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## Fortune Seller

Words by ELIZA SÖRMAN NILSSON Photographs by COLIENA RENTMEESTER

Fredrik Eklund always knew he was destined for greatness, and not just because he had the charisma and drive to make it big. Rather, Eklund could quite literally see his future. Now, from his candy-coloured Los Angeles family home, the 46-year-old Swedish real estate magnate looks ahead once more.

From left to right:

Hand-dyed stitchwork sweater, €1,850,  
Signature "GL" t-shirt, €255,  
Vintage reupposed trousers, €1,475. All Greg Lauren.  
Sneakers, Talen's own.

Mohair jacquard cardigan, €505,  
T-shirt, €154. Both John Elliott.  
Denim trousers, price upon request. / Brand.  
Leather loafers, €570. Gucci.

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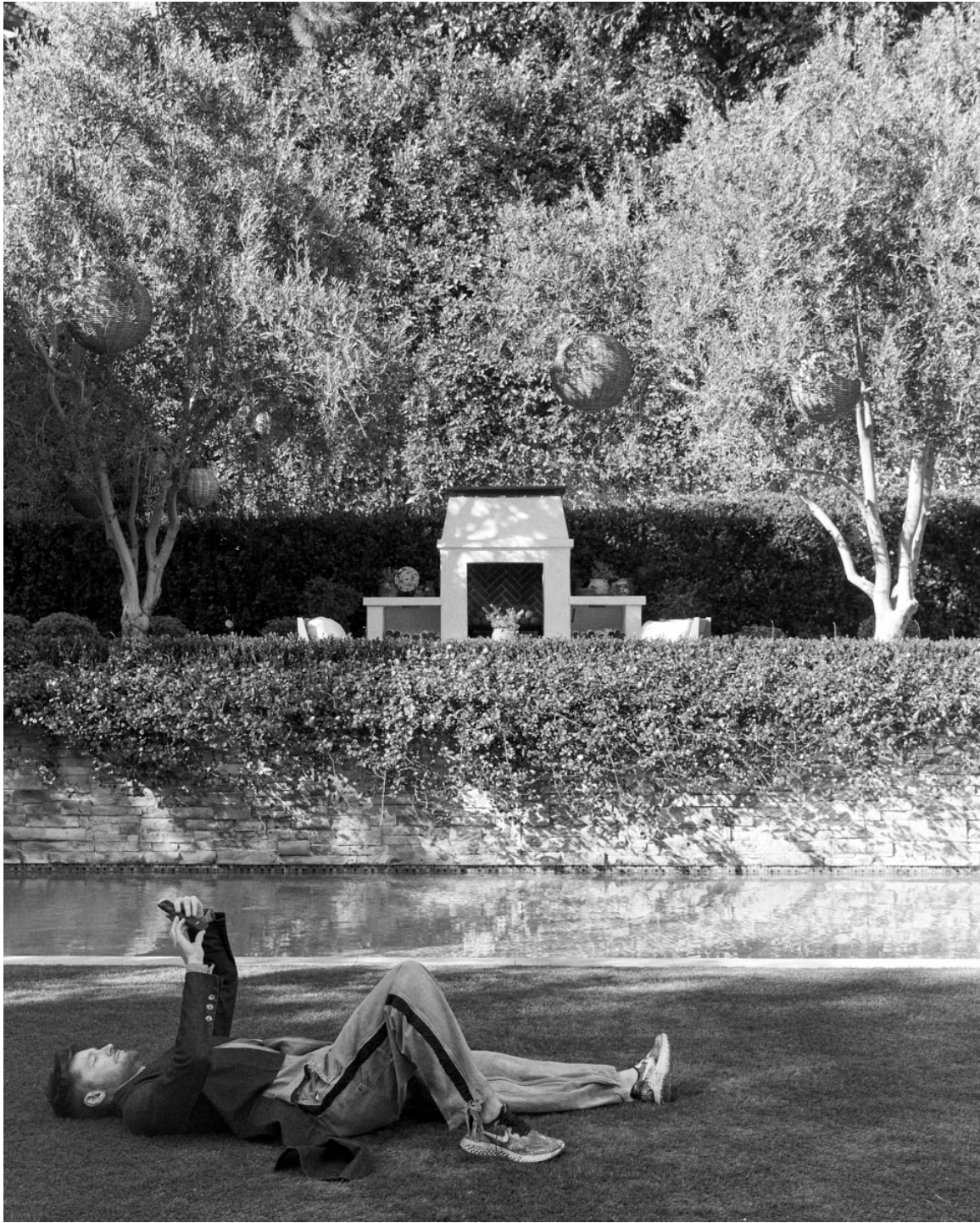


