

WESTCHESTER

M A G A Z I N E



Robin Queen,
Spa Director
The Spa at Monteverde

Beauty & Style

Robin

Skincare regimen: All the products I use can be purchased at the Monteverde Spa, at skin centers and dermatologists offices, or via the Internet. In the mornings, I use the Ytsara (www.ytsara.com) cleansing facial gel, followed by a gentle facial scrub to exfoliate my skin. Ytsara products contain green tea, considered one of the strongest antioxidants. Then, I use SkinCeuticals (www.skinceuticals.com) Vitamin C and E serum to increase collagen production, followed by SkinCeuticals B5 which binds moisture to the skin and can be applied under or over makeup; it's great for airplane trips to return moisture to the skin. Finally, I finish off with Ytsara rejuvenating facial cream that has green tea and noni leaf extracts, all high antioxidants for the skin. In the evenings, I use Osea (www.oseaskin.com) all natural, marine-based Ocean Cleanser with Seaweed, which is good for hydrating and nourishing the skin. I use a white algae mask once a week for deep hydration, soothing irritated skin, and to even out skin tones. I spritz a bit of Osea Sea Mineral facial mist for added hydration. Osea eyes and lip cream restores damaged skin while fighting free radicals. And I use the heavier moisturizer Advanced Protection cream, which is a heavier moisturizer, nightly for intense firming and repair.

Makeup: I keep it light and natural. I use MD Skincare (also available at Sephora and Nordstroms, www.mdskincare.com) all-in-one tinted moisturizer with sunscreen—most important. I stick to natural lip and eye colors to enhance a natural look.

Procedures: Every other month, an MD Skincare Alpha Beta Peel is a must! This two-step, at-home peel created by Dr. Dennis Gross comes in ready-to-use pads and delivers both immediate results and long-term benefits. It also helps keep my rosacea under control. On alternate months, I have routine facials.

The most important skincare advice I've ever received: Keep exposure to sun minimal, but do get 15 minutes of direct sunlight each day to receive the natural Vitamin D that your body needs for overall health.

My biggest splurge: Going on weekend retreats to destination spas to escape, do yoga, and nurture my body and soul.

A MD Skincare3 Alpha Beta peel every other month keeps Robin's rosacea under control.



Hair-care regimen: I go to Warren Tricomi Salon (1 E Putnam Ave, Greenwich, CT, 203-863-9300) for all my hair needs. My hairstylists are Jessica Reardon and Margo Levitin, Jennifer N. Cloke does my color, and Tamara Palumbo does my makeup and eyebrows. For touch-ups in between coloring, I have the salon apply a glaze, which helps to freshen color, shine, and condition. To maintain color and promote healthy hair, I use Warren Tricomi's Purestrength three-piece-set of shampoo, conditioner, and daily mask for all hair types. The products are available at the salon or online.

Best hair-care tip: Go to someone who is passionate about what they do.

