

NYC

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RESIDENT

A young child with wet hair is sitting in a meditative pose (lotus position) in a shallow waterfall. The child's eyes are closed, and their hands are resting on their knees in a mudra. The background is the cascading water of the waterfall, creating a serene and natural setting.

SUMMER GUIDE TO
HEALTH,
WELLNESS,
AND BETTER LIVING

HOW TO
STAY FIT,
EAT WELL,
LOOK
GOOD,
and FEEL
FABULOUS

HEALTH BY THE #'S

5 TRICKS

7 TIPS

11 UNKNOWN STATS

SUMMER SLIMDOWN

We all want to look and feel our skinniest in the summer (bikini time!), but with all the barbecues, sugary cocktails, and parties, it's not so easy. While there's no magic potion (we wish!), there are ways to make you look smoother and slimmer, and feel healthier and more attractive.

Upper East Side socialistas, fashionistas, and beauty goddesses have known about **Kimara Ahnert's** posh salon for some time. It's a high-end makeup studio that also offers first-class spa treatments, all in a gorgeous, luxurious setting that's fit for royalty. The staff is also incredibly nice, knowledgeable, and experienced.

For a late-summer body detox that instantly takes away pounds of water weight, as well as toxins and whatever else is lurking under the surface, try the **Parafango Wrap Therapy**, an intense, highly effective treatment utilizing warm parafango, a special sea mud mixture with paraffin to deeply moisturize and improve skin tone. The combined heat and parafango draw out impurities, excess water—and stress—leaving you looking and feeling brand new. Your body looks slimmer, your skin feels like a baby's, and at the end of the session you will already want to book the next one. It's truly amazing!

**Kimara Ahnert is located at 1113 Madison Ave. at 83rd St.
212-452-4252
www.kimara.com**

Looking for more ways to look and feel firmer? Celebrity beauty expert **Ole Henriksen** says:

Fighting flab should be tackled from several angles. It is of great importance to eat a clean and healthy diet. Also, something as simple as drinking lots of water and herb teas like mint tea and African red tea will make a huge difference in helping to speed up your metabolism and help your body rid itself of toxic elements that can lead to excess flab.

Exercise is another important weapon that can be used to fight flab. Pilates and yoga are great ways to tone a flabby body. Results will not show overnight, but after six to eight weeks, the transformation can be extraordinary as far as tightening your inner and outer thighs, butt and waist line.

*As for topical treatments, it's all about revving up circulation that boosts oxygenation in the vital tissues of the body and in turn, impacts the skin with some degree of toning and firming. That's where coarse exfoliating scrubs are particularly effective. Personally I've seen amazing results achieved with the following routine. I recommend that my clients use my **Loofah Body Scrub** in the shower on damp skin on the parts of the body where the tissue has lost its tone in tiny, firm vigorous circular motions. Work it into the skin for several minutes until you feel a definite tingling in the tissue.*

At the end of your shower, rinse your body with cold water. It may be a little uncomfortable, but it helps to further tone and firm the body.

*Follow with an application of my **Muscle Comfort Lotion**, which contains algae and peppermint to enhance circulation and firm the tissue. This treatment should be done every night for a period of many weeks on troubled areas of the body.*

*For even better results, incorporate my **African Red Tea Firming Body Mask** into your routine twice a week. After applying the loofah scrub, cover the troubled areas of your body with my African red tea firming body mask and leave on for 20 minutes. It may be a good idea to lie down on a bath towel and relax for 20 minutes as the mask works to firm the tissues. Next, follow with muscle comfort lotion.*



**Ole Henriksen's products can be purchased at Sephora,
as well as at www.olehenriksen.com**

BOOK REVIEW: EATING ANIMALS

By Nicole Karlis

If you've ever gone back and forth about becoming a vegetarian, reading *Eating Animals* by Jonathan Safran Foer will be enough of a reason to cut meat out of your diet forever—and just overnight. Foer, who struggles as a quasi-vegetarian all his life, finds he has to decide his diet once and for all to determine whether or not he will feed meat to his firstborn child.

The author takes it upon himself, sneaking into the factory farms and interviewing several workers, to seek out the truth about eating meat. We learn about the abused chickens in the factory farms that are forcefully injected with hormones and antibiotics, living their short lives without sunlight and being manipulated to lay eggs year-round. We hear the squeals of the cattle as they are consciously sent into the scalding machines—and not by accident.

But we are also introduced to farmers, such as at Niman Ranch, who raise animals with the pure purpose to improve the lives of animals by not subjecting them to the same tortures of factory farms, yet still slaughtering them for our meals. We even meet a vegetarian who farms animals.

Foer does an excellent job of not pushing too many pro-vegetarian beliefs on his readers, but rather providing us with all the evidence to make a decision for ourselves. He provides us with all sides of the highly debatable issue of eating animals by interviewing workers at the slaughterhouses, owners of ranches, and a member of the well-known animal rights group, PETA.

We are left at the end feeling inspired; believing if we take part in the act of not eating meat completely, we can make a significant difference in improving animal rights and the overall health of the world. After all, as Foer says “how effective would the Montgomery bus boycott have been if the protestors had used the bus when it became inconvenient not to?”