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## BOLD MOVES

Dress in sizes up to 20, \$3,200, [AlexandraGrecco.com](http://AlexandraGrecco.com); earrings, \$5,400, [HStern.net](http://HStern.net); engagement ring, \$2,490 (not including center stone), [Tacori.com](http://Tacori.com); shoes, Alexander Wang courtesy of Albright Fashion Library

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A photograph of Alec Baldwin on a golf course. He is wearing a grey and white checkered blazer over a brown turtleneck, dark trousers, and brown leather shoes. He is leaning forward, holding a golf club, with a golf ball on the ground in front of him. The background shows a golf course with a building and a lake.

**GO**  
BRITISH

GENTLEMEN'S QUARTERLY  
NOVEMBER . 2017 .

**Alec Baldwin**  
Still  
Swinging

At Trump,  
Hollywood  
and what you  
think of him

By **Stuart McGurk**  
Photographed by **Ben Watts**

**158**  
pages of  
fashion,  
Ferraris,  
food and  
fitness

**Lil Peep**  
Meet the high  
priest of hip-hop  
punk

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**SHUPE**

LOVE MY SHAPE

**Kate Upton**

*What she's loving now!*

- ★ New sporty styles
- ★ Heavy weights
- ★ Everyone of her curves

**Healthy (no-cook!) meals**

**Up your strength game**

How to surprise your body for **killer** results

So fun!

**Fall beauty is here**

Fresh ideas for hair, makeup & skin

**Stay energized & happy!**

**3** Easy habits

September 2017

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**IN THIS ISSUE!** The Body Type You Want To See In Magazines

# Women's Health

**BELLY BLAST!**  
This No-Gym Workout Tones In Just 3 Weeks

Instagram Your Food, Lose 10 Pounds!

**SOFIA VERGARA!**

**STRONG. SEXY. NAKED.**

**The Best HAIR Of Your Life**

**Snack Your Way to Better Sleep**

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## R hollywood Romance

In the hallowed halls  
of Marlene Dietrich's former  
Beverly Hills estate, the season's high-drama  
looks put on a powerful performance

