

outsmart a **picky eater**

ISSUE 261  
MARCH 2012

# parenting

modern families + fresh ideas

From *Suri* to *Kingston*,  
**Celebrity  
kidstyle**  
for  
a lot less \$

Why  
language  
delays  
aren't  
that bad

**tot-  
friendly**  
Dinner  
Party

**74**  
bright ideas  
for  
**cool kids'  
rooms**

+

**Julie  
Bowen  
& Sofia  
Vergara**  
teach us how  
to dress

**diaper bags**  
that actually look good



**SAVE!**  
Get budget beauty advice at [facebook.com/cvsbeautyclub](http://facebook.com/cvsbeautyclub).

# Mint Condition

Peppermint's scent makes us feel less stressed and more alert. We're in! Here, minty treats.

1. Zing! Wake up fast in the shower with **C.O. Bigelow's Mentha Body Wash** (\$12; [bathandbodyworks.com](http://bathandbodyworks.com)).
2. An electric hue + tingly lather? **Lush's Ice Blue soap** packs both (\$6; [lushusa.com](http://lushusa.com)).
3. Put the divine **Mistral Foam Bath** in Mint Verbena up high—it's too nice for kids! (\$18; [mistralsoap.com](http://mistralsoap.com)).
4. **Clear Head Mint Shampoo** scores high for its dandruff-fighting power (\$15; [origins.com](http://origins.com)).
5. Stash the **Illume Hapology Rollerball Perfume** in your purse for quick yuzu-mint pick-me-ups (\$16; [illumecandles.com](http://illumecandles.com)).
6. **Hydrating Tea Tree Mint Conditioner** pampers hair with peppermint oil and milk protein (\$12; [ulta.com](http://ulta.com)).
7. **Naturally Upper Canada Coarse Salt Scrub** is like a mint julep for your skin! (\$15; [tweedandhickory.com](http://tweedandhickory.com)).
8. A twofer moms need: **Minty Lip Shine** from Beauty Rush gives a glossy smile and fresh breath (\$7; [victoriasecret.com](http://victoriasecret.com)).
9. Longing for an island adventure? Try a Caribbean-inspired **DuWop Iced Teas** lip balm in Mint Mojito—yum! (\$19; [duwop.com](http://duwop.com))



## Red-Carpet Hair

**Nicholas Penna, Jr.,** owner of **SalonCapri** in Newton, MA, shares how to score celeb-mom-inspired hairstyles.

### Jessica Alba

#### Pony With Spiral Curl

1. Tease front layers of hair between temples.
2. Gather hair from underneath, and band hair halfway up head.
3. Wrap small section of hair around base of pony to hide elastic, and tuck it under elastic.
4. Separate pony into two sections; curl each toward base of pony with one-inch curling iron, starting at ends.

### Jennifer Lopez

#### High Top Knot

1. Apply volumizing mousse to damp hair; blow-dry away from face.
2. Apply a drop of smoothing serum.
3. Pull hair into a tight pony at crown of head. Smooth with light hair spray.
4. Twist pony and wrap around its base, leaving out a small section.
5. Secure bun with bobby pins.
6. Take extra piece and twist from bottom. Wrap it around to hide pins, and tuck into elastic.



### Kelly Ripa

#### Low Chignon

1. Blow-dry hair straight with a round brush; finish with shine serum.
2. Gather hair at nape of neck; secure with elastic.
3. Rope hair loosely around elastic to create bun. Pin hair down with bobby pins as you form the shape.
4. Keep it loose, for a soft, romantic look.



LEFT: PRODUCTS COURTESY OF DUWOP (8) AND VICTORIA'S SECRET (8); ALL OTHERS: JON WHITTLE (7) RIGHT: FROM TOP: JON KOPALOFF/FILM MAGIC-GETTY IMAGES; GUSTAVO CABALLERO/GETTY IMAGES; MARCEL THOMAS/FILM MAGIC-GETTY IMAGES