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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 and texture. "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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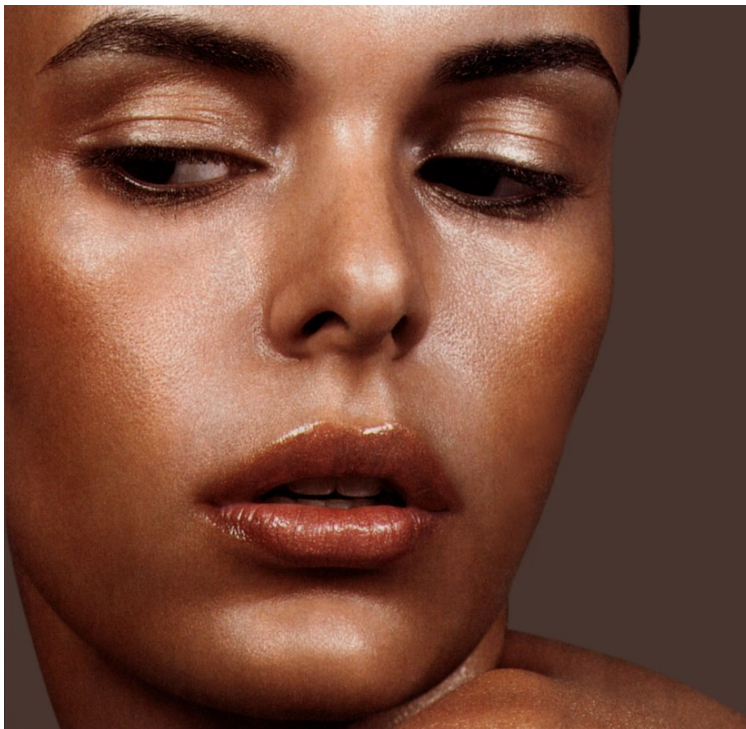
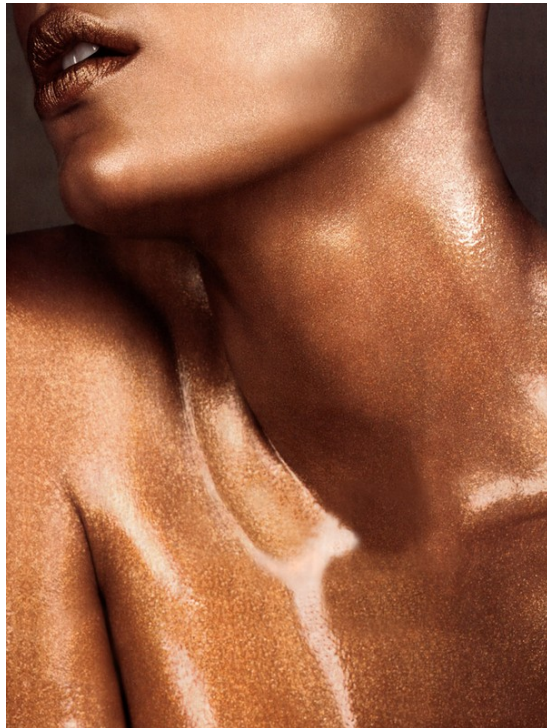
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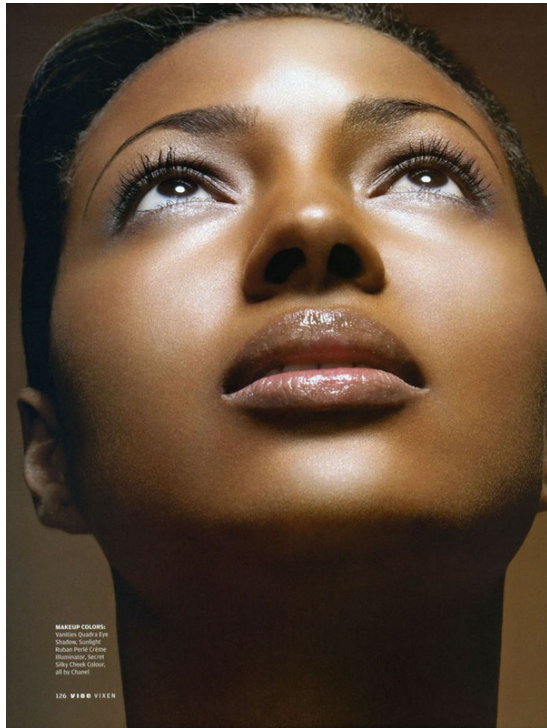
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ALL THE BETTER TO SEE YOU WITH

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.
Yves Saint Laurent Mascara Volume Effet Faux Cils, \$38, 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 Digné, \$6, [Walmart](http://Walmart.com).

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THE GOLDEN GODDESS

Maybe you didn't yacht for a week in Antigua. But you can look like you did with a few swipes of sultry bronze over your eyes, cheeks and nails for that gorgeous, sun-kissed glow you love.



