

DECEMBER 2011

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this season

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From popcorn balls to home-made pot holders, how AMY GRANT & VINCE GILL celebrate the season

Amy's Grandma's Recipe!

p. 129



Winter-Proof Your Beauty Routine

These 20 tips will keep you
looking gorgeous all season long

By Nina Judar

Not only is the weather outside frightful, as the holiday song goes, but it can also make you *look* frightful. Between the icy dry air and wind outdoors and the hot dry air indoors, you may be contending with flaky skin, chapped lips, parched locks, raw hands, and more. Send those winter beauty woes packing with these head-to-toe pro tips and product picks. →



Bluster-Proof Makeup

1 | MAXIMIZE MOISTURE

“Foundation can stick to dry patches of skin and accentuate them—not pretty,” says New York City makeup artist Emily Kate Warren. To help parched skin, mix equal parts moisturizer and foundation, then apply.

2 | BRIGHTEN UP

Fight wintertime drabness with a bolder-than-usual blush or eye shadow. A bonus to experimenting in the cold weather: “Makeup won’t be subject to humidity and sweat, so it’s likelier to stay put,” says Warren.

3 | TROUBLESHOOT REDNESS

Camouflage all-over redness with a green-tinted moisturizer, like Physicians Formula Redness Correcting Moisturizer (\$17, Walmart; *G*). For an on-the-go fix (best for smaller areas like the nose), take Smashbox Photo Finish Color Correcting Adjust Foundation Primer (\$38, Sephora) with you, and pat it over trouble spots.

4 | BE CAREFREE WITH LINER

In the A.M., prep for tearing eyes by roughly lining your upper lashline and then smearing the liner up to the crease. “It’ll look like a veil of color. **If you touch it or mess it up during the day, it’ll blend right in,**” says Warren. Try Almay Intense i-Color Eyeliner (\$7.50, drugstores; *J*).

5 | TREAT LIPS A lip color with built-in moisturizers helps keep chapping at bay. Two to try: CoverGirl Nature-Luxe Gloss Balm (\$6.50, drugstores; *I*) and Fresh Sugar Passion Tinted Lip Treatment SPF 15 (\$22.50, Sephora; *H*). Both have SPF 15 to boot.



Seasonal Strand-Savers

1 | HYDRATE YOUR SCALP

Fight wintertime flakiness with this easy treatment: “Massage in five to 10 drops of jojoba oil, and sleep with it in overnight—it’ll balance the pH of your scalp. Wash it out in the morning,” says Laura Boton, owner of Sine Qua Non Salon in Chicago. Try Desert Essence 100% Pure Jojoba Oil (\$12.50, Whole Foods; *M*). No worries: It won’t leave your pillow greasy.

2 | SKIP A SHAMPOO—OR SULFATES

Detergents can contribute to dryness, especially if you have fine hair. Shampooing less often is really the best option in winter—or, use a shampoo without sulfates, says Boton. Try Ouidad Climate Control Defrizzing Shampoo (\$18, Sephora; *K*).

3 | DON’T GO OUT WITH WET HAIR

It may not lead to a cold, but it can cause split ends,

says stylist Nicholas Penna Jr., owner of SalonCapri in Newton and Dedham, MA. **“When temps drop into the 30s, strands can freeze and fissure more easily,”** Penna says.

4 | CHOOSE THE RIGHT HAT FABRIC

Wool can create tangles, and nylon can cause static, says Rodney Cutler, founder of Cutler/Redken Salons: “Stick to hats with silk liners, which keep hair smooth.” And choose a loose fit so as not to put a dent in your hairstyle.

5 | STAY SMOOTH

Tote a purse-size hairspray in case you do have static; its alcohol will neutralize the charge. Or try Bumble and Bumble Shine On Finishing Spray (\$25, salons; *L*), which both enhances shine and tames flyaways. If you prefer an alcohol-free option, try a pinch of grooming cream. ■

A sulfate-free shampoo won't leave hair dry

