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MAY 2003

**SPECIAL ISSUE!**

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***GWEN STEFANI***  
Those Lips, Those Abs, That Style

## Insiders' Guide COMPLIMENTS

• **No wire hangers.** Plastic or wooden hangers are preferable to wire, which can distort clothes. Allow at least a half-inch between hangers—squishing your clothes can wrinkle them. Remove the cleaner's plastic wrap—it's only there to shield clothes during transport and encourages condensation and mildew. But do keep the paper on the tops of the garments—it protects fabric from dust. *Mabdessian is the president of Madame Paulette, a dry-cleaning service in Manhattan.*


### HOW TO GIVE AND RECEIVE A COMPLIMENT

By Carolina Herrera

I've given and received so many kind words in my 22 years in fashion that I've learned both sides of the equation feel equally wonderful. Remember that there is always something to compliment a person on and that a simple "thank you" goes a long way.

- **Be sincere.** If you genuinely don't like something, refrain from saying anything about it. Jackie Onassis was gracious, but she didn't tell everybody how wonderful they looked just to put them at ease. When you praise everyone and everything, it weakens the sentiment.
- **Find the silver lining.** If a friend asks you how she looks, and you don't like

Carolina Herrera  
with Vicomtesse  
Jacqueline de Ribes  
in the late 1970s



"If you don't like something, refrain from saying anything. When you praise everything, it weakens the sentiment."

her clothes, comment on what you do like. Say, "Your hair looks great," or "Those shoes are beautiful." The same holds true for special occasions, when compliments are expected as a polite way of thanking someone for her effort. Let's suppose you went to a dinner

party and found the food bland and the conversation dull, but thought the flower arrangement on the table was divine. Commend the hostess on her taste in flowers and say, "I had a great time." Simple as that.

- **Accept praise as you would a gift.** You wouldn't refuse a present, so if someone is gracious enough to pay you a compliment, don't make light of her thoughtfulness. When a houseguest says she loves your home, say, "Thank you very much. You're very kind." By protesting, "Oh, it could be better if..." and then rattling off all of the house's faults, it may seem like you're fishing for more praise—or that your guest has poor taste for actually liking it. Both are insulting.

- **Compliments aren't boomerangs.** When someone compliments you, it's natural to want to say something in return, but you don't have to. Responding with a "You look wonderful, too" will sound false—no matter how sincere you are, the person will think you're only being polite. Plus, you could end up volleying compliments back and forth forever.

### Reality Check

On *Extreme Makeover*, currently airing on ABC, participants take before-and-after to a whole new level, with nose jobs, tummy tucks, and more. Garth Fisher, who performs the show's surgery, tells us about reality TV in the O.R.

**Q: Why did you do reality plastic surgery?**

**A: I thought it could be cheesy, but the producers said the people on the show couldn't afford plastic surgery and that viewers would be pulling for them.**

**Q: How much operating-room gore can viewers handle?**

**A: People don't want a lot of blood. This is not "Let's see how much cellulite we can take out of her before she walks away from the table."**

**Q: Were you worried the show would scare viewers?**

**A: I don't want to sell surgery. If the patient feels awful, I want [viewers] to know.**

**Q: Do you watch reality TV yourself?**

**A: I was addicted to *I'm a Celebrity, Get Me Out of Here!* I wanted Bruce Jenner to win. But Cris Judd was nice, too.**



Plastic surgeon  
Garth Fisher on  
*Extreme Makeover*

—RORY EVANS