

**Birthday Toast on July 15th
The Mortimer's Porch, Southampton**

Twenty years ago, when I turned 50, I wanted to [REDACTED]. I decided to do something more constructive to show my girlfriends that it was okay to be 50, if you are well-groomed, well-preserved, do the right thing by your family and have an interesting job. It was okay, because 50 was just a number. So, I organized a fabulous dinner at Le Cirque and got through it.

Then, ten years later, I thought "Oh my God, it's another one." So, on my 60th, Alfred Taubman, who sadly is not here tonight, but his wife Judy is, Dixon Boardman, Pepe Fanjul and Joe Allen hosted another party. They also paid for it. This one was at the Plaza Athénée in June and the air conditioning broke. It was literally the hottest party ever. Many of you were at the 50th, and even more at that 60th.

This twenty-year birthday tradition has morphed this year into a month-long global jubilee.

Two weeks ago, at Harry's Bar in London, Jessica de Rothschild hosted a dinner for thirty iconic filmmakers. I literally was fainting when they walked through the door. I was so excited.

Tonight, here in Southampton, this is also an amazing gathering.

Next Saturday, on July 22nd, Amalia and Adam Lindemann are hosting a lunch at Eothen, the Andy Warhol compound, on the cliffs of Montauk. You are all invited. Helicopters provided.

At the 60th I thought "Oh my God, why? Why am I doing this? Why am I torturing myself?" So, I put this booklet together, "How to Look Like Me at 60." I thought it would be somewhat amusing. I listed

HOW TO LOOK LIKE ME AT 70
the sequel to
HOW TO LOOK LIKE ME AT 60

PEGGY SIEGAL

JULY 17TH, 2017
published for my 70th birthday

thirty doctors, everything they've done for me, their phone numbers, their emails and recommendations.

This little booklet is still being passed around Park Avenue today. By popular demand, I had to update it. Tonight's version is called "How to Look Like Me at 70: A Sequel to *How to Look Like Me at 60*."

Dr. Jerry Imber, who is my go-to plastic surgeon, great friend for 40 years and has saved my life twice, has lifted everything he can think of. Jerry told me half the doctors on the original list were dead, so I had to edit and update. It's now twice as long. I didn't realize that over ten years, I needed so much more medical attention.

You all have a copy on your table, and there's plenty more for relatives.

To be more serious, I really wish my mother and father were here. They would have been so proud to know that all their efforts, despite all the aggravation I caused them – and, I was truly the most unruly, undisciplined child – has finally paid off. My parents would have been in awe and totally elated to witness this gathering.

My mother used to say to me, "I only wish you have a child like you." My father was "Mr. Yes" and my mother was "Mrs. No." It was very confusing as a child. Obviously, I always ran to my father for anything I wanted.

I have a brother, and in actuality, when I was growing up in the 50s, 60s and 70s in suburban Teaneck, Englewood Cliffs and Alpine, New Jersey, the son was the golden child. The sun rose and set on the son.

This was sort of upsetting to me, but it really ignited a fire inside to prove that the daughter was as valuable as the son.

At one point, my father said to me, "I'd like you to come into my business." My father made light bulbs. My grandfather came here in 1905 as a stowaway on a boat from Warsaw, Poland and worked for Thomas Edison. While building his own company, he patented a five-year guarantee on his long-life light bulbs. He epitomized the American Dream.

My mother Annette said, "Light bulbs! Light bulbs! Are you kidding? She is going to work at Vogue! She's going to be a fashion designer. Marty, leave her alone!" I always felt like I really disappointed my father by not going to make light bulbs.

So, the reason I've done these parties for two decades is to let women know that it's really okay to age. It's just a number, and as long as you're healthy, as long as you're productive, as long as you love and are loved, it's just a number.

Every daughter, woman, wife and Tennis Girl in this room is an example of this generation's female phenomenon. That is what we are celebrating tonight. Thank you all for coming.

Five minutes later...

Oh, I almost forgot...there are people on this porch tonight who went to bed for a week when Hillary lost. There are people here who are presently working in Trump's White House. This is the first dinner in Southampton in two years where there has been no screaming and no food fight. Congratulations.

Thank you, Gigi and Avie Mortimer for having us at your beautiful home. Thank you Perri Peltz, Ariadne Platero and all the Tennis Girls for participating in this sensational soiree.

Dr. Patricia Allen - Gynecologist
509 Madison Avenue, Suite 1212



Dr. Allen has been on the team for thirty years. She is glamorous, attentive, and never lets me miss a mammogram, sonogram or bone density test. The fact that I have shrunk from 5'7" to 5'6" at sixty and from 5'6" to 5'5" at seventy, under Pat's watchful eye is not her fault. She has become a concierge doctor and oversees your entire medical program by sending you to top specialist.

