

December 16, 2013

for women

# First



Easy cupcake sleigh

Fast & delicious ideas to delight your crowd!



Supermarket flowers go luxe!

Instant decor! Lovely for less

## FEEL GREAT EVERY DAY

**TIRED? CRANKY?** 98% of women over 40 lack a key neurotransmitter. Take our quiz to find which one you need more of!

## YOU, PARTY BEAUTIFUL



Styling tips, slimmers, accessories & more

## Make-ahead breakfast casseroles



*Lose 1 lb a day*

## DROP 23 LBS BY CHRISTMAS

# DETOX YOUR THYROID

*the Dr. Oz way!*

**NEWS!** Environmental toxins can clog your thyroid and slow metabolism. It takes just 4 nutrients to unleash your gland's full power and **BURN FAT FAST**

## ARE YOU TOO HARD ON YOURSELF?

Discover the 4 secrets to relieving stress so you can truly relax and enjoy

## HEALTHY MADE EASY

Super-effective kitchen cures

**FREE poster!**



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Issue 1350



Maria Menounos

### Sweet with sleeveless: The hot-crossed bun

Bare arms trim the torso by creating long visual lines on either side of the body. To enhance this statuesque look, Nicholas Penna Jr., owner of SalonCapri in Boston, suggests pairing a sleeveless dress with a “deconstructed” chignon with volume concentrated over the forehead. “Height at the front of the crown creates an even taller, leaner look,” he explains, “while an undone bun is so playful and modern!”

TO DO

**YOU'LL NEED:** Teasing comb, clear elastic band, bobby pins

**Step 1:** Separate the front 3 inches of hair over the forehead; pull the rest into a low ponytail and secure with a band.

**Step 2:** Loosely coil the ponytail into a low, tousled bun (tease the ponytail first if the chignon seems thin) and pin into place.

**key step** **Step 3:** Tease the front “bang” section to create lift, then sweep it to one side (twisting it as you go); twirl it into the bun and pin into place.

SURVEY SAVVY

A recent survey found that when asked what makes them self-conscious, 30% cite their teeth, followed by their hair (26%), skin (23%) and overall style (13%)



### Chic with cap sleeves: The knotty or nice

We love how cap sleeves can subtly broaden the shoulders to create the illusion of a tinier waist, but there’s a downside—they also highlight the jiggiest parts of the arms. The fix: “Since the eye is drawn to texture, an updo made of intricate knots pulls the focus up and away from the arms,” says Penna. “So you can wear a cap-sleeved gown with confidence!”

TO DO

**YOU'LL NEED:** Hairspray, bobby pins

**Step 1:** Create a deep part, leaving a few tendrils down to frame the face, then spritz hair with a light anti-frizz hairspray.

**key step** **Step 2:** Starting behind the ear, twist a 1" section of hair into a long coil, wrap it into a knot and pin. Continue coiling and knotting hair until it's all pinned up.

Jessica Chastain