Photographs by François Nars



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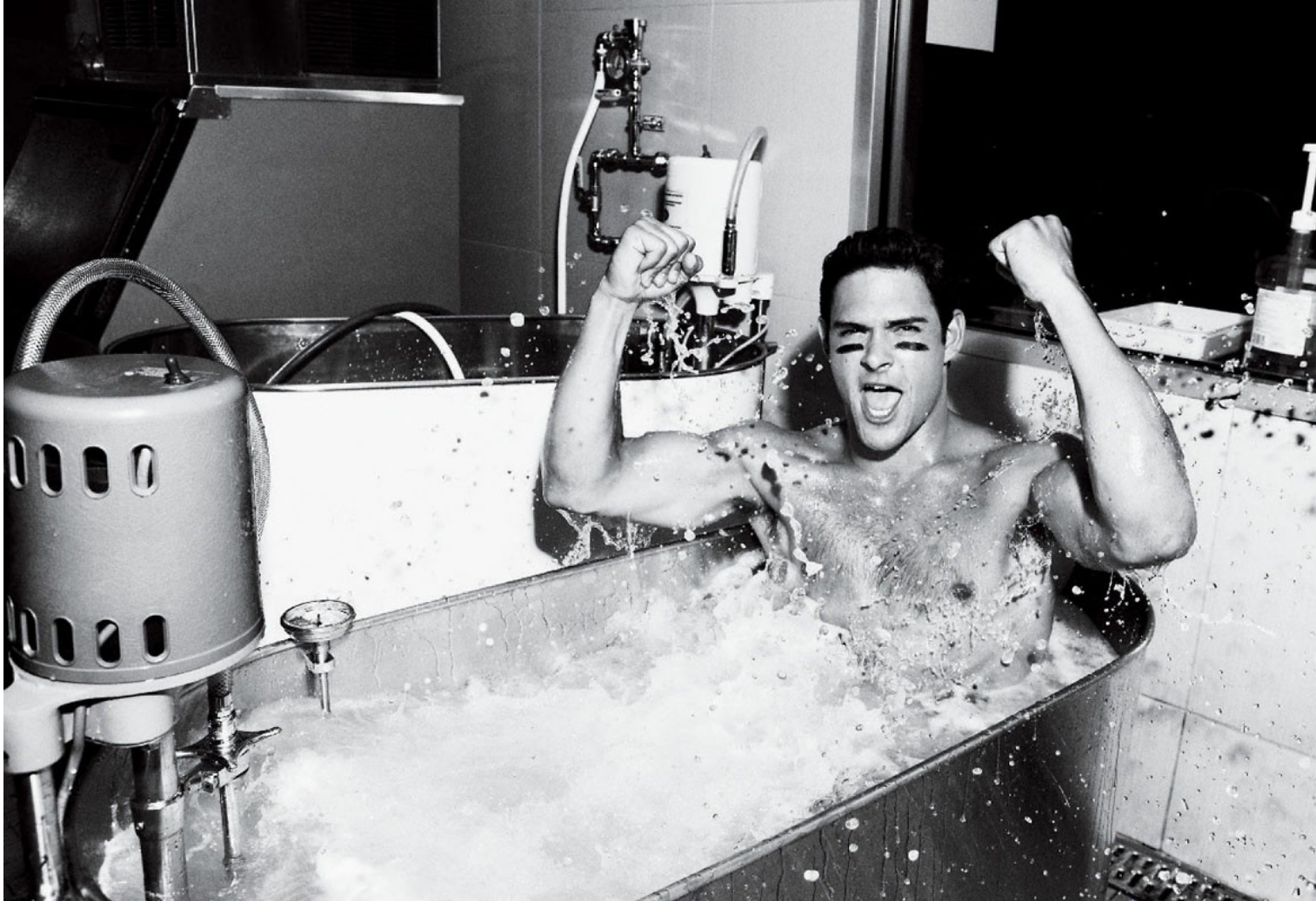


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**DISASTER AVERTED!**  
Whether you're an intern or a CFO, the once-grabby out-of-style linen suit has become the go-to business suit of summer. When all hell breaks loose, reach for one.

**SUIT 5489**  
Club Monaco  
\$345  
Ermenegildo Zegna  
The \$125  
John Varvatos  
shoes \$675  
O'Keeffe  
socks  
and pocket square (in hand)  
Turnbull & Asser  
tie bar  
The Tie Bar  
watch  
Carrier

**I'M a**  
**TV STAR**  
and **I'm Here to**  
**HELP**

Ben WATTS

no. 28  
featuring  
THE SUIT THAT  
WILL SAVE  
YOUR SUMMER!

**⚡ Celebrities DOING GOOD!** It's happening everywhere. They're busting up **REAL-LIFE STREET FIGHTS** (good on you, RYAN GOSLING!) and **SAVING PEOPLE IN BURNING HOMES** (two gold stars for KATE WINSLET). But our favorite celebrity angel is **ARRESTED DEVELOPMENT**'s **WILL ARNETT**. Here, dressed in **LIGHTWEIGHT LINEN SUITS** fit for a superhero, Arnett goes out on the streets looking for ways to protect and serve all ladykind—**WHETHER THEY WANT IT OR NOT**

GENTLEMEN'S QUARTERLY • PAGE 147

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### BREAK IT UP, YOU GUTTER SCUM!

Even in a sharply tailored suit, Jason's light weight means it really lets you move. That helps, whether you're street fighting or just late to a meeting.

#### SUIT \$1,195

Calvin Klein Collection

•

shirt \$220

Todd Snyder

trousers \$82

SuaVesa

pocket square

L.B.M. 1911

130 | EW.COM | JUNE 2013

### THE BOOK OF GOB

• Will Arnett is talking about acting, and he's making himself a little nauseated. "Even on *Arrested Development*, as absurd as it is, you always bring some of your own stuff, on an emotional level, to the character." He pauses, and you can picture the needle on the Actorly Self-Serious Meter in his head kicking into Scan Penn mode. "Boy, I hate saying that: 'to the character!'"