THE MINIMALIST

You're sophisticated and chic—with your signature modern twist on a classic. Sleek hair and a red statement lip with subtle, natural eyes, face and nails.



The belly-beauty link

Research shows that people with healthier and more diverse gut microbes tend to have healthier fatty acids in their skin, meaning it's more hydrated and plumper," says Carla Cotes, the author of *The Beauty Cheat's Guide*. Because of these findings, we're starting to see more probiotics and prebiotics (food for your gut bacteria) 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 duo may also help treat inflammatory issues like acne. To nourish your gut, remember the two F's: fiber and fermented, Cotes says. "Fiber is good for gut bacteria and the gut lining. And kimchi and sauerkraut are rich in live bacteria that help improve digestive function for optimal well-being and generating a glow. If you're looking to supplement, Cotes 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 181858 \$50. Also available: Color Design Lip in Pink Attitude 16843 \$21. Magique Mousse Blush in Pink Softness 17769 \$28.50. Cosmetics.

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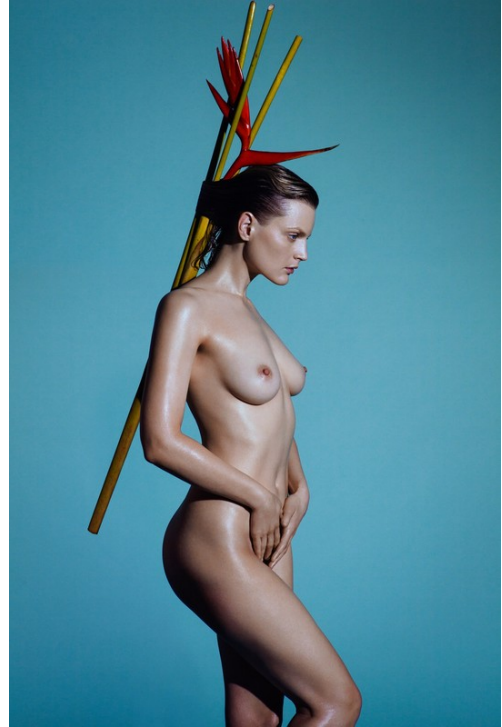
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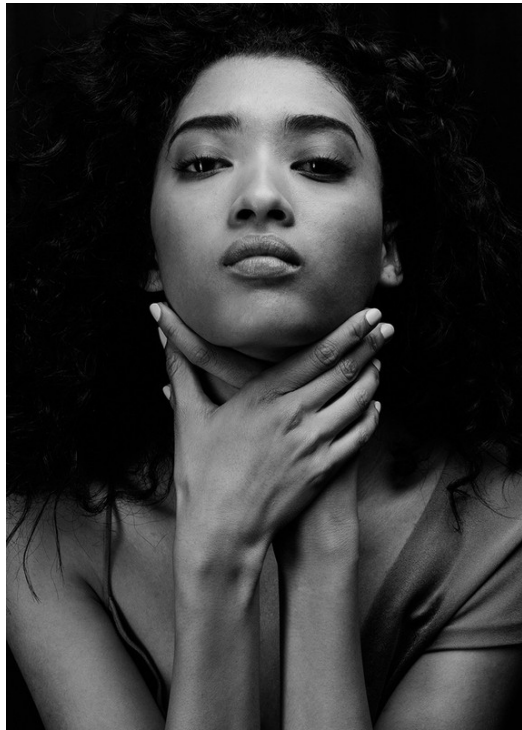
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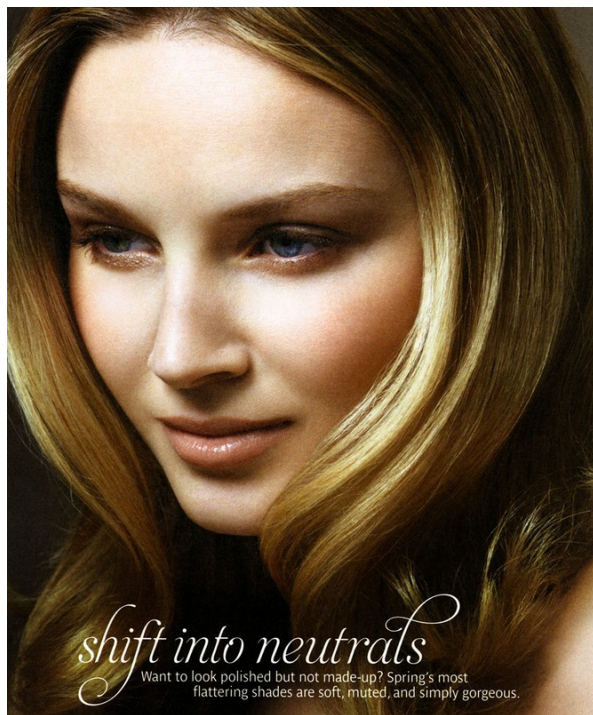
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