Dr. James Auran - Ophthalmologist
880 Third Avenue



Specializes in comprehensive ophthalmology, cataract surgery, dry eyes, blepharitis and corneal infections.

Dr. Ilan Bohm - Chiropractic, Anti-Aging
635 Madison Avenue, 4th Floor



Dr. Bohm, a dashing Israeli, can re-adjust everything but your personality. He specializes in Western medicine for well-being, aims to prevent rather than just treat illness by incorporating techniques such as applied kinesiology, sacro-occipital technique acupuncture and dietary detox into any healthcare routine.

Dr. Jonathan Deland - Orthopedic Surgeon
523 East 72nd Street



Dr. Deland is the ankle king of New York. He monitors bunions and yellowing toenails encased in sneakers to stilettos.

Dr. Timothy Dutta - Cardiologist
Weill Cornell Medical College, 310 East 72nd Street



Dr. Dutta keeps my tiny little PR heart beating through the stress and strain of any Oscar race. He is more interested in cholesterol levels than the Golden Globes. Specializes in cardiovascular diseases and nuclear cardiology.

According to Dr. Dutta, I am very healthy and health conscious. For him, keeping me young is about many things; especially his instant availability to me. His role is to give good medical advice, the right referrals and medically sound opinions on tests and treatments.

Dr. Roger Emert - Immunologist
555 Madison Avenue, 2nd Floor



Helped me with chronic runny nose and recurring upper respiratory infections. Specializes in human, animal and drug allergies, hay fever and travel vaccinations.

Dr. Elena Ferran - Gastroenterologist, Women's Health

NYU Langone, 207 East 84th Street
[REDACTED]

NYU specialist for SIBO, irritable bowel syndrome (IBS), cancer screening and colonoscopies that should be done every 10 years. Cleanliness is next to Godliness.

Dr. Larry Forgacs - Optometrist

425 Madison Ave, Suite 802
[REDACTED]

Dr. Forgacs has examined my inherited, myopic, dry eyes for 30 years. He has enabled me to see the world through the 500 pairs of contact lenses and 900 pairs of rose colored glasses he sold me.

Dr. Robert Friedman - Ophthalmologist

1001 Park Avenue
[REDACTED]

Specializes in lipiflow procedure for dry eyes. He uses a device that applies heat and pressure to the eyelids, which allows the lipids to flow into the tear films. Instant relief, brought tears to my eyes. A special wink to Daryl Roth, who told me about this life-changing procedure.

Dr. Oz Garcia - Nutritionist & Anti-Aging Specialist

10 West 74th Street
[REDACTED]

Dr. Garcia has an anti-aging clinic that uses a combination of IV therapy and diet plans that are customized. My breakfast consists of a high protein shake with powders called Protein Essentials that help with detoxification, digestion, immunity and aids in collagen repair. It can be mixed with organic berries for extra antioxidants. I traipse through airports with a shaker, white powders in baggies and a letter from the doctor to prove I'm not a drug mule.

Dr. Garcia has lectured all over the world and has been a pioneer in nutrition and anti-aging. He is also the bestselling author of four books *The Food Cure for Kids*, *The Balance*, *Look and Feel Fabulous Forever*, and *Redesigning 50: The No-Plastic-Surgery Guide to 21st-Century Age Defiance*.

Dr. Gerald Imber - Plastic Surgeon

121A East 83rd Street
[REDACTED]

Dr. Imber gave me a new neck on my 59th, and a newer neck on my 66th. It all begins and ends with him. A friendship of over 40 years has resulted in his nickname, Ponce de Leon. He has done everything from a face lift, body lifts, and most recently, a forehead lift that was only 45 minutes on the table. He is a very private and incredibly talented doctor that keeps your secrets. He also has a new program for facials in his office and his own amazing skin care line called Youth Corridor. I am officially known as his poster child.

Dr. Imber is the plastic surgeon you go to if you don't want to look done. Here are his tips for staying youthful:

1. Start early and keep ahead of the game. Don't wait until you look like your mother.
2. The art is always looking like the best version of yourself.
3. The only good lines are smile lines.

Best kept secret: I always sleep on my back, with my head cradled in a foam rubber pillow that supports my neck. This is the best way to preserve Jerry's work.

Dr. Scott Kessler - Ear, Nose and Throat Doctor

45 West 67th Street

Not enough sleep and constant travel are only two of the reasons I am susceptible to so many colds. Standing at the door of 100 screenings per year, everyone and their uncle has kissed me hello, with some going as far as showering me with a light spray of saliva, necessitating endless washing.

Dr. Kessler cures me with his over the counter throat relief called "Entertainers Secret" for dry throat and hoarse voice, Ipratropium Bromide spray, Qnasl spray and Ponaris nasal decongestant. Afrin and ear plugs are also a must on every plane's descent. I am known to carry packets of his recommended Traditional Medicinals Organic Throat Coat Tea and packets of Wedderspoon On The Go Raw Premium Manuka Honey.