Arnett won't say much about the fate of his character, Gob Bluth, in the new *AD* episodes that start streaming on Netflix on May 26, but he does suggest that the eldest Bluth son manages to meaningfully connect with other humans—or at least takes a stab at it. "I'm not saying Gob deserves true friendship, but he really is seeking it." Arnett also hints at a closer bond between Gob and his brother Michael, played by Jason Bateman, one of Arnett's real-life best friends. Bateman "is like my brother," he says, "and that makes it easy for us to have this complicated brother-like relationship on the show. You know, Jason and I love each other. I mean, he loves me and I like him."

—BRENDAN VAGHIAU



### WHO NEEDS A CAP? WHEN YOU'VE GOT A POCKET SQUARE?

Finally, a line power suit—the kind Bruce Wayne would wear. This one's elevated enough to wear with a dress shirt, a tie, and a fancy, oh, handy handkerchief.

#### SUIT \$1,946

Etro

•

shirt \$375

Salvatore Piccolo

tie \$25

Respolen

shoes \$375

Greenes

pocket square (in hand)

The Tie Bar

for more on the additional credits, page 179, where to buy it go to ew.com/go/fashiondirectories

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**Community, NBC**  
» Chevy Chase, Donald Glover, Joel McHale, Ken Jeong, Danny Pudi

**GANT BY MICHAEL BASTIAN**  
ON THE CAST OF 'COMMUNITY'

**Took the reins:** 2009, New York City  
**Designer:** Michael Bastian, 45  
**The aesthetic:** The beloved American heritage brand gets a pick-me-up from one of the marquee interpreters of American style. The result is classic sports-influenced proppy (madras, rugby shirts, navy blazers) updated with bolder patterns and colors and slimmer fits.  
**Every man should own:** "A pair of five-pocket cords. They work with everything, and you need to give your jeans a rest. Sometimes there's a little too much denim static out there."  
**Fashion pet peeve:** "I'm ready for the whole stylist phenomenon with celebrities to go away. People always ask, 'Whose style do you admire?' Well, it's hard to say, because I don't think we're seeing personal style; we're seeing hired style."  
**Inspiration:** "No one has more style than a New York City 7-year-old. I live next to a school in Greenwich Village, and it's always so cool to see the parents walking their kids to school, because it's two moms or two dads, mixed-race families, and you can see that the kids are just allowed to be themselves and pick their own clothes in the morning."

Hair by Lost at Marital Vivat Salon. Grooming by Erin Smith for Redken for Men. Prop styling by Abraham Latham for Artmixbeauty.com. Produced by Lisa Greco for SE-Projects.com.  
For clothes, see Additional Credits, page 203.  
Where to Buy? Go to [GQ.com/go/fashiondirectories](http://GQ.com/go/fashiondirectories)

**MORE**  
Exclusive video and studio visits with the finalists  
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★ **WARRIORS OF RADNESS** ON THE CAST OF 'SKINS' ★

★ **Founded:** 2008, Los Angeles  
**Designer:** Rick Klotz, 43  
**The aesthetic:** SoCal surfwear with the volume turned all the way up.  
**Namesake:** "It's a play on the name of this '80s skate show that was called Wizards of Rad."  
**Inspiration:** "Whenever I'm looking for fresh ideas, I call up friends, and I'm like, 'Hey, man, can I snag your photo album from '86?' I always know those will be packed with a bunch of badass guys with blond hair and bright wet suits."  
**Favorite read:** "There's this magazine from the '70s called *Wet*. It was about the art of 'gourmet bathing and beyond.' The articles were all related to water—seltzer, hot springs, ocean... Genius."

★ **RIVIERA CLUB** ON THE CAST OF 'FRIDAY NIGHT LIGHTS' ★

★ **Founded:** 2009, Santa Barbara  
**Designers:** Derek Buse, 29; Joe Sadler, 31; Greg Ullery, 28  
**The aesthetic:** Equal parts golf course and beach. These guys are after a refined dishevelment that captures the laid-back Santa Barbara vibe.  
**Early days:** JOE: "The brand was conceived on a golf course over a few beers."  
**Soundtrack:** JOE: "Classic rock is sort of a unifying thing for us—Jim Croce, J. J. Cale, Petty. Our go-to station on iTunes radio is All Classic Hits (181.FM). All classics of the '60s and '70s. And they're serious when they say *all* classics."  
**Fashion pet peeve:** DEREK: "Football jerseys—unless it's the Seahawks."



