

SKYN DEEP

FOR **SARAH KUGELMAN**, FOUNDER OF VEGAN SKINCARE LINE SKYN ICELAND, AUGUST IN THE HAMPTONS IS ALL ABOUT FAMILY AND FRESHNESS.

BY CALLIE CHUTE



CLOCKWISE FROM LEFT: Sarah Kugelman taking a quick time-out to de-stress; post-dinner gelato at Sant Ambroeus; Tutto Il Giorno; skyn ICELAND Hydro Cool Firming Eye Gels are a morning essential.



"I'm not a morning person, but I try to wake up early when I'm in the Hamptons because the light is so beautiful. First thing, I pop on a pair of my Hydro Cool Firming Eye Gels to reduce puffiness and wear them while making my daughter breakfast (multitasking!). We eat on our back deck by the pool. Then, I generally take a class at **Tracy Anderson** (903 Montauk Hwy., Water Mill, 631-617-5621;

tracyanderson.com). I love sweating it out surrounded by farmland. After class I run and get a juice or iced mocha and then go straight to the **Green Thumb** (829 Montauk Hwy., Water Mill, 631-726-1900; *greenthumborganicfarm.com*). I buy all of my organic vegetables and fruits there, and if it's a Tuesday or Thursday I get the fresh mozzarella they bring in, too. It's always sold out by about noon. In the



5 FAVORITES

1. Green Thumb
2. Triangle Tennis Club
3. Flying Point Beach
4. Tutto Il Giorno
5. Sant Ambroeus

afternoon we'll play tennis at **Triangle Tennis Club** (411 Hampton Road, Southampton, 631-287-3052; *triangletennis.com*) or lounge by our pool reading and listening to music. I try to get in an hour or two of work since I work remotely the month of August. Around 4:30 PM, we [head out] to watch the sunset—usually on **Flying Point Beach** (1055 Flying Point Road, Southampton, 631-725-8585). My daughter and I look for shells and build sand castles, then go out to dinner at **Tutto Il Giorno** (56 Nugent Road,

Southampton, 631-377-3611; *tuttoilgiorno.com*). My daughter usually begs me take her to **me.nu** (50 Jobs Lane, Southampton, 631-377-3133; *me-n-u.com*) for a little shopping on the nights they are open late, and we'll also stop for ice cream or gelato at **Sant Ambroeus** (30 N. Main St., Southampton, 631-283-1233; *santambroeus.com*) on the way home. I take the time for my nighttime skincare routine, indulging in all of the textures and scents of skyn ICELAND (*skyniceland.com*) to help prep me for a restorative sleep." ■