

# allure

THE BEAUTY EXPERT

MAY 2010

**SPECIAL ISSUE**

**GET A  
BETTER  
BODY**

**22** Easy Ways to Lose Bloat,  
Flatten Abs & Crank  
Up Your Confidence

Big, Sexy Hair  
In 5 Minutes

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Fun, Bright, Lip-Plumping Shades

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Our Hair-Removal Guide

Catherine  
Zeta-Jones  
Gets Entirely and Completely Naked  
(No, Seriously, Not a Stitch!)

**Hair & Makeup Preview**  
The Best New Beauty Trends



HOW TO VISIT  
A WINERY

An Interview With  
Jackie Richmond

Richmond's company, Wine Country Concierge, designs tours and private wine tastings in Napa Valley.

**M**y first rule of thumb is to remember that it's wine tasting, not wine drinking. It's amazing how many people come to Napa for a tour of wine country and get pulled over for drunk driving. My best advice is to hire a car and driver—it makes the trip much more enjoyable.

- **Pick your starting point.** Whether you're in California or Europe, I suggest starting at the local visitors' center, where you can get maps of the area with the vineyards that are open to visitors. You could also ask a concierge at a hotel to recommend a few of the top wineries. And if you have a favorite wine from that region, you can call that winery and schedule a tour.

- **Know your limits.** Plan to visit no more than three wineries a day—one in the morning and two in the afternoon. If you can, make the morning session a tasting of sparkling wine, since Cabernet Sauvignon can be a bit heavy at 11 A.M.

- **Call ahead.** Most places charge for a tasting, anywhere from \$10 to \$100. If it's an appointment-only winery, you're more likely to pay around \$35, sit in a small tasting room, and get a serious tutorial. At these tastings, you'll learn about the wine and get a history of the vineyard. The public tastings are often bigger—there may be as many as 20 other people—and you may have to stand at the bar. In either case, you should expect to taste about four wines. Tipping is never expected, especially if you are paying for the tasting or buying the wine, but if you camp out for the afternoon and try all the wines (or are offered wines that aren't on the tasting list), it's nice to leave \$10.

- **Mind your manners.** There is no shame whatsoever in using the spit pitcher. If you don't care for a wine, by all means, spit it out; even if you do like a wine, but don't want to drink too much, feel free to spit it out. It's also fine to dump the rest of a glass if you've tasted enough. Many



Wineries—such as this one in Napa Valley—are great places to learn about wine.

wineries will have water on the table to rinse your palate or your wineglass, but what's recently become more popular is to ask the server to rinse your glass with wine. That way, the next taste won't be watered-down. Never feel obligated to buy the wine. If you *do* like a wine, feel free to ask for a second taste—but if you still want more, that probably means you

should just buy a bottle. If you end up buying a case, most wineries won't charge you for the tasting.

- **Take a tour.** Vineyards are beautiful places, and you might be able to stroll a small portion of the grounds—just be sure to ask for permission.

INTERVIEWS BY KAYLEIGH DONAHUE, DANIELLE PERGAMENT, AND BROOKE LE POER TRENCH

## Pretty Woman

Most of us are glad our high-school years weren't captured on film, but then most of us aren't Molly Ringwald. Now 42, Ringwald talks about growing up onscreen and shares her insights on beauty in her new book, *Getting the Pretty Back: Friendship, Family, and Finding the Perfect Lipstick* (It Books). **What's your best beauty tip?** "Keep it simple, and wear sunscreen. I hear the siren song of Sephora, but I try not to go overboard with anything." **Do people still think of you as 16?** "People tell me that I still look like a teenager, but I think they're just being nice. I think I look like a woman." **How has your sense of what's attractive changed?** "I hated my freckles when I was younger. I tried to sand them off my face.

I was a microdermabrasion pioneer. But then I grew up and moved to France, where they're charmed by freckles." **Have you always been a redhead?** "My hair is naturally honey-colored, but I feel like a redhead. It's nice to be a color that not as many people like—but the people who like redheads like you a lot." **Ever tempted by a makeover, like the one in *The Breakfast Club*?** "What's so extraordinary about the makeover scene is that she looks so much better before. They put that dumb bow in her hair!" —ELIZABETH ANGELL