**Skins, MTV**  
> James Newman,  
Jesse Carere,  
Danny Flaherty,  
Ron Mustafaa

For clothes, see  
Additional Credits,  
page 208.  
Where to Buy It?  
Go to [GO.com/go/fashiondirectories](http://GO.com/go/fashiondirectories)

166-GO.COM-03/11

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**The Vampire Diaries, CW**  
> Michael Trevino, Steven R. McQueen, Zach Roerig



★ **T BY ALEXANDER WANG**  
ON THE CAST OF  
'THE VAMPIRE DIARIES'

★ **Founded:** Women's, 2009; men's, 2010, New York City  
**Designer:** Alexander Wang, 27  
**The aesthetic:** Wang's relaxed anti-fit is brilliantly deceptive—there's a science to the slouch of his cool-kid tees and sweats. Slide 'em on and you feel as loose and easy as the clothes.  
**Fan base:** Unofficially they're known as the "Wangsters"—downtown New York hipster chicks,

like Chloë Sevigny, M.I.A., Zoë Kravitz, and Kirsten Dunst, who've been slinking around in his tees for years.  
**Fashion pet peeve:** "Anything bedazzled."  
**Every man should own:** "Wilted, washed T-shirts—ones that look like they were slept in and pulled on the next day. They're modern and comfortable, and they mold to your body so they feel totally personal."

For clothes, see Additional Credits, page 203. Where to Buy It? Go to [GQ.com/go/fashiondirectories](http://GQ.com/go/fashiondirectories)

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## fitz AND THE TANTRUMS

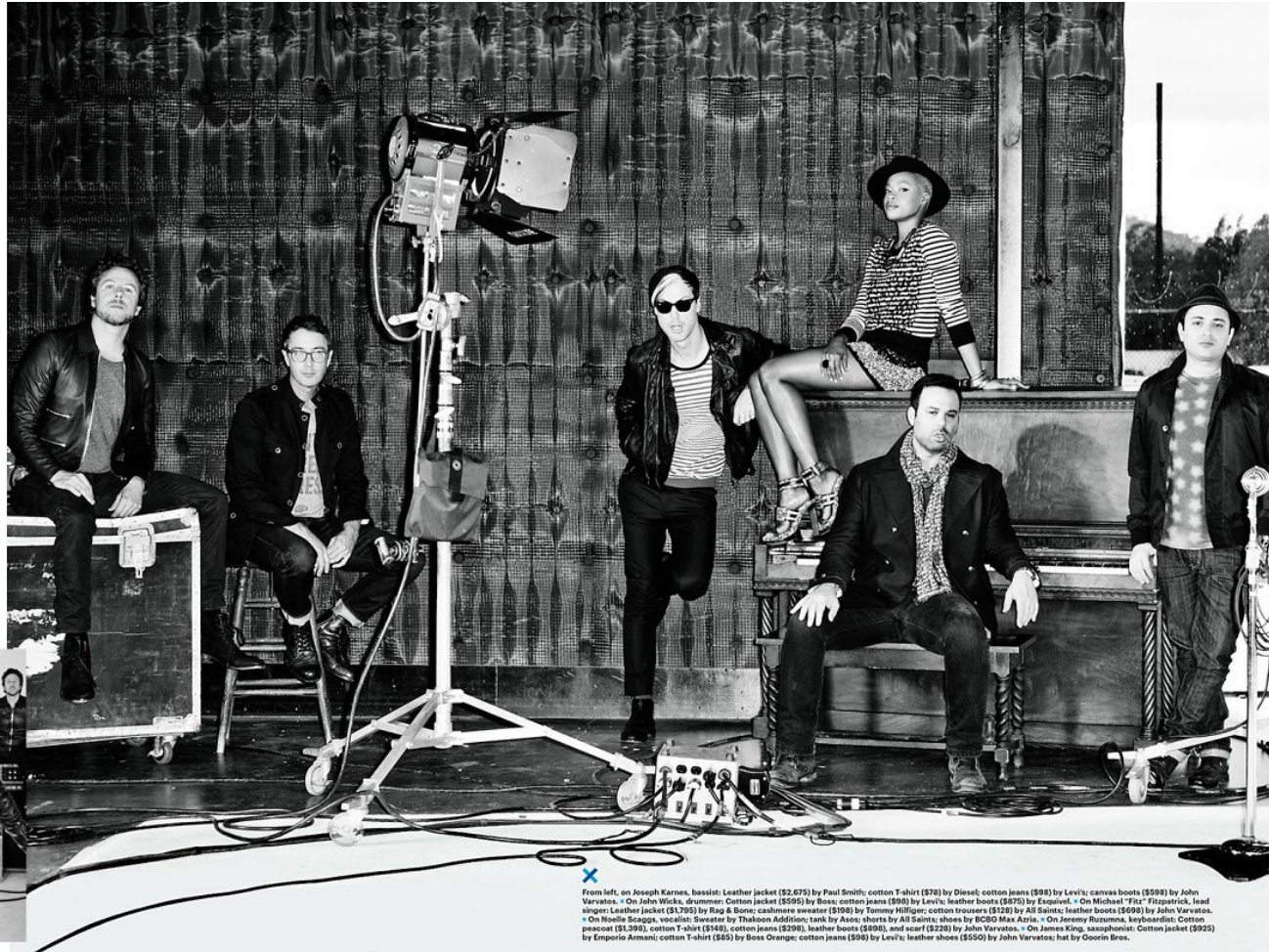
**FOR THE UNINITIATED:** Led by Michael "Fitz" Fitzpatrick, these R&B revivalists blend a love for classic Motown and Stax with bits of Hall & Oates-inspired pop. They turned a reputation for blistering Los Angeles club shows into a record deal and 2010's *Pickin' Up the Pieces*, which yielded an instantly classic summer song, "Money Grabber." The band's follow-up, *More than Just a Dream*, lands this month.

