

# Art Department



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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," says Stefano DiLorenzo, a licensed acupuncturist in New York City. The result is a happier mood and deeper sleep, both of which improve skin tone. "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 cooler and brings more nutrients to the skin," Dr. Chwolek says. Plus, sweat exfoliates dead layers of dermis. Mark Tamapolsky, 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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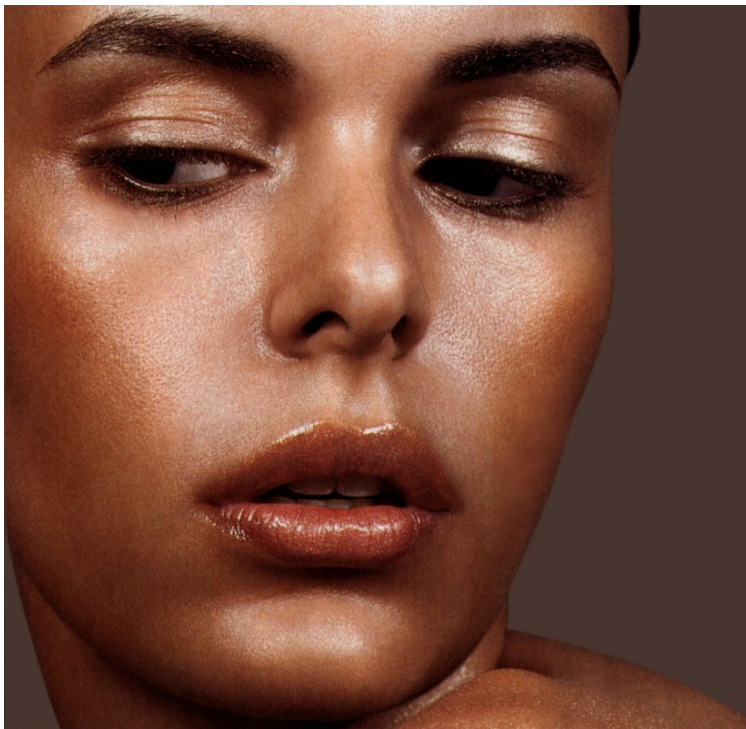
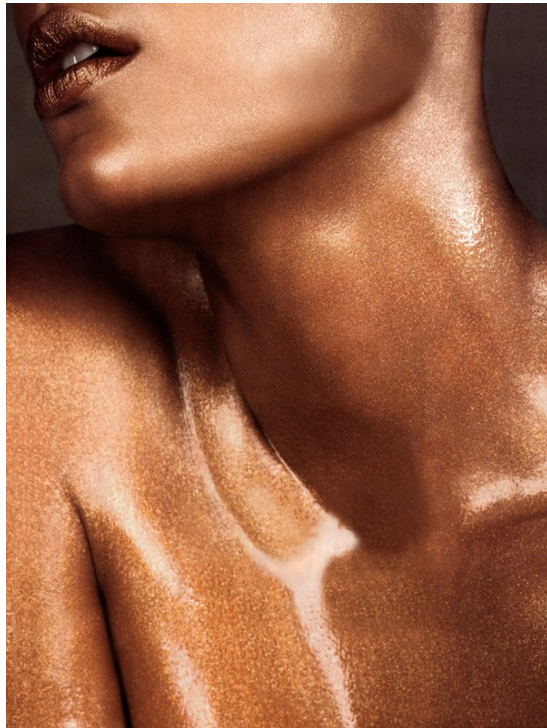