His walls are plastered with signed CD covers from Madonna, Mariah Carey, Michael Bolton and every ABC-TV newscaster.

Dr. Thomas M. Kolb - Radiologist

635 Madison Avenue

Specializes in breast cancer diagnosis, having personally evaluated over 150,000 women, with radiology, 3D mammograms and sonograms. He originated an ultrasound breast screening test and also checks your bone density. There's nothing funny about mammograms. Dr. Kolb is the best in the business.

Dr. Bernard Kruger - Medical Oncologist

170 East 78 Street

He is the ultimate concierge doctor to billionaires and movie stars. His home visits cost more than a week at Barney's. He's been known to save many lives.

Dr. Kruger just started a new program called Priority Private Care which is a members-only urgent care center in New York City and the Hamptons that gives you immediate access to emergency doctors when time is of the essence.

Dr. Jonathan LaPook - Gastroenterologist

555 Madison Ave, 2nd Fl

Dr. LaPook, when not on television, specializes in rare tropical diseases you get from exotic travels. He is the CBS News Chief Medical Correspondent for 11 years and is happily married to Norman Lear's daughter Kate, who was my assistant 30 years ago.

Dr. Marc Lemchen - Orthodontist

533 Park Avenue
[REDACTED]
[REDACTED]

Dr. Lemchen is famous with the teens for the best Invisalign braces in town. He's treated every private school kid and always gets the hardware off before the Bar Mitzvah.

Dr. Jonathan M. Levy - Podiatrist

120 East 56th Street #940
[REDACTED]
[REDACTED]

Dr. Levy's partner, Dr. Frankel, who was my podiatrist of 30 years, gave the best toe reductions, but just retired. Dr. Levy guarantees relief from corns and bunions. If you clock as many miles as I do running up and down the red carpet, corns are a major concern.

Dr. Marc Lowenberg - Cosmetic Dentist

230 Central Park South
[REDACTED]
[REDACTED]

Celebrity dentist Dr. Lowenberg's makeovers create a perfectly imperfect smile. He has transformed the smiles of many of the world's best known actors, models, rock stars, authors, and other public figures. Every socialite on Park Ave has been there. He gave me my third set of veneers and finally got it right. There's nobody better.

Dr. Thomas Magnani - Dentist

7 West 51st Street
[REDACTED]
[REDACTED]

Dr. Magnani specializes in oral hygiene, amazing cleanings and comfy night guards.

Dr. Sidney Mandelbaum - Ophthalmologist

178 East 71st Street
[REDACTED]
[REDACTED]

Dr. Mandelbaum is the consummate cataract specialist who operated on Liz Smith, who is going strong at 94. I can now actually see the movie screen.

Dr. Andrew Melinger - Oral & Maxillofacial Surgery, Endodontics

One Hotel, 1414 Avenue of the Americas
[REDACTED]
[REDACTED]

Specializes in painless root canal, which is a hat trick.

Dr. Mukesh Prasad - Sinus & Otorhinolaryngology

1305 York Avenue 5th Floor
[REDACTED]
[REDACTED]

Dr. Prasad is your go-to-guy for sinus infections.

Dr. Janet Prystowsky - Dermatologist; surgical & skin cancer

110 East 55th Street, 7th Floor
[REDACTED]

Dr. Prystowsky focus on early skin cancer detection and removal, she provides a wide range of revitalizing and rejuvenating treatments. The doctor gives me the most thorough body scan every six months and never misses a spot. Found her through the owner of Revlon.

Dr. Lyris Schonholz - Radiologist

448 Madison Avenue
[REDACTED]

Dr. Schonholz's battle cry, "You can never have too many pelvic ultrasounds." Their office also offers digital mammography, bone density testing, breast MRI, breast biopsy and ultrasound services.

Dr. Douglas Seckendorf, DC, CCSP - Chiropractor

HSS Manhattan Spine Care - 133 E 58th St, 15th Floor
[REDACTED]

Dr. Seckendorf specializes in non-operative/post-operative cervical and lumbar spine chiropractic and spinal rehabilitation. His interests include management of various spinal conditions that are mostly related to disc pathology and mechanical spinal disorder.

Dr. Seckendorf treats my curvature of the spine, which was undiagnosed in childhood, with stretches on his special swivel table and pulsating machines. It's the best regimen for old lady posture.

Dr. Edwin Su - Orthopedist

541 East 71st Street
[REDACTED]

Hip specialist, hip/knee replacement and hip preservation. He does follow ups on my bilateral hip resurfacing from Dr. Koen De Smet from Ghent, Belgium.