**FITZ ON THEIR SOUND:** "There's just two markers—it has to make you want to sing along before it's over, and it has to make you want to dance. Those are the goals. Every time."

**ON THE STATE OF SOUL MUSIC:** "A lot of what's out there is not melodic; it's rhythmic. They're creating hooks with rhythm and repetition, but a lot of times it's the same note over and over. For us, it's about strong melodies. Melody gives people a way in. It makes them want to be a part of the band, dancing in their living room or singing along in the car. It's at the core of every great pop song."

**ON FAME AND EVERYTHING AFTER:** "To have anyone give a shit enough to weigh in on what we do is pretty amazing. Good, bad, ugly, I'll take it. Before, I couldn't get anyone to care. I've been in a lot of bands and played a lot of shitty shows for empty rooms. And I know these things come and go. One minute they love you, one moment they couldn't care less. I hope that's not true for us, but just in case I plan on enjoying every fucking moment."

**WHAT THEY'RE LISTENING TO:** Captain Cities, "Patience Gets Us Nowhere Fast"; the Airborne Toxic Event, "Timeless."



From left, on Joseph Karnes, bassist: Leather jacket (\$2,675) by Paul Smith; cotton T-shirt (\$73) by Diesel; cotton jeans (\$98) by Levi's; canvas boots (\$598) by John Varvatos. » On John Wicks, drummer: Cotton jacket (\$595) by Boss; cotton jeans (\$98) by Levi's; leather boots (\$875) by Equivel. » On Michael "Fitz" Fitzpatrick, lead singer: Leather jacket (\$1,795) by Rag & Bone; cashmere sweater (\$198) by Tommy Hilf; cotton trousers (\$128) by All Saints; leather boots (\$698) by John Varvatos. » On Noodle Scaggs, vocalist: Sweater by Thakoon Addition; tank by Aesop; shorts by All Saints; shoes by BCBG Max Azria. » On Jeremy Duzman, keyboardist: Cotton peacoat (\$1,398), cotton T-shirt (\$148), cotton jeans (\$298), leather boots (\$598), and scarf (\$228) by John Varvatos. » On James King, saxophonist: Cotton jacket (\$925) by Emporio Armani; cotton T-shirt (\$45) by Boss Orange; cotton jeans (\$98) by Levi's; leather shoes (\$550) by John Varvatos; hat by Gootin Bros.

