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Acupuncture for your mind, body, and skin
Specialized needles stimulate small nerves, which send signals to the brain to shut down the fight-or-flight reflex. In response, the brain releases relaxing neurotransmitters and stabilizes levels of the stress hormone cortisol. "I say Stefania DiLiberio, a licensed acupuncturist in New York City. The result is a happier mood and deeper sleep, both of which improve skin vibrancy. "The needles also increase blood flow, creating a beautiful glow," she says. Look for a licensed acupuncturist who studied cosmetic acupuncture.



The antiaging workout
Cardio can take up to 30 years off your skin. Researchers at McMaster University in Ontario found that aerobic exercise prompts your body to produce IL-15, a protein that encourages the growth of mitochondria, structures in skin cells that produce energy to make your complexion smoother. "Increased blood flow also makes you rosier and brings more nutrients to the skin," Dr. Chwalek says. Plus, sweat exfoliates dead layers of skin. Mark Tomposky, Ph.D., the study's author, suggests doing cardio for 30 to 45 minutes, three to five times a week. Just wear SPF 30 or above in a sport formula if you exercise outdoors, and reapply it according to the label.

Our model's gorgeous glow
It all comes from a healthy attitude. "When you believe in your worth, you'll do whatever it takes to be the healthiest version of yourself." —Kiana Alexis (@mskianaalexis)



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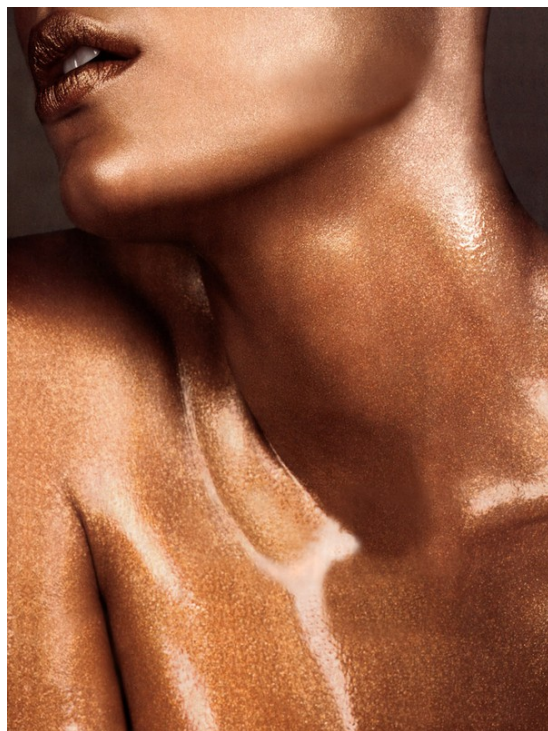
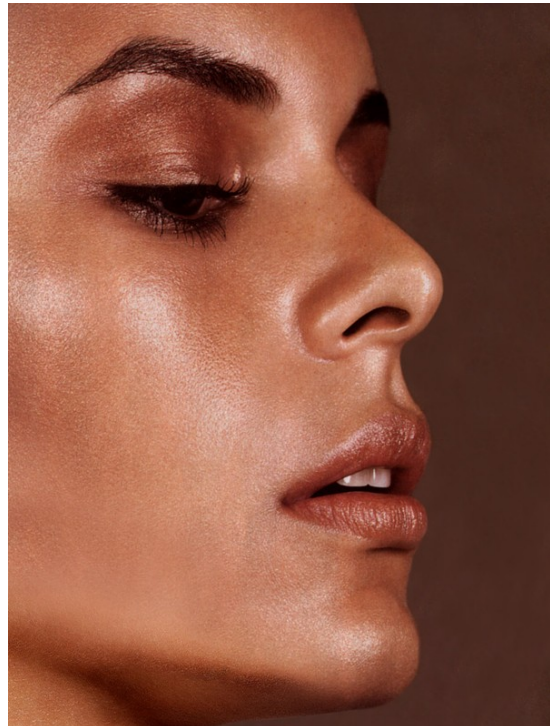
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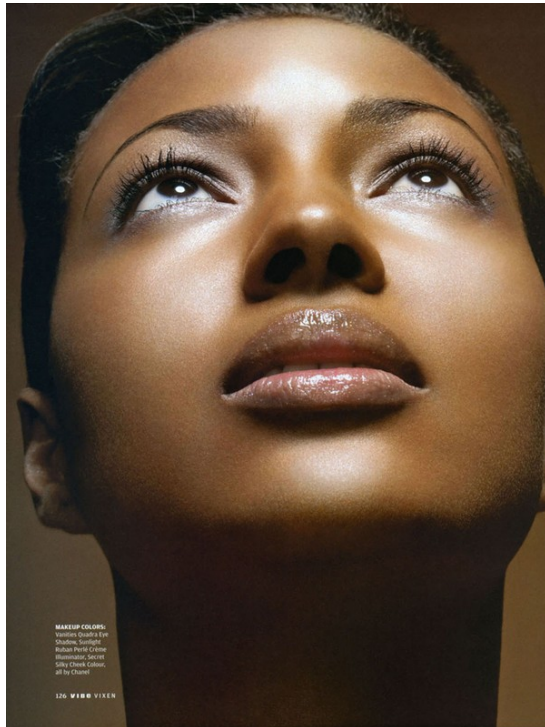
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ALL THE BETTER TO SEE YOU WITH

