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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 Stefanie DiLibero, 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.

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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 dermis. Mark Tarnopolsky, 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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> **SHEER GLAMOUR**
(page 124) photograph by
Fernando Milani; makeup by
Sandrine Van Slee for Dior/Art
Department; hair by Fred van
de Bunt for Redken/Art
Department. Faith Single Eye
Shadow, Orgasm Blush, Lovejoy
Blush, Copacabana the
Multiple, Casino Bronzing
Powder, all by NARS.

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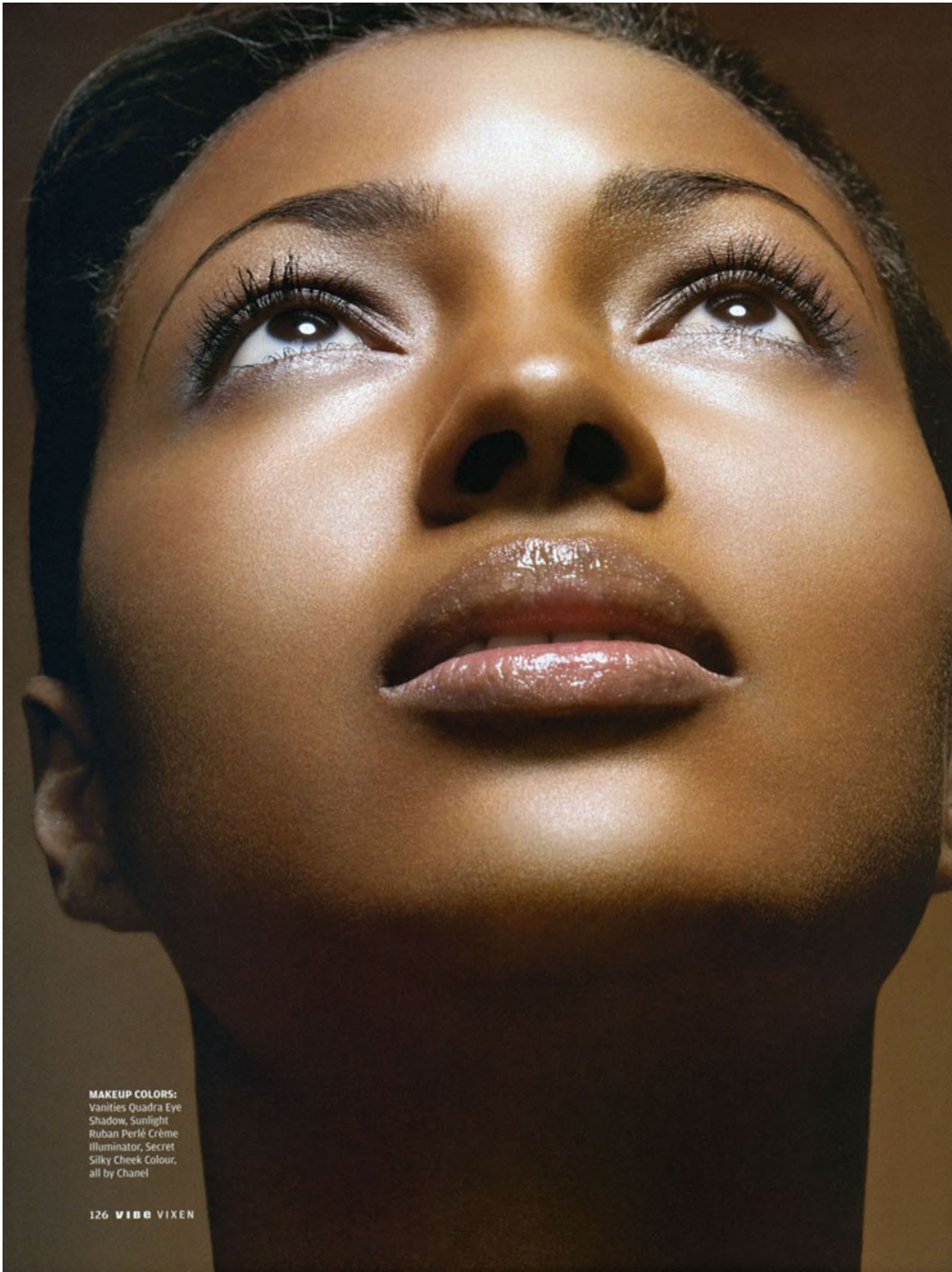
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MAKEUP COLORS:
Vanities Quadra Eye
Shadow, Sunlight
Ruban Perlé Crème
Illuminator, Secret
Silky Cheek Colour,
all by Chanel

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MAKEUP BY SANDRINE VAN SLEE, HAIR BY FREDERIC FRENCH FOR FUDGE AT JUMP, CASTING BY DEW INC. CASTING, EDITOR: SAUM LUCIENNE, JACOBS

**MAKEUP
COLORS:**
Gorgeous Gold
Eye Shadow,
Bronze Sugar
Lipglass,
Shimmersoufflé
Shimmerati,
all by M.A.C.
See THE DETAILS,
page 134.