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## HUNTER HAYES

**FOR THE UNINITIATED:** This twenty-one-year-old country phenom was nominated for Best New Artist at this year's Grammys, but he ain't really new. Hayes joined his first band at four and performed with Hank Williams Jr. and Charlie Daniels before graduating elementary school. For his self-titled major-label debut, he wrote or co-wrote all the songs, served as coproducer, and played more than thirty instruments. The album spawned three massive country-radio hits, and he's logged more than two hundred dates a year on the road.

**ON GROWING UP COUNTRY:** "Every demo I do has a mandolin or resonator on it—some element of the bluegrass or classic country world that I grew up listening to and that first drew me in. And then I always try to find somewhere for a bluesy guitar sound, because that's also what I love. Musically, I'm always finding my way home."

**ON PLAYING LIVE:** "The stage is my comfort zone, and playing live is what I've always wanted to do. It's why I want to do two hundred dates a year. I wouldn't feel that way if I were nervous onstage. These days, we play a two-and-a-half-hour headlining show. We have a song with a twenty-minute outro on it. Things evolve and I love that."

**TELL US MORE ABOUT THAT:** "Country music busts the wall between performer and audience. There's a connection because there's a vulnerability, a confessional quality, to so much of the songwriting. Those lyrics take you in."

**WHAT HE'S LISTENING TO:** MercyMe, "So Long Self"; Lori McKenna, "Ladders and Parachutes."



Above: Leather jacket (\$2,075) by Dolce & Gabbana; denim shirt (\$760) by Dior Homme; cotton jeans (\$90) by Kilt City; sneakers by Converse. Above right and below: Leather sneakers (\$325) by Rag & Bone.



## WIZ KHALIFA

**FOR THE UNINITIATED:** Typically photographed with a giant halo of smoke hovering overhead, Wiz Khalifa earned his reputation on the back of good old-fashioned hustle: Mixtapes and hard touring culminated in his blazing breakout track "Black and Yellow." Late last year, he released *O.N.I.F.C.*, which has already generated two hit singles, "Work Hard, Play Hard" and "Remember You."

**ON HIS SOUND:** "I'm about partying, so my songs are usually just about smoking weed and having fun. When somebody isn't having a great day, I like to be the guy that takes that load off your back."

**ON HIS BIG MOMENT:** "Performing with Snoop at Coachella [in 2012] was crazy. I grew up listening to Snoop and idolizing him. But not only did he bring me out that night, he brought out Dr. Dre and frea-kie hologram Tupac. To be in that sentence is pretty amazing. Pinch yourself! I had to slap myself."

**ON GETTING BUSY:** "This is a serious job. It's why I'm constantly at odds with friends and family—they don't understand why I go so hard, why I never stop. But I like learning new things. Right now, I'm learning to sue people and get my money. After talking to people who work for Donald Trump—smart, successful people—I've realized I gotta go after all that. That's what I'm going to do that I didn't last year."

**WHAT HE'S LISTENING TO:** Chief Keef, "I Don't Like"; Juicy J, "Bandz a Make Her Dance."



Rayon shirt (\$275) and wool trousers (\$575) by Alexander Wang; leather boots (\$330) by Vintage Shoe Company.

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**FOR THE UNINITIATED:** He calls them his "Four Kings"—Michael Jackson, Prince, Stevie Wonder, Sammy Davis Jr.—and in this songwriter, Grammy-winning solo artist, dancer, and actor, their influence is easy to spot. His latest album, *R.E.D.*, features perhaps the lushest valentine of his career, "Let Me Love You."

**ON DANCING:** "I'm not a natural. I had to teach myself—or be taught—everything I do. I just spent hours and hours in the mirror mimicking Michael Jackson."

**ON SAMMY ET AL.:** "I grew up in Las Vegas. My mom worked in pretty much every casino on the Strip. She brought home the Rat Pack stuff. Sammy was the only one that looked like me, so I naturally gravitated to him. Sammy made it cool to be black at a time when, let's just say it, it wasn't very cool to be black. His name was on the front of the building in lights, and he had to go in the back. But you never saw him sweat."

**ON THE BIG MOMENT:** "Early on, I was at a festival in Japan—eighty thousand people. My first song was 'So Sick,' which was my first number one as an artist, and I turned the mic around to the crowd and they sang the whole song. Every lyric. That was my first experience with the power of music. No barriers exist. Age. Race. Language. A great song—that trumps everything else."



