



PAMELA SORENSEN OF THE BLOG “PAMELA’S PUNCH” ON LOOKING GOOD

Background: “Pamela’s Punch” is the story of a 30-something single, professional woman in DC with an over-active social life and includes pictures, stories and opinions about the Washington scene through her eyes. Pamela’s adventures take her to some of the hottest parties and social events in town and from the pictures you can see she always looks “red carpet” ready—so how does she do it? We’re about to find out....

Q: Pamela you're in great shape--please don't tell us it's all genetics!--do you work out and if so what do you do?

A: First, thank you for the compliment! I do however think anyone's shape is partly genetic and now that I am a "thirty something" I REALLY know what that means. I actually just started with yoga (for my mind AND body) and I have been known to hit a treadmill or two. Since I was four years old, I danced ballet, modern, and jazz pretty much 5-6 times a week through my first year in college. It’s hard to get back into THAT type of shape!

Q; You are at many of the hottest events around DC, and I'm sure some of it is "research" for your blog about the DC social scene, but how do you manage to look good with all those late nights? Are you careful about what you eat?

A: I wish I was more careful about what I eat. I do have some vegetarian friends and they are really inspiring. Since I am a "single" and don't cook, my challenge is finding good lite nutritious meals. My friends and I tend to eat out a lot, which can be bad, especially since we have no control over the butter, oil, salt or fat going into the food. And who wants to eat salads all day long? Plus, the restaurants are so wonderful here, we want to try everything out. So, I try to eat whole grains, salads, and fruits early and often so I can be bad at night.

Regarding looking good for these events in general, I think the secret is an oldie but a goodie: LOTS of sleep and LOTS of water. It’s easy to lose both of those being out a lot. That is why I take a few nights off and enjoy some down time. I need it!

Q: What about other beauty treatments--are you low or high maintenance--as in do you get a lot of manicures, pedicures, facials etc?

A) I am a pretty low maintenance person. I get facials several times a year, I love them. Regarding manicures and pedicures, I have to get the mani's once a week and the pedi's every two weeks. Other than an occasional massage, that's basically it. All though when I travel, I love to try out the hotel or resort's spa.

Q) Do you have any favorite salons, spas, beauty experts around town?

A) Jean at Erwin Gomez Salon & Spa gives me a great cut. I have yet to get back into coloring. I am too lazy to upkeep coloring. I am trying out the new Natural Body Spa & Shoppe for my facials - I love their green and organic mission. For massages, I love the Mandarin Oriental Spa - it is just really calming and beautiful there. For my pedicures and manicures, I am sure I am along with many ladies who hit Jessica's Nails in Georgetown. It is always packed!

Q) You're probably too young to have had anything done-- and you don't have to answer this-- but have you had any plastic surgery or non-invasive beauty treatments that you would want to share with us?

A) You are right - I have never had anything done! Not bragging - just scared!

Q) If you know anyone that has (and you don't have to name names) what did they have done and do you think they looked good afterwards?

A) Sure! I have a great friend who is what I call "addicted" to her facial treatments - and she looks amazing. She is a plastic surgeon's dream too.

Q) Is there any one product or tip that you can't live without?

A) I live for Kiehl's ANYTHING for my skin. For my hair, I am sure many ladies agree with me on the choice of Kerastase. The brand can get pricey, but it is well worth it. And finally, because I drink coffee, tea and red wine, I get worried about my teeth, especially having to smile a lot for pictures. I am addicted to Crest Whitening Strips and whitening toothpaste!

LEARN MORE ABOUT PAMELA AND READ ABOUT WHAT IS GOING ON AROUND TOWN AT: WWW.PAMELASPUNCH.COM