Whether you prefer pretty and natural or something bolder (different strokes for different folks, as they say), these simple tools and tips will transform your lashes—and your entire look—in a blink.

WRITTEN BY Aryn Jackson-Cannady
PHOTOGRAPHER BY Christopher Griffith

DOUBLE VISION

Two out-of-sight looks made with mascara—and little else.

For the elegant effect on the far left, start by curling your natural lashes and applying one coat of black mascara. Then slick a strip of false lashes as close to the lash line as possible. (You can trim them to a less spiky length.) To help the false lashes blend seamlessly with your natural ones, gently separate both together with a lash curler a second time. Hide any traces of glue with a thin line of black liquid liner; then brush on another coat of mascara. TO SHOP: L'Oréal Paris, \$4, lorealparis.com.
Yes Saint Laurent Mascara Volume Effet Cils in Baby Doll, \$30, yslbeauty.com.
It took several coats of gold-flecked mascara on the upper and lower lashes to achieve the dramatic sparkle shown above, but a touch swept onto the tips of black-mascara-clad lashes gives a subtle twinkle to eyes. TO SHOP: Tarte Candy Lash Tinted Glitter Mascara in Gold Digger, \$4, Walmart.com.

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TRY ON TURQUOISE

You can weigh the options—black, brown, back-to-back, very black—until you're blue in the face. Or why not go for a slightly wild, colorful mascara? It will brighten eyes like shadow does, but without the befuddling concern of blue, especially. (After all, eye colors don't find new shades more office-friendly if this particular peacock doesn't fly.) To get uniform, saturated coverage, apply several coats. Finish with a similarly toned pencil liner applied at the base of the lashes and keep your lids neutral.

TO SHOP: La Vie en Rose de Chanel mascara in Blue, \$20, chanel.com.
Smashbox GirlDiva Eye Liner in Peacock, \$19, smashbox.com. Smashbox Perfect Rouge in Pink Meets \$20, smashbox.com.



THE SHOW-STOPPER

The perfect high-volume pouf, seductive cat-eye and stop-them-in-their-tracks dress. When you enter a room with this subtle yet strong look, it's no surprise all eyes are on you.

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The belly-beauty link
 "Research shows that people with healthier and more diverse gut microbiomes tend to have healthier fatty acids in their skin, meaning it's more hydrated and plumper," says Cori Cortes, the author of *The Beauty Chef Gut Guide*. Because of these findings, we're starting to see more probiotics and prebiotics food for your gut bacterial targeting your skin as well as your stomach. "There is some new evidence that probiotics may help minimize photodamage to the skin," Dr. Chwalek says. Other research shows that the diet may also help treat inflammatory issues like acne. To nourish your gut, remember the two F's: fiber and fermented. Cortes says, "Fiber is good for gut bacteria and the gut lining. And kimchi and kefir are rich in live bacteria that help improve digestive function for optimal well-being and generating a glow. If you're looking to supplement, Cortes says lactobacillus, bifidobacterium, and saccharomyces strains of probiotics all have proven skin benefits."

LANCÔME Pop Cherub Palette. The new spring collection has just arrived on the wings of a cherub—a striking, delicate, sensual being with a heavenly nature. Pop over to the Lancôme counter and let our experts design a look just for you with ethereal shades and dreamy, silvery accents.
 Pop Cherub Palette 181856 \$50
 Also available: Color Design Lip in Pink Attitude 16843 \$21
 Magique Mousse Blush in Pink Softness 17769 \$28.50
 Cosmetics.

GO TO nordstrom.com 3a

CHANEL Quadra Eye Shadow in Demure. Selected stores. 105113 \$55
LANCÔME Cils Design Pro Mascara in black. 178570 \$35
LAURA MERCIER Orange Blossom Cheek Colour. 166296 \$22
BOBBI BROWN Uber Beige Lip Color. 199910 \$21
LAURA MERCIER Kohl Eye Pencil in Stormy Grey. 124958 \$18
 Cosmetics.

