

For Women

First

New Year's Special



Susan lost 175 lbs

WHEAT BELLY WONDERFUL

Fast, heavenly meals that melt belly fat *effortlessly*

BEST CUTS FOR 2016

What flatters YOU!

Beautiful from every angle!

20...75...150 lbs SLIMMER *in 2016*

Drop 11 lbs every week

Harvard study: Switch up your breakfast to SPEED FAT BURN ALL DAY **+**

Jorge Cruise: Easy, delicious food formula **=**

↑ HEART HEALTH BY 57%
↓ INSULIN BY 43%

Mary lost 164 lbs and so could you!

NO MORE TIRED

News! 91% of women are deficient in this energy nutrient even if they take it. Easy fix!

Your best life starts today

LOOK GOOD, FEEL GREAT!

- ✓ Congestion
- ✓ Bloat
- ✓ Dry skin
- ✓ Hot flashes
- ✓ Arthritis
- ✓ Depression
- ✓ Memory loss
- ✓ Slow thyroid

STRESS ENDER

The 30-second habit that defuses the *worst* tension



best you

12 face-flattering styles at every length

style

Your most beautiful cut for 2016

It's your time to shine—and what better way to greet the New Year than with a new look that boosts your beauty *and* your confidence! Here, celebrity hairstylists reveal the best cuts for every face shape. Find the one that's right for you!

BEST FOR OVAL FACES

Angela Bassett



medium

The sleek bob

HOW IT FLATTERS: The spherical silhouette of a bob that curls in right below the jawline creates the illusion of a fuller face, says stylist Nick Penna, owner of SalonCapri in Boston.

ASK FOR: A blunt bob that hits below the jaw with face-framing layers and a middle part.

PRO STYLING TIP: After styling, smooth on shine serum (like Garnier Fructis Sleek & Shine Serum, \$5 for 5.1 oz., Walmart.com) to nix flyaways.



Eva LaRue

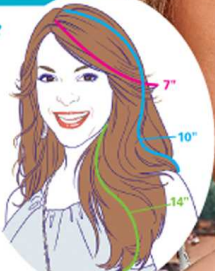
long

The beachy wave

HOW IT FLATTERS: "Cascading layers position volume at the sides of the face to help round out any narrowness," says celebrity hairstylist Lea Journo.

ASK FOR: Long "over-directed" layers that fall heavier at the shoulders.

PRO STYLING TIP: For a pretty, "undone" effect, mist damp hair with sea salt spray (like No! Your Mother's Beach Babe Sea Salt Spray, \$7 for 8 oz., Ulta.com).



Kristen Wiig



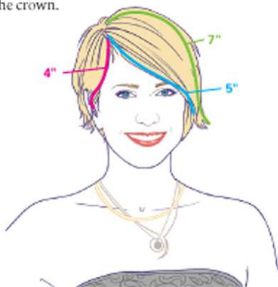
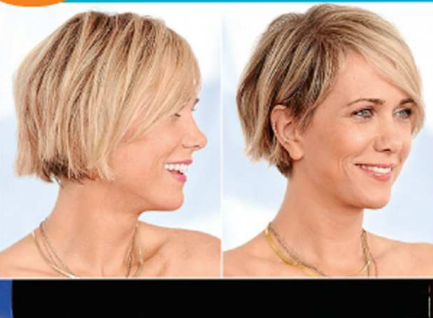
short

The cheeky chop

HOW IT FLATTERS: "An asymmetrical crop that skims the cheekbones directs attention up for a youthful lift," says Giannandrea, creative director of Macadamia Professional hair care, who works with Reese Witherspoon. Plus, the side bang draws the eye diagonally, optically widening a long face.

ASK FOR: A razored crop that hits at the nape of the neck with long, choppy layers and diagonal bangs.

PRO STYLING TIP: For volume, mist a dry spray (like Umberto Dry Texture Spray, \$10 for 8 oz., Target.com) at the roots; ruffle with your fingers at the crown.



BEAUTY BREAKTHROUGH: REGROW THINNING HAIR

A strategic cut can add volume to thin locks, but to truly reverse hair loss, experts suggest taking a supplement containing marine-derived protein and fish oil. In a recent study, this increased scalp hairs by 32 percent and reduced shedding by nearly 20 percent in 3 months. The brand used in the study: Viviscal Extra Strength, \$50 for a 30-day supply, Viviscal.com.