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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 Ayren Jackson-Cannady
PHOTOGRAPHS BY Christopher Griffith

DOUBLE VISION

Doe-eyed or disco?
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 stick a strip of fake lashes as close to the lash line as possible. (You can trim them to a less spidery length.) To help the faux lashes blend seamlessly with your natural ones, gently squeeze 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 BUY:** Ardell Lash-Lites, \$6, sallybeauty.com. Yves Saint Laurent Mascara Volume Effet Faux Cils in Baby Doll, \$30, ysibeauty.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:** Hard Candy Lash Tinsel Glitter Mascara in Gold Digger, \$6, Walmart.

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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 brighten eyes like shadow does, but without the befuddling contouring.

Blues, especially, flatter all eye colors. (You'll find navy 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 BUY: Le Volume de Chanel mascara in Bleu, \$30, chanel.com. Smashbox Limitless Eye Liner in Peacock, \$19, sephora.com. Shiseido Perfect Rouge in Pink Mesa \$25, shiseido.com.

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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 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.

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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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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.

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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.

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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 Carla Oates, 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 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 Fs: fiber and fermented, Oates 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, Oates says lactobacillus, bifidobacterium, and saccharomyces strains of probiotics all have proven skin benefits.

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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 117769 \$28.50

Cosmetics.

GO TO nordstrom.com 3a

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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. 10639U \$22

BOBBI BROWN Uber Beige Lip Color. 11998U \$21

LAURA MERCIER Kohl Eye Pencil in Stormy Grey. 124958 \$18

Cosmetics.

GO TO nordstrom.com 1a

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BEAUTY 24/7



ESTÉE LAUDER
New Projectionist
High Definition Volume Mascara
in black. High drama for every
single lash. Project thicker,
longer, more defined
lashes that highlight your
beautiful eyes. VolumAire™
formula creates weightless
volume and sharp definition,
resists clumping. Use
ProDefinition Brush™
for infinite precision
and separation control.
181971 \$19.50
Cosmetics.

