

2013 WEIGHT-LOSS
SPECIAL ISSUE

Health

Jennie Garth
**MY SECRETS
TO SLIM**

**LOSE
12 LBS
THIS
MONTH**

Fast! Safe! For Good!

**Softer Skin,
Head to Heel**

Your Body Will Love
Our Tips

5 DIET MISTAKES
EVEN "GOOD"
EATERS MAKE

**Get the
Best
Energy
of Your
Life!**

**BURN
200
CALORIES**
IN JUST
3 MINUTES

**THE #1
HEALTH
RISK
FOR
WOMEN**

PROTECT
YOURSELF
P. 83

25

NEED A
CHANGE?

*Beauty
Perk-Ups
You'll
Love*

WE CHALLENGED
HAIR AND MAKEUP
PROS TO GIVE US THEIR
TOP QUICK UPDATES.
THE TWO-MINUTE
MAKEOVER IS ON.

By Krista Bennett DeMaio

The secret to beating the midwinter blues? No, it's not jet-setting off to some beachy spa (though we wouldn't exactly turn that down). It's something a whole lot quicker, easier—and cheaper. Simply put: Change up your beauty routine for genuine mood- and beauty-boosting effects. Here, some basic tweaks that just might turn your S.A.D. into happy, delivering gorgeous skin, great hair, and fun nails however much time you have. Winter blahs, you're on notice!

MAKEUP

IF YOU HAVE ONLY a few seconds...

1 WAKE UP YOUR FACE.

You're fresh off the holiday-party circuit—with the washed-out look to prove it. A swoop of peach blush on cheeks adds a warm, healthy glow, says makeup artist Sarah Lucero, Stila global creative director. We like (A) **Almay Smart Shade Blush** in Coral (\$11; mass retailers).

2 ROCK A BERRY DRAMATIC LIP. Blue-based pinks (blackberry and raspberry) are the hottest winter hues, says Troy Surratt, a

New York City-based makeup artist. Bonus: They make teeth look white. Try (B) **Revlon ColorStay Ultimate Suede Lipstick** in Muse (\$10; mass retailers).

3 TURN ON THE HIGHLIGHTS. Brighten up (and open up) your eyes with a dab of shimmer in the center of the lower lid. You'll love: (C) **Benefit Watts Up Highlighter** (\$30; benefitcosmetics.com).

IF YOU HAVE a few minutes...

4 PLAY UP WINTER BLUES. Layer cobalt pencil over basic black

eyeliner "for a hint of eye-brightening blue," says Gilbert Soliz, Sephora PRO lead makeup artist. Try (D) **NYX Jumbo Eye Pencil** in Cobalt (\$5; Ulta).

5 RE-DEFINE YOUR BROWS. Get an "instant eye lift" with a brow filler a shade or two darker than your hair, says Hilary Foote, global brow expert for Benefit Cosmetics. Our pick: (E) **Mally Beauty 24/7 Brow Express** in Medium Brown (\$30; qvc.com).

6 BLUSH FROM WITHIN. For a believable peek-through flush, tap a cream blush like (F) **Bobbi Brown Sheer Color Cheek Tint**

in Sheer Pink (\$26; bobbibrown.com) onto cheeks; follow with liquid foundation.

IF YOU HAVE a little more time...

7 LOG ON FOR A NEW LOOK. YouTube's not just for cat videos—master the cat eye with makeup tutorials from Lauren Luke and Michelle Phan.

SKIN

IF YOU HAVE ONLY a few seconds...

8 FAKE FLAWLESS SKIN. To sheer out and blend foundation, add a few drops of skin serum such as non-clogging (G) **Bio-Oil** (\$12; mass retailers).

9 GO BEYOND BB CREAMS. The new crop corrects and covers (and brightens with vitamin C), hence

the name: (H) **Olay Total Effects Tone Correcting CC Cream** (\$22; mass retailers). Or, get glowing with a BB powder like (I) **Physicians Formula Super BB All-in-One Beauty Balm Powder SPF 30** (\$14; mass retailers).

10 GET THE RED OUT. Got a zit? Dab on redness-reducing eye drops, followed by hydrocortisone cream, says Francesca Fusco, MD, a dermatologist in New York City.

