

IN MY BAG

# Heather Adessa

We asked local makeup artist Heather Adessa of Glo Beauty Bar in Mamaroneck ([www.glo-beautybar.com](http://www.glo-beautybar.com)) to give us a peek inside her makeup bag...



Real Techniques Stippling Brush \$9.99; Kohl's

Too Faced Better Than Sex Mascara \$23; Ulta Beauty

Rimmel London Stay Matte Primer \$4.19; Target

MAC Cosmetics Extended Play Gigablack Mascara \$18; MAC Cosmetics

MAC Cosmetics Studio Fix Fluid \$28; MAC Cosmetics

Benefit Gimme Brow Eyebrow Gel \$24; Benefit Cosmetics

ColourPop Ultra Matte Lip, \$6; [www.colourpop.com](http://www.colourpop.com)

MAC Cosmetics Mineralize Blush \$28; MAC Cosmetics

Make Up For Ever Blending Blush Brush \$37; Sephora

MAC Cosmetics Powder Blush \$23; MAC Cosmetics

MAC Cosmetics 187 Duo Fibre Face Brush \$42; MAC Cosmetics

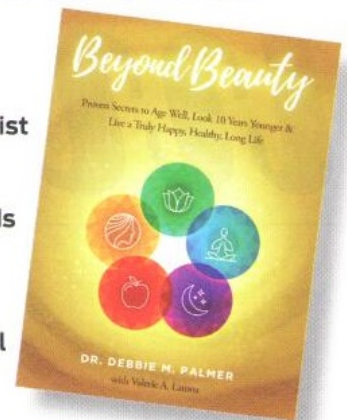
Beautycounter Lip Conditioner, \$17; [www.beautycounter.com](http://www.beautycounter.com)

Make Up For Ever Pro Finish Powder Foundation \$36; Sephora

EXPERT ADVICE

## More Than Skin Deep

In her new book, local dermatologist Dr. Debbie Palmer recommends a more holistic approach for beautiful skin.



Board-certified dermatologist Debbie M. Palmer, D.O., medical director and cofounder of Dermatology Associates of New York in Harrison, has culled advice from her 17 years of experience practicing medical and cosmetic dermatology into a new book, *Beyond Beauty: Proven Secrets to Age Well, Look 10 Years Younger & Live a Truly Happy, Healthy, Long Life*. According to Palmer, who firmly believes that lifestyle habits have a major effect on the skin, "There's no question that changing your diet and your lifestyle can improve the look and health of your skin." She recommends specific strategies in her book, which is available at her office and on Amazon. Palmer says that she has seen "amazing changes" in her patients' skin after they make positive diet and lifestyle changes, including improvement in acne, psoriasis, and eczema.

"We hear so much about [topical products] for better-looking skin, but it's not just what you put on your skin that matters; it's what you put into, and do to, your body that's important, as well."

*Beyond Beauty* offers research-backed dietary tips, as well as recipes that Palmer makes for her own family. It also offers strategies for developing inner peace, sleep and exercise tips, and skincare advice. Palmer's No. 1 tip for great skin: "Eat a healthy, well-balanced, nutrient-rich diet." Palmer recommends a Mediterranean-style diet and advises patients to swap out processed and artificial foods for natural ones.

For topical care, Palmer advocates antioxidants and sunscreen to prevent premature aging.



OPEN FOR BUSINESS

## Hair: Blown Drybar comes to White Plains

BEFORE BLOWOUT BARS WERE ALL THE rage, stylist Alli Webb had a vision: "No cuts. No color. Just blowouts." So, in 2010, she founded the first Drybar in Brentwood, CA, and almost single-handedly created a mini-industry.

Today, Drybar, whose bright-yellow logo has become virtually ubiquitous, has more than 70 locations, now including its first Westchester shop in White Plains. "We've had such loyal clients in our New York City shops," says Webb, "and we knew that White Plains was the perfect next location."

At the 1,768 sq ft, 11-chair shop, Westchester residents are finding out what all the hoopla is about. "We are quite different from a traditional salon," says Webb, noting that Drybar is "set up like a bar, where women can relax, and enjoy a romantic comedy on our TVs." All blowouts cost \$45, generally last from two to four days, and are all whimsically named after cocktails (the "Dirty Martini" offers a tousled look, while the "Manhattan" is smooth and sleek). What about guys? "We have some amazing male clients," says Webb. "They love a good blowout, too!"