HAIR: GUY AROCH/GETTY IMAGES; HAIR: TERRY PATRICK/AMERICA'S HAIR; HAIR: TERRY PATRICK/AMERICA'S HAIR



BEST FOR ROUND FACES

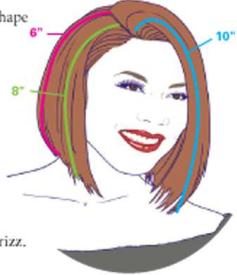


Queen Latifah

medium

The sassy slant

HOW IT FLATTERS: The angular shape of an uneven bob draws focus down to visually slim the face, says hairstylist Giannandrea. ASK FOR: An asymmetrical blunt bob with a deep side part and staggered shape. PRO STYLING TIP: Style hair with an ion-emitting round brush (like Olivia Garden Ceramic + Ion Turbo Vent Combo Round Brush, \$24, Ulta.com). The ions cause the cuticle to lay flat, eliminating frizz.



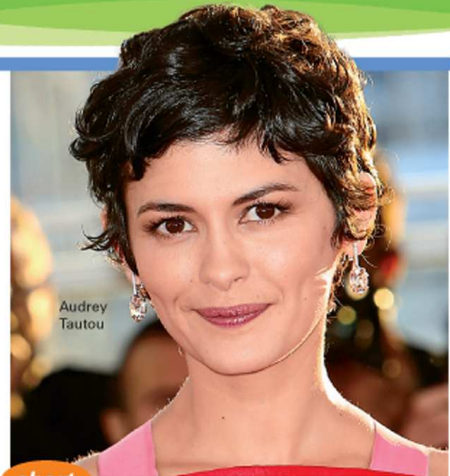
The sweet swing

HOW IT FLATTERS: The vertical lines of an even cut that skims the décolletage pull the eye down to instantly elongate the face, says hairstylist Lea Journo, who works with Natalie Portman. ASK FOR: Long, very subtly blended layers with blunt ends throughout. PRO STYLING TIP: Once dry, flatiron hair from the neck down, pulling the iron in toward the face near the ends. This leaves a subtle curve that adds a touch of movement to straight hair.

long

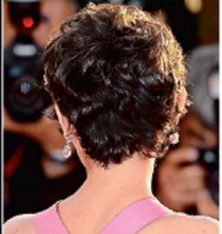
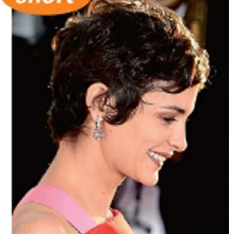


Melissa McCarthy



Audrey Tautou

short



The piecey pixie

HOW IT FLATTERS: "Short wispy layers around the crown direct the eye up to visually 'stretch' the face, says hairstylist Nick Penna. ASK FOR: A pixie with layers that are the same length throughout with pointy or "broken" ends. PRO STYLING TIP: Add feminine flair by pinching at pieces with a pea-size amount of styling balm (like Pantene Pro-V Stylers All-in-One Styling Balm, \$6 for 3.5 oz., drugstore.com) through the crown.



SPA SECRETS FOR GORGEOUS LOCKS

To keep hair healthy and nourished this season, try spa-inspired recipes that cost just pennies to make!

Boosts shine: A lemon rinse

Give dull hair new life with lemon and vinegar. Their acidity seals hair cuticles so strands lay flat. This allows light to reflect off hair for lustrous sheen. To do: Mix 1 cup of water, 2 Tbs. of apple cider vinegar and the juice of 1/2 lemon. Pour the rinse evenly onto wet hair. Let sit for 1 minute, then rinse with cool water. Use every other week. (Note: Lemon can fade hair dye, so use only once a month if you color your hair.)



Nixes fall-out: A fruit mask

Weak, damaged hair follicles are prone to shedding, but a hair mask with bananas and eggs can help. Banana's pantothenic acid nourishes follicles so hairs can grow while the protein in eggs fortifies roots so hair doesn't shed as easily. To do: In a bowl combine 1/2 banana and 1 egg, then mix in 1 Tbs. of coconut oil and 1/2 tsp. of honey (to moisturize hair and scalp). Apply to damp clean hair and scalp; let sit 20 minutes. Rinse, then condition. For best results, repeat once a week for a month.



