



Whatever else it offers, golf may be the most beautiful game a woman can play. It allows a lady to dress like a lady, it freshens and revives the spirit, and it makes for a radiant complexion.

The elegant golfer will maintain her glow with skin products and an occasional trip to the spa; the informed elegant golfer will make the most of both.

At her spas in New York and Santa Barbara, clients are privy to Susan's beauty secrets, which she has been perfecting since she was 15.

"Growing up in Buffalo, with its harsh weather, destroyed my skin," says Susan, "so I looked after the glitzy faces of Jennifer Lopez and Naomi Campbell, among others. I used to mix up concoctions of amins and aloe to make my own facials, was all instinctive, but it worked."

Her bedroom became a beauty salon where she gave facials to acne-ridden hoodlums, along with hair tips, manicures and anything else that would turn them from pimply pupils into swans.

Her "instinctive" remedies were refined during several months spent with her family in Italy. Her uncle, a physician, inspired her with her concoctions — and reduced her to fresh food.

"My mother was the Birds Eye queen,"

was eating olive oil ends earlier."

A nutritionist is so recessed of writing a story, "that will enable my dishes that keep Susan cooks every for a New Yorker, sooner go home to bean soup on the 1 before work than a full of additives."

Any indication of what she's doing, her skin looks like it's grown sugar. Advice immediately perspective on pasta paste? because our gut? — some formula for a any morning take seaweed and essentially a radish. old water and then th sesame oil, a ne grated onion. ▶



Sport the Fair Way

Take a break at a world-class day spa.
by Brigit Bailey-Grant



"I WANT CLIENTS TO FEEL LIKE THEY HAVE COME TO MY HOME."

I should be eating it myself every morning, but I hate the smell of it." Aroma and fragrance is very important to Susan. The smell permeating the pink-hued halls of her spa is an exotic blend of essential oils and flowers. It's very inviting, as are the beauticians who work there, warm and receptive to your every need. "I want clients to feel like they have come to my home, which is

what they did when I first started my business in New York. I was staining people's pores on my coffee table and waxing their legs on my sofa in a small, one-bedroom apartment. But I always had lots of flowers and candles about the place to keep that feeling of elegance and healing." Some of her apartment clients included Jerry Hall, Linda Evangelista and Stephanie Seymour. W. Harper's success came soon after.

Why are Susan's spas so popular? Maybe it's her products, made exactly to her specifications in a family-run laboratory in France. They contain neither perfume nor the pore-blocking paraffin wax found in so many creams. As likely, it's her personality. Not only does she brighten your complexion with a pumpkin enzyme peel, but she cleans you up as well. Golfers in particular will feel comfortable around her as she spent many years on courses trailing behind an enthusiastic golfing father and can talk a good game. "More importantly, I know how exposed players are to skin-damaging elements, and I can help them protect their skin for the future," she says. Elegant, intelligent advice for elegant, intelligent sportswomen. Lady golfers couldn't have a better friend. J. Visit www.susancarter.com for more information.

