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Fashion Gal Fights Poverty



BREAST CANCER SURVIVOR

SAMANTHA HARRIS

HER HEALTHY VIEWPOINO ON HER LIFE, HER BEAUTY AND LOOKING FORWARD

ISSUE BE!-45

# BE! celebeauty

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SAMANTHA HARRIS

READ ABOUT HER





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# SAMANTHA HARRIS

Samantha Harris is a seasoned entertainment news journalist and two-time Emmy-nominated TV personality. You may know her best for her eight seasons co-hosting the live ABC hit *Dancing With The Stars*. It averaged more than 30 million viewers weekly and was the #2 most-watched show in the U.S. in each of those years. She followed that up working for *Entertainment Tonight* as a full-time correspondent, weekend co-host and substitute co-anchor for two years.

In April 2014, Harris was diagnosed with **BREAST CANCER** and decided to go public about her treatment and surgeries. She told us about what it was like to be diagnosed, how she is turning it around to become something positive in her life and in others', and of course, since this is *BE!* she shares some amazing beauty advice including how to get those gorgeous, beachy waves! *BE!* has dedicated this issue to bringing awareness to Breast Cancer.

# BE! CHATS WITH THE BEAUTIFUL *Samantha Harris*

## First of all, how is your health?

I'm feeling great. I'm actually in the second stage of reconstruction surgery. I'm resting comfortably at home at the moment. Two weeks after my surgery, I was doing a four-hour hike and four weeks after that, I was back at gym. I have to do things differently -- like my ability to do push-ups. I have to make sure my pectorals aren't compromised. I'm working, shooting and running around the the kids.

## What's the biggest thing you've learned about your self since the diagnosis?

That's a question I've been getting often since the diagnosis. I have no strong answer for it. I've always been the type of person to see the glass half full. My diagnosis reassures me of my positivity in life -- my ability to stay positive in face of diversity. Lots of things in life bring you down. I've definitely learned about my capability to stay positive and to readjust my focus if I have to. The day I found out I had cancer, I felt like I was hit by a truck and it took an emotional and physical toll on my body. It was like an anxiety attack -- my adrenaline was high, my heart felt like it was being crushed and my stomach was all tied up. It was a feeling I never wanted to feel again. I made a concerted effort to look at everything from a different perspective to get me through the first days and then through surgeries, recoveries and the treatment decisions that I had to make.

## When do you feel the most beautiful?

When I have a healthy tan with a self tanner and when I'm exercising -- out on a walk somewhere outside, being physical in fresh air and have that glow from cardio activity.

## What is the best beauty advice you've ever gotten?

Always use mascara and a lash curler. It makes you look awake and a little younger. I don't follow my own advice. I only do that if I'm going to work, a shoot, or out on a date with my husband. Other than that I'm running around with baseball hat on.

## What is your must-have beauty item?

Loreal B.B. cream. It's a tinted cream that gives a dim glow. In order for it to work, I use Rane Rouleau's AHA Smoothy Serum at night with my other moisturizers. It takes off that dead layer of skin and



brings out that youthful glow. It allows the B&B cream to work in the morning when I'm running out the door.

## Did you ever learn a hair tip from a celebrity you interviewed?

Katharine McPhee -- well before *Smash*. She had just come off *American Idol* and had beautiful, beachy waves. I ended up hiring her hairstylist. Since then, I've tried to have my other stylists repeat that look when I have shoots. I have been able to semi-handle it myself when I use hot rollers. I started using them when I was 13-years-old. I would even hot roll my hair when I was in college but my technique was different. I have finally figured it out. I don't know what happened but I started doing it a different way and it works. I used to start at the bottom and roll upwards from my ends. Now, the first thing I do is twist the section of hair on its own. Next, I position the roller perpendicular with the ground and starting at about the way up, I wrap that already-twisted section of hair around the roller. I tuck in the end and curl it all the way up to the scalp with clip. I couldn't believe that after ten years of working on camera, I finally realized that I could do it myself. I like the rollers versus the iron because I don't have to sit there and hold them. I roll it, clip it, put on my make up, unroll, spray, tussle and go.

## Is there anything in your purse we'd be surprised to see?

Nope. Just hand sanitizer and an extra cell charger battery. Very practical things.

## Is there a trend you are obsessed with?

I am obsessed with the peek-a-boo tummy. I always felt like since I'm only a size 4, I couldn't wear that trend. Recently, I started to embrace it. I'm loving it. I've been wearing it out. I don't know if I could do it with the high waisted jean. There's something to be said about hitting it right -- just above the belly button line. For the BE! shoot we did the peek-a-boo.

## Is there a trend you wish would just go away?

The big, billowy pants. Sometimes I see people wearing them in paparazzi shots or on the runway. Maybe they aren't even on trend. They are super oversized and tighter on top. For me, that doesn't work. They swallow me up.



Top: The Reformation  
Bracelets: Nicole Meng  
Earrings: Sacred Jewels



**BE! COVER STAR**



Top: House Of Ronald  
Pants: Single  
Rings and Earrings: Nissa



Top: The Reformation  
Skirt: Single  
Bracelets: Nissa

**What are you working on?**  
My husband and I launched a website and in the fury of emotion when I was diagnosed. He said, 'Hey babe. We've got to make lemonade out of this situation.' So, it gave us an idea. We started [gottamakelemonade.com](http://gottamakelemonade.com) The idea is inspire positivity in face of diversity whether its with your health, your career or your relationships. It's a forum for people to share their way of taking a negative and turning it into a positive and to help inspire others to do the same. When I was diagnosed and decided to go public there was an emotional outpouring from the friends and families of survivors and from the survivors themselves that got me through. I wanted to give back -- to help people find a way to tell their stories. If you go there now, you can sign up. For people who are ready to tell their stories, we are taking submissions and as long as they are on-message they'll be put on up on the site. We are also selling awesome vintage t-shirts and hats. The next phase will be a children's book series which will focus on taking a challenging situation and turning it into a positive.

Samantha can currently be seen as a fill-in cohost on the nationally syndicated lifestyle shows *Access Hollywood Live* and *The Better Show*, where she is also conducts celebrity interviews that air throughout the season.

**November 2007, Harris was announced as the spokesperson for Palmer's Cocoa Butter Formula.**

