, gentle microcurrents are used to lift and firm sagging facial muscles, while Goldstein simultaneously uses acupuncture on the body to enhance and balance the internal energy. The face-lift finishes with a sequence of LED lights, each targeted to a specific issue and, finally, an oxygen infusion to brighten the skin. Out East, she offers the Hamptons 50-minute express version, which can be performed poolside as a house call. **ADDED EXTRA:** In addition to practicing the therapy, Goldstein is an educator who teaches courses on facial acupuncture. 530 Montauk Hwy., Ste. 201, Amagansett, 219-3226; 928 Broadway, Ste. 1104, NYC, 212-388-0800; hamptonsacupuncture.com

Shellie Goldstein created an anti-aging face-lift that combines acupuncture with microdermabrasion and an oxygen facial.