BEAUTY

Vida Emanuel European Day Spa - Los Angeles

9406 Dayton Way (Between Beverly Drive and Cañon) Beverly Hills,
90210
[REDACTED]

Go-to artist in La La Land for eyebrow and lip tattooing. Vida makes you look younger with thicker eyebrows and fuller lips, in the perfect color.

Specializes in anti-aging facials, body treatments, injectables, medi spa treatments, spray tans, eyelash extensions and mani/pedis.

My favorite product from Vida is her own Vitamin C Antioxidant cleaning pads, which are specially formulated with antioxidants and citrus extracts to gently cleanse the skin nightly. It also prepares the skin before makeup in the morning.

Serge Normant at John Frieda – Hair Color

30 E 76th St
212.879.1000



Grey is not a color. Sana is amazing with brunettes; never too light, never too dark. Her highlights are also perfection. Mariko and Christophe give perfect cuts.

27 Hampton Salon - Emergency Roots and Blowouts

27 NY-27A, Southampton, NY 11968



Great for summer weekend emergency root cover-ups and blowouts. Five o'clock is a social happening.

PRODUCTS

For the Face:

Dr. Nicholas Perricone's line called Perricone MD:
Nutritive Cleanser

High Potency Face Firming Activator Anti-Aging Treatment
Acyl-Glutathione Deep Crease Serum
Hypoallergenic Firming Eye Cream
Acyl-Glutathione Firming Eye Lid Serum
Face Finishing Moisturizer Tint Broad Spectrum

Dr. Perricone Hydrogen Water

Dr. Perricone recently went to Japan to investigate their secrets of anti-aging and brought back the process of infusing molecular hydrogen gas into their drinking water. He just invested in a new company to manufacture and distribute this product in the U.S.

Fashion publicist Paul Wilmot sent me his products two years ago, and I have been a devoted user every morning and every night. These products really make a difference. I cannot recommend them enough.

For make-up products, please refer to the New York Social Diary article *Peggy Siegal: The Power of Being Well Groomed* by Delia von Neuschatz.

For the Hair:

Sally Hershberger 24K Root Envy Ultimate Root Boost Stimulant
Shu Uemura Kengo Feather Tenacious Hold Lightweight Cream
L'ORÉAL Elnett Satin Hairspray

For the Bath and Body:

Frederic Fekkai

712 Fifth Avenue - Inside Henri Bendel's on the 4th floor



I met Frederic 40 years ago when he came from France as a gorgeous hairstylist, barely speaking English. He was immediately tagged, "The Warren Beatty of Madison Avenue," based on Warren's performance in "Shampoo." Having sold his haircare empire, he has now launched new beauty products from Aix-en-Provence called Bastide.

Kangen Beauty Water Machine



Innovative water filtration technology that produces ionized alkaline water with a healthy pH for drinking and cooking. Promotes overall health and hydration, removes toxins from your body and decreases bloating because it is more easily absorbed.

Vida Emanuel, the owner of the Los Angeles spa, recommended this machine to me three years ago. It's attached to my kitchen sink. I only drink this purified water.

DRESSMAKER

Nataliya Kogan, Couture Alteration and Design Studio
502 Mortimer Court Franklin Lakes New Jersey 07417



This Russian genius has been in my life for 15 years and is the most talented and devoted dressmaker in New York. She recently moved to New Jersey, but now exclusively does home visits to the Upper East Side every Monday and Wednesday.

Nataliya maintains her workshops in New Jersey and returns your clothes in a timely fashion. She does alterations, recuts, custom made pieces and is also able to make copies of your favorite clothes.

EXERCISE/SPORTS

The Tennis Girls

The Tennis Girls play on summer Sundays in Southampton. For twenty years, these ten beauties wearing only white compete in a fast game of women's doubles with our long-suffering pro, Marko, the "Croatian Sensation." Perri Peltz's manicured acres are the "home court" and Tory Burch's estate, around the corner, is the "away court." The only rule...if you hit your opponent with a ball, you break it, you buy it, you fix it.

In addition, you cannot say an unkind word about anyone. This rule alone has kept us the best of friends for so many years.

Oh...almost forgot to mention the following:

1. No sun
2. No smoking
3. No alcohol
4. No soda...carbonation bloats
5. No bread, pizza, french fries or buttered popcorn
6. No life

Oh...also almost forgot to mention the following:

Sending another huge heartfelt thank you to Jessica de Rothschild and Sacha Gervasi, Perri Peltz and Eric Ruttenberg, Gigi and Avie Mortimer, and Adam, Amalia, Zoie and Noa Lindemann for supporting the global birthday jubilee.

When my beloved niece, Mattie Siegal, who was named after my father, reads this booklet, I hope she will have a good giggle and know beauty comes from within.

For further consultation, contact me at ,
