

Best Picks Magazine

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Season in The Hamptons - Travel Diamonds & Bridal Jewelry



Tuesday, November 18, 2025

Conde Nast Contributor

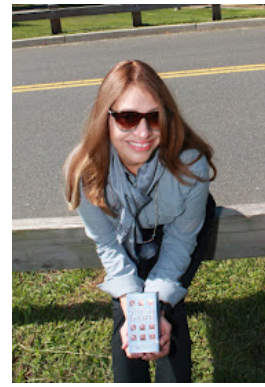
Winterizing Your Complexion Inside and Out



Editor's Corner - It's Summertime in The Hamptons!

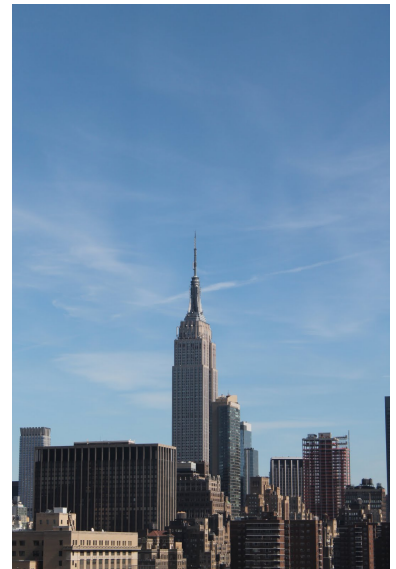


As winter once again comes around to our [NYC/Metro area](#), our skincare routine also needs to change with the seasons. This means looking into some time-tested remedies as well as new solutions that both protect and nourish the skin from the inside out. Here are some new beauty finds that will help you face the elements this holiday season:



Vibrant living, natural health & beauty are all part of my lifestyle books and blogs. Be on the cutting edge of living well and BEING well. That's the good life! Collaboration, Sponsorship and Advertising Inquiries contact: drmiczak2@gmail.com See my BOOKS at the link above and banner ads below. Dr. M. (PHOTO by Magda - Twitter @PhotosbyMagda)

NYC Travel



Everything from Carriage Rides to Walking Tours, fun ways to see NYC.

See My Vanity Fair Page!



Chanel No. 5 and Coco



AKAR Skincare is a Taiwan based product line of natural products that may take you by surprise. Of note is their **Nourish Mask** that is really "earthy", (read dirt), but does an excellent job of resurfacing the skin. This sloughing off process paves the way for deeper penetration of other products following in sequence. The best product from this line is their **Soothe Face Oil** which can be applied after your favorite moisturizer or their **Nourish Balancing Essence Spray** which is somewhat similar to d'Alba Piedmont First Spray Serum. Visit www.akarskin.com



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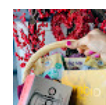
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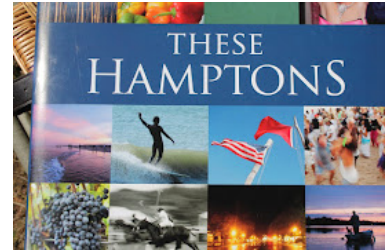
d' Alba Piedmont First Spray Serum is a fantastic light moisturizer used by professional makeup artists both before and after as a setting spray. It contains an oil layer so you'll need to shake before using but what a gorgeous glow it leaves behind! My top find of 2025. Available on Amazon.com



Season in The Hamptons - Travel Diamonds & Bridal Jewelry

The historic east end of Long Island makes for a lovely destination wedding. With June being our official "Bridal Season" and...

These Hamptons



Beautiful coffee table book that celebrates Long Island's East End

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Twofold To Glow Greens - Dietary Supplements and Wellness Serum

Working from within, these convenient "greens" are the perfect way to start your day focused on self care. **To Glow Greens** in strawberry-matcha offer a refreshing blend of energizing herbs and nutrients that support a healthy complexion. Added to 8-12 ozs of water or your favorite smoothie, it's a game changer.

Wellness Serum is a glycerine based mixture of their **To Glow Greens** but in a topical formulation. Rich in hyaluronic acid and chlorella, it is light, non-oily and perfect for acne prone skin. Made in the USA. Visit www.twofoldwellness.com

**Replere by Dr. Debbie Palmer**

Restore & Fortify Beauty Shooters are a quick shot of antioxidant herbs and nutrients geared towards fighting the onslaught of free radical attack. Once again, working from the inside out, this next level beauty treatment is what we can expect in 2026.

Protect & Rejuvenate Day Lotion echos the shooter formulation for topical application. Very light while offering a certain richness for extra protection. See her collection at www.replere.com



Pure Heritage Grass Fed Beef Tallow Face and Body Balm

There are many beef tallows on the market now but this formulation includes mango butter and raw honey. Handcrafted in the USA, it is a gift-worthy product for anyone. Beef Tallow is excellent when applied last over serums and creams for a sealing barrier effect. Available at www.pureheritageskincare.com

Dietary Tips

Consider including the following nutrient rich foods and supplements over the winter months:

- 2-3 servings of salmon or sardines per week
- Daily Collagen Supplements, powder is best
- Vitamin D supplementation as lack of sunlight can cause deficiencies

Get these products in quick rotation NOW before the harsh weather sets in for your most pampered complexion of the holiday season!

Posted by drmiczak at [8:59AM](#)

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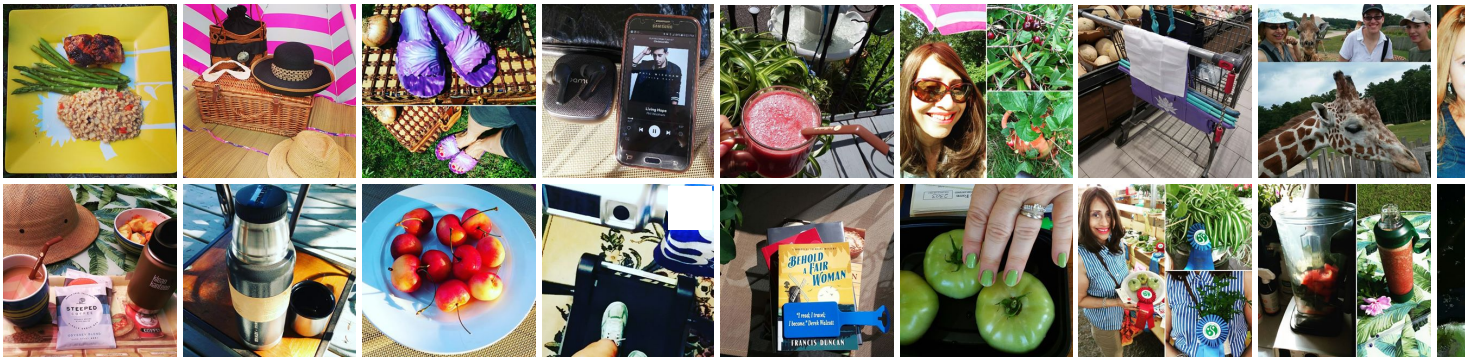
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