11 GLEAM WITH YOUR CREAM. Pat an eye cream with light-reflecting particles on cheekbones for a dewy sheen, says Matin Maulawizada, global artistry director for Laura Mercier cosmetics. We like (J) **Glow by Dr. Brandt Revitalizing Retinol Eye Cream** (\$55; Sephora).

IF YOU HAVE a few minutes...

12 SPLASH ON A SKIN-TIGHTENING TONIC. Equal parts club soda and lemon add up to an effervescent (and pore-tightening) toner.

13 SPIKE YOUR MOISTURIZER. Quench parched skin with a few drops of megahumectant glycerin (from the drugstore) in your moisturizer.

14 STRIKE A (YOGA) POSE. Any inverted yoga move (like Downward Dog) also boosts circulation to make your skin radiant.

IF YOU HAVE a little more time...

15 MASK DRY SKIN. Face masks aren't just for lazy Sunday nights. A creamy, hydrating, exfoliating mask "is my secret weapon before a big event," says Lucero.





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GET BANGS.

Forget forehead frown lines! Cover up with a loose, face-framing fringe. Ask your stylist for nose-length layers, Balding says. They'll lift and accentuate your cheekbones.

HAIR

IF YOU HAVE ONLY a few seconds...

16 MOVE THAT PART. Shifting it a few inches will give you a fresh look, says Nathaniel Hawkins, a celebrity hairstylist in New York City.

17 FAKE A CROP. Test-drive a faux bob like these celebs did, says Jenny Balding, Redken styling and grooming



Christina Hendricks



Rosario Dawson



Kate Beckinsale

expert. Just tuck (and pin) a low, loose ponytail.

18 BOOST YOUR BODY. Liven up limp, winter-dry strands: Spritz roots with dry shampoo for lift, says Balding. We like (K) L'Oréal Paris EverStyle Energizing Dry Shampoo (\$7; mass retailers). Then mist on hairspray and scrunch.

19 BRUSH ON SHINE. Apply shine serum to a natural-bristle brush and swipe through hair, suggests Matt Fugate, a hairstylist at NYC's Sally Hershberger Salon. Try (L) Bumble and Bumble Hairdresser's Invisible Oil (\$38; bumbleandbumble.com).

IF YOU HAVE a few minutes...

20 DROP A BRUSH SIZE. Change the look of your hairstyle (giving it more volume and bounce!) just by styling with a smaller round brush.



IF YOU HAVE a little more time...

21 LOSE BULK, NOT LENGTH. Switch it up: Ask your stylist to texturize your ends or simply add a few layers around the crown.

NAILS

IF YOU HAVE ONLY a few seconds...

23 SHINE UP YOUR NAILS. Rub on a few drops of cuticle oil. "It hydrates and instantly adds luster," raves Elle, a celebrity nail artist for Dermelect.

IF YOU HAVE a few minutes...

24 REVIVE YOUR MANI. If your polish is dull or chipping, you don't have to scrap it and start over. Just file ends and apply a fresh top coat, says Gina Viviano, Chanel manicurist. We like a shimmery topper: (M) Essie Polish in Golden Nuggets (\$8; essie.com for salons).

REBOOT YOUR LOOK

Don't forget the latest beauty tool: a smartphone or tablet stocked with make-me-over apps.

App ▶ OPI Nail Studio
Cost ▶ Free for

iPhone, iPad
What it does ▶ You can try out oodles of colors (on a hand tweaked to match your skin tone) without getting out the polish remover. Check out OPI's many offerings, or save your faves and match to polish from other brands. No drying time, no mess!

App ▶ InStyle Hairstyle Try-On
Cost ▶ Free for

iPad; \$6 for premium version
What it does ▶ Pinning your favorite celeb haircuts is so last month. This app lets you upload your own pic and see yourself in more than 50 celebrity hairdos (250-plus for the premium app).

IF YOU HAVE a little more time...

25 TRY THE NEW NEUTRAL NAIL. Last season's gray polish was cool but not quite the gloom-buster we need around now. Our nomination as a new attention-getter: a super-wearable lavender like (N) OPI Nail Lacquer in You're Such a BudaPest (\$9; Ulta).