Projectionist
High Definition Volume Mascara
Mascara volume haute projection

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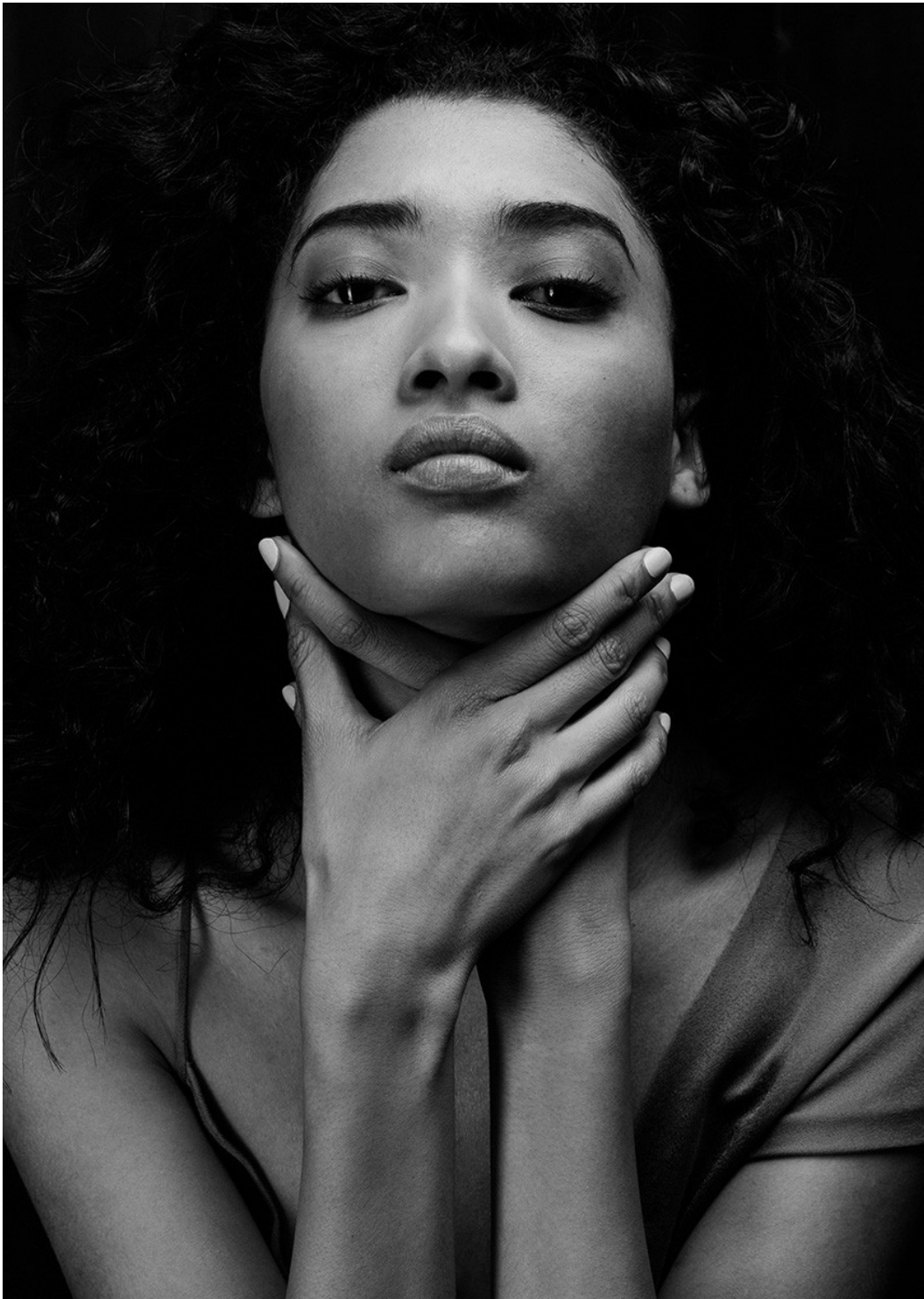
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For bangs that stay in place (no flyaways!), try *Physique Keep It Straight Lotion* (S7).

beauty

big bang theory

Bangs can be sexy and stylish and easy—whatever your hair's texture. Oribe, J. Lo's stylist, gives you tips and tricks for getting these looks, which he created exclusively for us. ▶

Beauty pages edited by Yesenia Almonte

PHOTOGRAPH: TISHALE CARLOS HAIR: DIME FOR DRESSAGE.COM MAKEUP: BANGORNI VAN BLIE FOR JOJO JOHNSA FOR ART DEPARTMENT MODEL: BEAULITE