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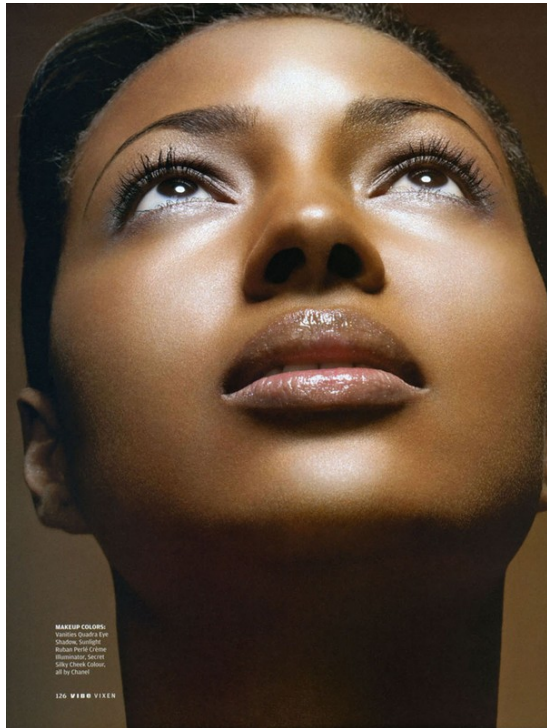
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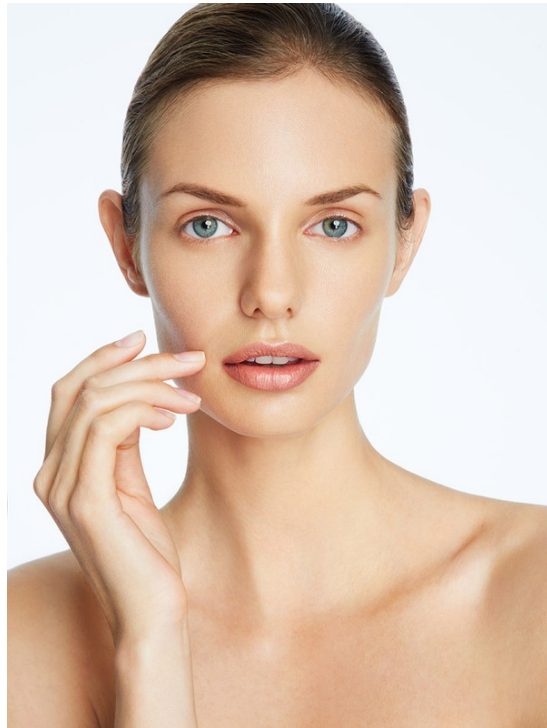
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## ALL THE BETTER TO SEE YOU WITH

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 APYUN JACKSON-CANNADY  
PHOTOGRAPHER BY CHRISTOPHER GRIFFIN

## DOUBLE VISION

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

**Doe-eyed or disco?**  
For the elegant effect on the far left, start by curling your natural lashes and applying one coat of black mascara. Then stick a strip of false lashes as close to the lash line as possible. You can trim them to a less spidery length.) To help the false lashes blend seamlessly with your natural ones, gently squeeze both together with a lash curler a second time. Hold any traces of glue with a thin line of Black liquid liner, then brush on another coat of mascara. TO BUY: Avon! LashLine, \$4, [www.avon.com](http://www.avon.com).  
Yves Saint Laurent Mascara Volume Effet Faux Cils, \$38, [yslbeauty.com](http://yslbeauty.com).  
Glitter can look electric or ethereal, depending on how you apply it. 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 BUY: Huel Candy Lash Tinted Glitter Mascara in Gold Digits, \$6, [Walmart](http://Walmart.com).

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## TRY ON TURQUOISE

You can weigh the options—black, brown, black-brown, very black—until you're blue in the face. Or why not go for a slightly wild, colorful mascara? It will lighten even the shadowiest, but without the bulbous contouring. Blues, especially fatter all eye colors. (You'll find many shades more office-friendly if this particular mascara comes by.) 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 moist.

TO BUY: La Vie en Rose mascara in Blue, \$18, [chanel.com](http://chanel.com). Smashbox Limited Eye Liner in Peacock \$19, [smashbox.com](http://smashbox.com). Shiseido Perfect Rouge in Pink Mauve \$16, [shiseido.com](http://shiseido.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.



## THE TREND-SETTER

You don't follow the latest styles, you originate them! Mix and match unexpected colors on your eyes for a dramatic yet playful look. Then watch everyone make it *their* look of the season.