Ends static: An oil blend

Battling flyaways? A spray made with natural oils including avocado and olive oil works to "weigh down" strands to cut static without making hair greasy. Plus, the oils are loaded with vitamin E to hydrate parched locks. To do: In a spray bottle, combine 1 Tbs. of avocado oil, 1/2 tsp. of olive oil, 2 Tbs. of castor oil and 10 drops of lavender essential oil (for a nice scent). Spritz onto palm, rub your hands together and pat onto hair.



best you



BEST FOR HEART FACES



Jennifer Aniston

long

The long and lovely

HOW IT FLATTERS: A center part "divides" the forehead so it appears smaller, says hairstylist Giannandrea. Soft waves help fill in an angular chin.
ASK FOR: Long face-framing layers with razored ends.
PRO STYLING TIP: Add volume by using a round brush to blow-dry hair so the shorter layers curl in toward the face and the longer layers flip out.



The flirty flip

HOW IT FLATTERS: Textured layers with razored ends that point out help widen the look of a smaller chin, says Giannandrea.
ASK FOR: A neck-length cut with graduating, razored layers that begin at the cheekbones and "sliced" side bangs.
PRO STYLING TIP: To make the tips of hair fan out, rub with a texturizing cream (like RUSK Radical Creme Thickening and Texturizing Creme, \$12 for 4 oz., CVS.com) as you lightly pull the ends out.

medium



Helen Mirren

short

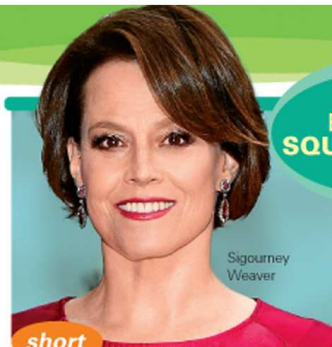
The modern taper

HOW IT FLATTERS: Full eye-skimming bangs visually lengthen a wider forehead, plus pull attention away from a prominent chin.

ASK FOR: Short blended layers and cropped sides that lengthen slightly to the nape of the neck.
PRO STYLING TIP: To give hair (and the face) a flattering lift, work a dollop of a volumizing mousse into hair at the crown, then blow dry with a round brush.



Kellie Martin

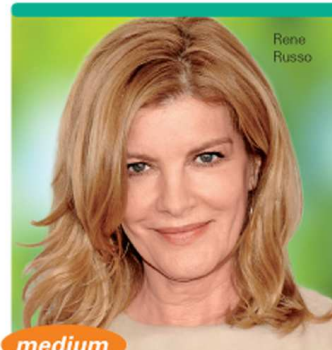


Sigourney Weaver

short

The soft sweep

HOW IT FLATTERS: A rounded style with side-swept layers helps soften the sharpness of a square face, says Giannandrea.
ASK FOR: A short bob with long layers that falls slightly below the nape of the neck.
PRO STYLING TIP: Blow-dry damp hair in 2" sections while using a round brush in a C motion to lift hair at the roots and curls under at the ends.



Rene Russo

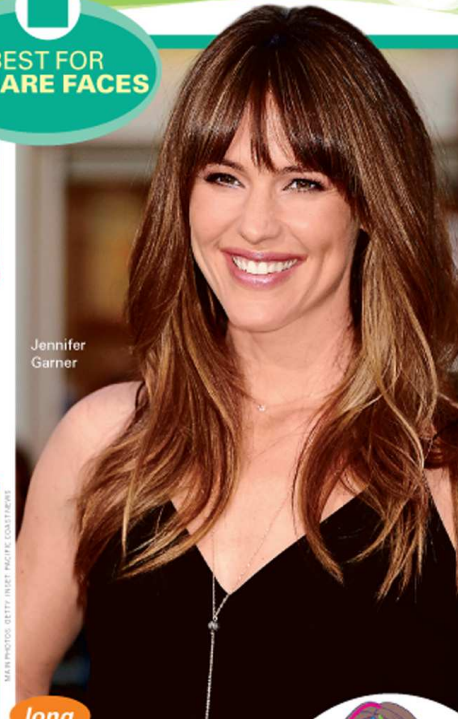
medium

The chic shag

HOW IT FLATTERS: The bouncy waves of a shag help soften a strong jaw.
ASK FOR: A shoulder-sweeping cut with shorter layers in front.
PRO STYLING TIP: Curl 2" sections of hair with a 1 1/4" curling iron; then run fingers through waves.

BEST FOR SQUARE FACES

style



Jennifer Garner

long

The feathered fringe

HOW IT FLATTERS: Heavy, tiered bangs that blend into longer wavy layers create an oval-like frame around the face to help soften the harsh angles of a square jawline, explains hairstylist Nick Penna.
ASK FOR: Long, blended layers and full fringe that graduate to cheekbone-length on each side.
PRO STYLING TIP: Use a round brush to blow-dry bangs. This adds volume so they won't lie flat to the forehead.