www.latina.com

LATINA MARCH 2004 43

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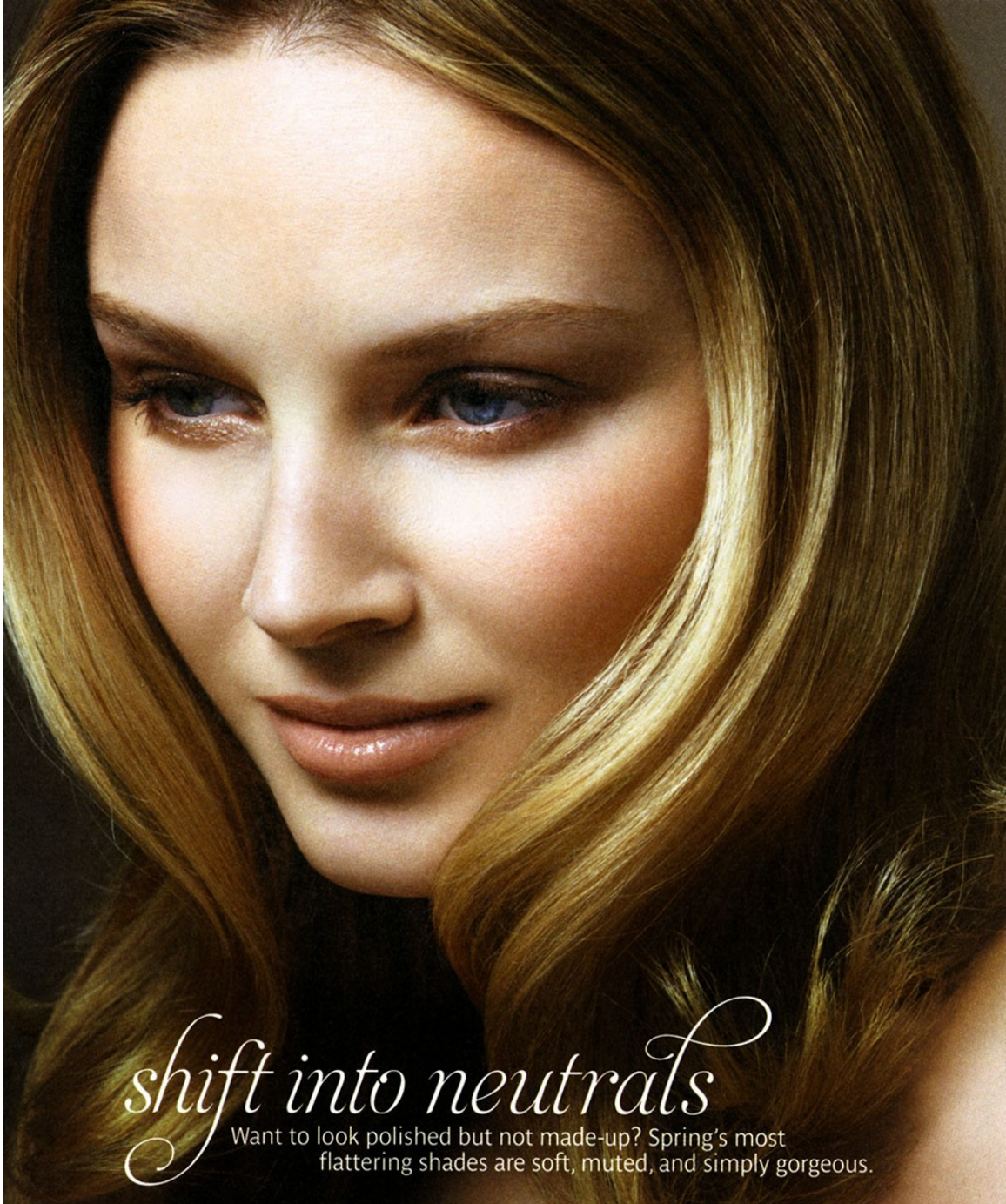
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shift into neutrals

Want to look polished but not made-up? Spring's most flattering shades are soft, muted, and simply gorgeous.

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10 CONCEAL— WITHOUT CONCEALER.

The trick to instantly perking up lackluster skin, evening out a blotchy complexion, or minimizing a breakout is *not* inside a tube of concealer, says celebrity makeup artist Matin. Rather, he says, the right bronzer is the cure-all for most skin afflictions: A sheer, matte formula will minimize the appearance of breakouts; a slightly shimmery, peach variety counteracts sallowness; and a tawny wet-to-dry version subtly evens out blotchiness. **MC RECOMMENDS:** Physicians Formula's bronzer collection (there are 22 to choose from) 

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PAIR BOLD
LIPS WITH
JUST A HINT
OF EYE
MAKEUP.
ON LIPS:
Dior Rouge lipstick
in #766 (Hibiscus).

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Diese Seite: Damit langes Haar bis in die Spitzen schön und gesund bleibt – „Lifetex Nutri Care Sun Sealing Fluid“ von Wella (11,50 €) repariert Schädstellen und wirkt gegen Spliss. Rechte Seite: Nach Sonnenbädern ist Après-Pflege nicht nur für die Haut, sondern auch fürs Haar ein Muss. Die Kur „Sun Guardian“ aus der „BC Hairtherapy“-Linie von Schwarzkopf Professional (11 €) regeneriert mit Aminosäure und Aloe vera. Bikini von Wolford. Auf diesen und den beiden vorigen Seiten: Frisuren von Peter Savic für Aaristloft. Make-up: Sandrine van Slee für Art Department, mit Produkten von L'Oréal Paris. Moderedakteur: Susanne Kölmel. Assistenz: Verena Galert. Redaktion: Regina Stahl. „VOGUE Adressen“: ab Seite 209.