## AGENT ORANGE

You're an agent of change, not afraid to take a risk with what's next. Now: orange lips, dark nails, an extreme part and bold brows. By leaving eyes and face dewy and minimal, you take the look to the edge—yet stay sophisticated.

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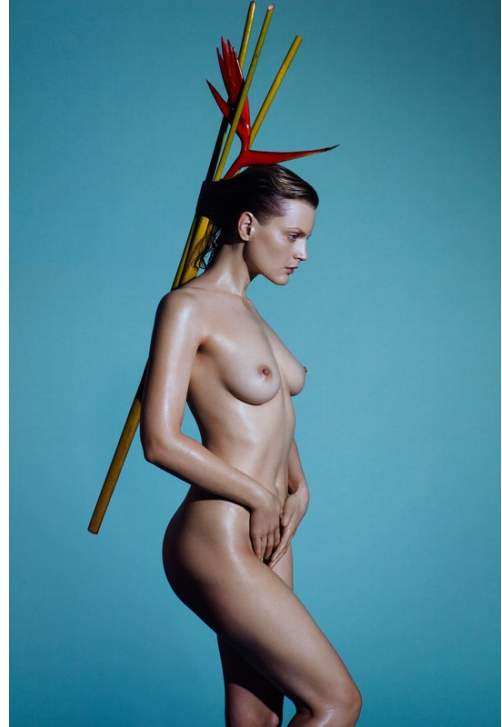
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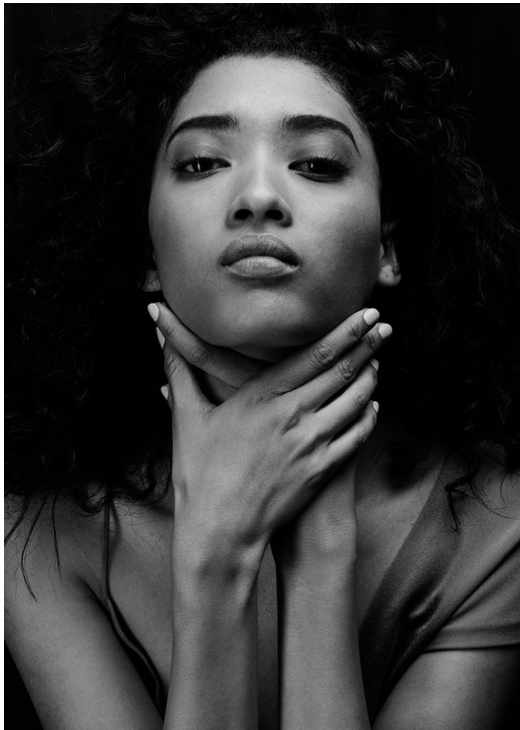
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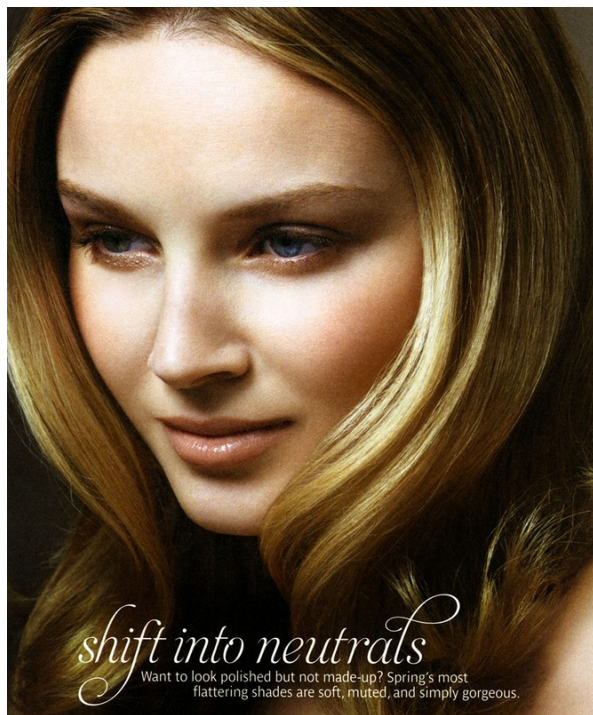
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