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CELEBRATING THE WOMEN OF ROCHESTER

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*Opportunity knocked. My doorman threw him out. ~Adrienne Gusoff*

# Primp before you party

Melissa F. Pheterson

Hosting for the holidays? Milk and cookies will suffice for Santa, but not for a bash that people will still be talking about into 2009.

With the holiday season rapidly approaching, we've scoured Rochester for tips and ideas for throwing the perfect party or having a perfectly good time at someone else's. And-you'll be happy to hear-it all starts with feeling good and getting relaxed (a little pampering, anyone?).

## GET PRIMPED

When all eyes are on you, you'll want to look and feel your best to hold court in your castle. Scott Miller of Scott Miller Salon (3340 Monroe Ave., Pittsford, and 940 Ridge Road, Webster) says that parties "are an expression and an extension of ourselves. The goal for both-throwing a party and looking your best-is to appear as if it were done effortlessly."

So when you're drowning in lists and wrapping paper, Miller suggests you surrender under a masseuse's palms, then get a facial three weeks before the party.

"If your skin feels clean and supple, if your makeup is fresh, if you've just had a facial or massage and are feeling calm and confident-these all play into looking and feeling your best while presiding over a room," he says.

Polish your toes one week prior and save the manicure for the day before. "The better your skin, nails, hair and makeup look, the more confidence you will have when entertaining your guests," he says. "You're not just at the party. You are the party."

**Hair:** The injunction to "just relax" applies to your hair, too, as styles have grown less spray-stiffened and more natural. Try low ponytails off to the side, a low part with a sweeping bang, light teasing at the crown, and loose curls or waves shaped with hot rollers or a curling iron (see photo at left). For a more finished look, wear a tight slicked-back ponytail carried low and to the side. "For short hair we recommend a wet look using a strong gel, pomade or wax," Miller says. "If you have the courage, slick it all back off your face." Or separate bangs into three or four pieces. Slip on a chic headband to make a statement.

**Makeup:** For a dramatic evening look, Sonja George, makeup artist at Scott Miller Salon, recommends a palette of plum, red and eggplant-shades that complement this season's apparel trends. Batting false eyelashes will quicken everyone's heart rate-whether individual appliques or a full lash (if you dare). Custom-blended foundation creates a natural finish that will match your skin tone flawlessly.

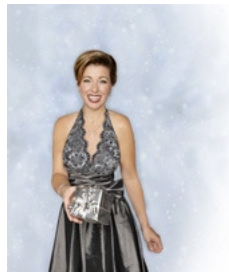
**Nail the trend.** This winter, goth goes glam. "Dark polish is in-deep, shimmery purple, or even almost black," says Amy Perlis of Amy's Nails Plus (1 Grove St., Pittsford, 586-2150). "Dark colors always look better on short nails." And for a classic look, "the French manicure is always one of the most popular and goes with any dress."

**Nothing says "I love you" like a wrinkle filler.** Gift certificates for Botox, Restylane and Juvederm are best-selling holiday gifts at the Quatela Center for Plastic Surgery (973 East Ave., 244-0323). But patients are also indulging themselves in preparation for a season of socializing.

"The holidays are our busiest time of year," says Dr. Vito Quatela, who sees a 35 percent spike in cosmetic procedures like Botox and Juvederm. These quick-fix procedures require minimal downtime-helpful because not all of us (ahem, Mrs. Claus) retain an entourage of elves. Make it a spa day: Head upstairs to the Lindsay House to treat fine lines with microdermabrasion and exfoliation.

**Give yourself wiggle room for desserts.** Hire a personal trainer at an athletic club now rather than waiting for a New Year's resolution. Or do the next best thing: Bring home the Pilates Plus Power DVD from Pilates Plus (3300 Monroe Ave. No. 215, 586-3410).

"Don't lose sight of relaxation during the hectic holiday season," says Jodi Brennan, founder of the studio. "Carve out time to relax." A private yoga session works wonders. If you're feeling sluggish and sallow, try an hour in the infrared sauna to purge toxins from the body while re-hydrating parched skin.



MATT WITTMAYER staff photographer  
Model Samantha Tassone is wearing a dress by JS Boutique from Lord & Taylor in Eastview Mall. Hair by Jason Wieland for Scott Miller; makeup by Sonja George for Scott Miller. All jewelry designs by Hearts on Fire, from Cornell's Jewelers: Oval earrings (.82 carats), small-prong-set bracelet of 26 diamonds, diamond single-row bracelet (1.96 carats), diamond pendant from the Sweeping collection (1.38 carats).

## Things to do

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