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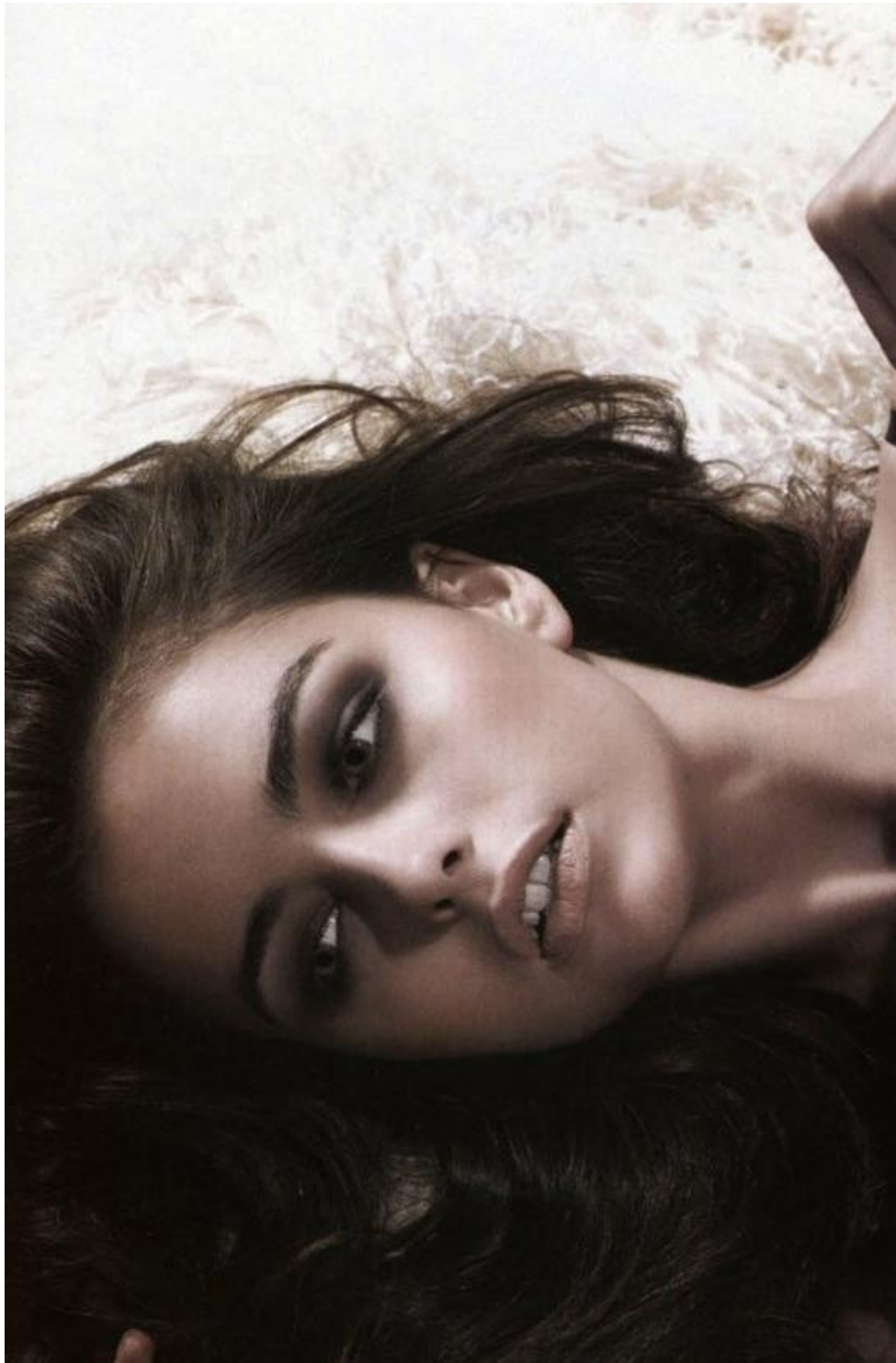
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GLAMOUR *beauty*

Expert tips and makeover tricks to get your best look now

**Beauty
Extremes
Any Girl
~~Can~~ Should
Try Out**

It's been a year of bright hair, crazy nails and wild makeup, so why resist? Use these real-life rules for holiday experiments. If not now, when?
BY HOLLY SIEGEL & FIORELLA VALDESOLO ◆◆

LIP SERVICE Jessie J recently wore the Union Jack version of these lip tattoos. (They last four to eight hours—even through kisses!) Violent Lips by Sugar Factory in Candy Dots (\$16 for set of three, sugarfactory.com).

STYLIST: MAGGIE MANN; MAKEUP: SANDRINE VAN SLEE AT ART-DEPT.COM

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