GO TO nordstrom.com 1a

ESTÉE LAUDER New Projectionist High Definition Volume Mascara in black. High drama for every single lash. Project Thicket, longer, more defined lashes that highlight your beautiful eyes. VolumAire™ formula creates weightless volume and sharp definition, resist clumping. Use Projectionist Brush™ for infinite precision and separation control. 181971 \$18.50
 Cosmetics.

GO TO nordstrom.com 75

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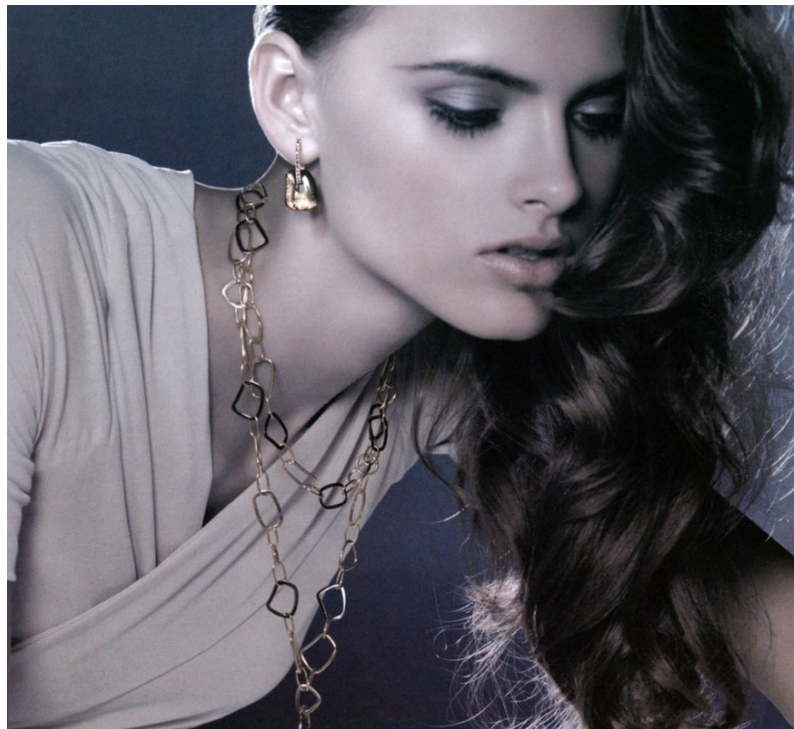
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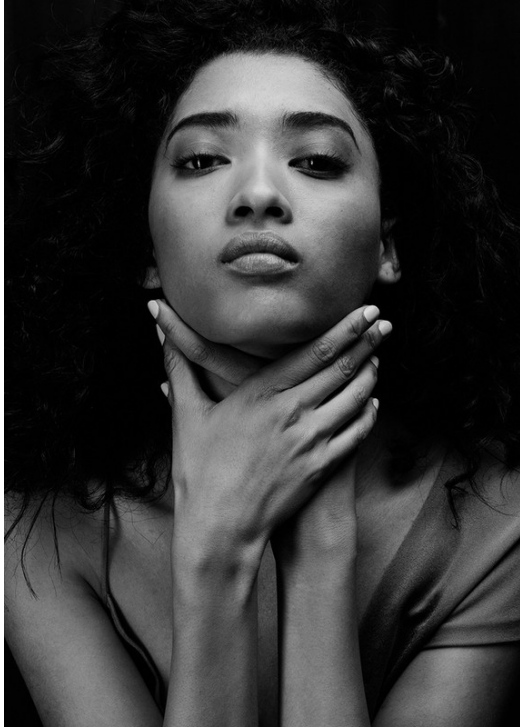
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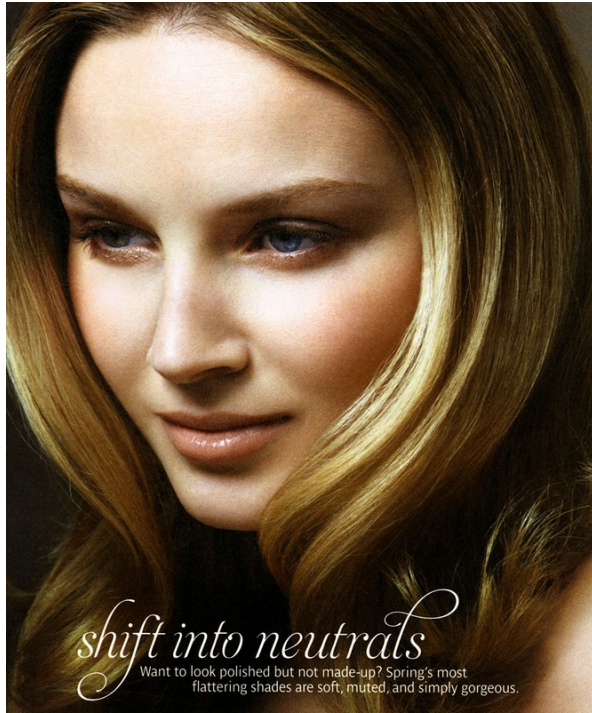
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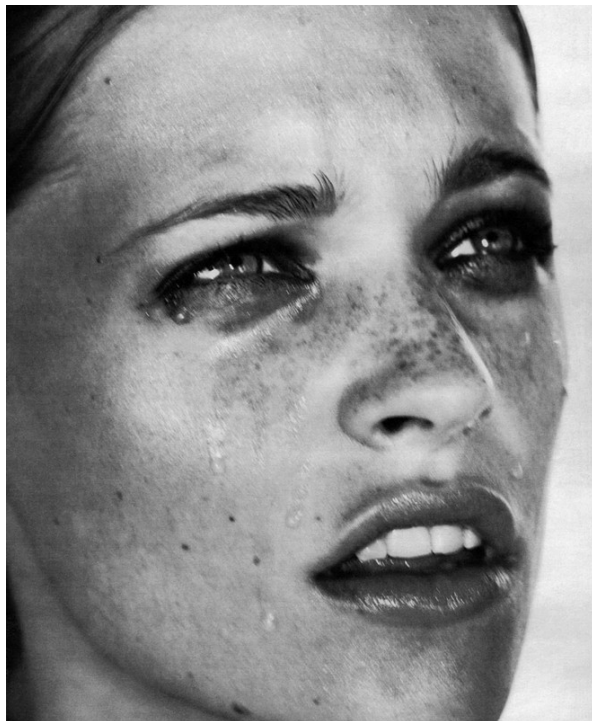
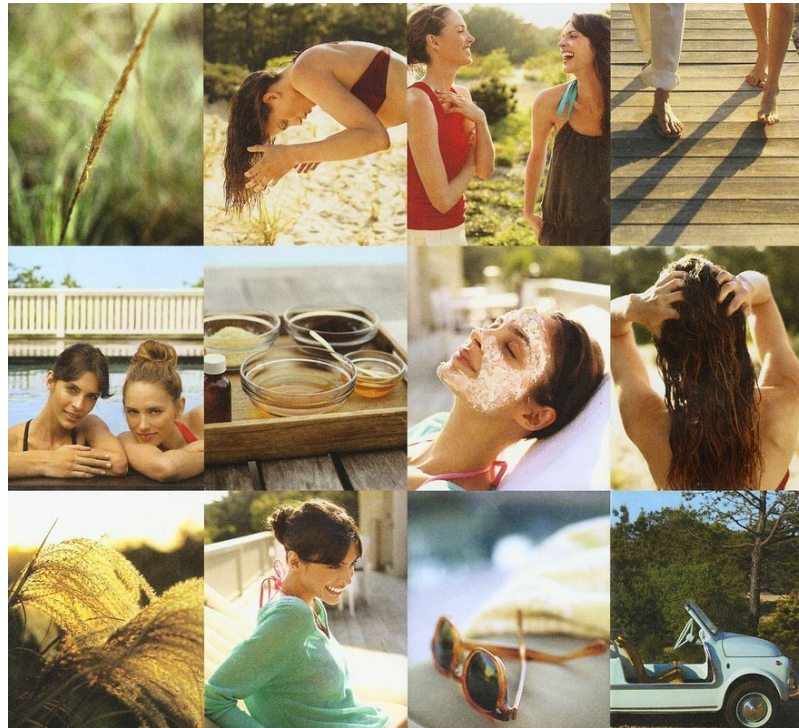
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Diese Seite: Damit langes Haar bis in die Spitzen schön und gesund bleibt – „Jüfere Hair Care: Sun-Saving Fluid“ von Wella (1,50 €) reduziert Schädellen und wirkt gegen Spliss.
Rechte Seite: Nach Sonnenbädern ist After-Pflege nicht nur für die Haut, sondern auch fürs Haar ein Muss. Die Kur „Sun Guardian“ aus der „JC“ Hairtherapy-Linie von Schwarzkopf Professional (1 €) regeneriert mit Aminosäuren und Aloe vera. Bikini von Wolford. Auf diesen und den beiden vorigen Seiten: Frisieren von Peter Sporn; für Art-Staff: Make-up: Sandrine van Slee für Art Department; mit Produktion von L'Oréal Paris; Moderedakteur: Susanne Köhnel; Assistent: Verena Gralert; Redaktion: Regina Strahl; „VOGUE Adressen“ ab Seite 209.

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