ESQUIRE STYLE MUSIC 2013

Above: Wool shirt (\$575) and mohair trousers (\$835) by Prada; leather shoes (\$415) by Gresson.

Opposite: Cotton cardigan (\$960) and cotton trousers (\$750) by Buitrago Veneta; leather monk-strap (\$875) by O'Keefe; cotton-and-silk scarf (\$425) by Burberry London; hat by Hollywood Hatters.

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✕  
Linen and resin jacket (\$998), cotton jeans (\$298), and suede boots (\$950) by John Varvatos; cotton T-shirt (\$50) by Boss Orange; wool hat (\$78) by Gents.

## GARY CLARK JR.

**FOR THE UNINITIATED:** When Eric Clapton tells you that you're the blues guitar player who makes him want to play again, you're probably on to something. After cutting his teeth as a teenage prodigy around Austin's blues scene, Clark has emerged as rock 'n' roll's preeminent guitar hero, an honor largely earned with blistering, moneymaker-shaking sets in front of huge festival crowds at Bonnaroo, Coachella, and the New Orleans Jazz & Heritage Festival. His debut album, last year's *Blak and Blu*, is an impressive all-over-the-map fusion of R&B, hip-hop, neo-soul, and, yes, blues. Lots of blues.

**ON PLAYING FOR GIANT FESTIVAL CROWDS:** "It's humbling when people choose your stage. It's hot, it's funky, but there they are, hanging and listening, caring about what you're doing. To think a weird idea I noodled on at the house has gone to something forty thousand people might hear at a festival is an indescribable feeling. As cool as I might try to be, I think, *Oh, my God, this is real!*"

**THE PRESHOW RITUAL:** "Most of the time, we gather backstage and put on O.V. Wright's 'Ace of Spades.' It's a badass southern soul tune. We dance around to it like idiots. Everybody gets loose. And sometimes it's the Otis Redding album *In Person at the Whisky a Go Go*. Then we go."



ESQUIRE STYLE MUSIC 2013

✕  
Two-button linen suit (\$2,195) by Giorgio Armani; cotton shirt (\$145) by Boss Orange; leather shoes (\$460) by Fratelli Rossetti.

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X  
 Opposite page,  
 from left, on Diann  
 Gallucci, guitarist;  
 Wool blazer (\$1,392)  
 by Calvin Klein Collec-  
 tion; cotton shirt (\$220)  
 by Rag & Bone; silk tie  
 (\$235) by Dolce &  
 Gabbana; cotton jeans  
 (\$208) by John Varva-  
 to; leather shoes (\$750)  
 by Esquivel. • On Matt  
 Maust, bassist: Leather-  
 and-cotton jacket  
 (\$1,795) by Z Zegna; cot-  
 ton jeans (\$88) by Levi's;  
 leather shoes by Dr.  
 Martens; glasses (\$240)  
 by Oliver Peoples. • On  
 Nathan Willett, lead  
 singer: Leather jacket  
 by Schott; cotton shirt  
 (\$120) by Polo Ralph  
 Lauren; cotton jeans  
 (\$78) by Levi's; leather  
 shoes (\$630) by  
 Louis Vuitton. • On  
 Matt Avetta, drummer:  
 Vintage blazer by Gant;  
 cotton shirt (\$204)  
 by Steven Alan.

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**GOLD  
WAR  
KIDS**

**FOR THE UNINITIATED:** Slucy barrelhouse piano. Propulsive pop melodies. Jittery bits of guitar. A breathless plea. Repeat. Formulaic? Maybe. But after fits and starts of brilliance on its first three records, this Long Beach-based quartet has hit its stride and locked into a very intense groove for the fourth, the new *Dear Miss Lonelyhearts*.

**LEAD SINGER NATHAN WILLET ON THEIR SOUND:** "Our songs hinge on dynamics—big, chaotic, crashing moments and soft, sensitive moments... Some songs have both, some one or the other. But a lot of them have both."

**ON BEING IN A BAND:** "Maintaining a band means a lot of meetings. And they're not always real meetings. It's call this dude. Have a beer with that dude. Tell one guy what the other guy said. But the value is at the end of the day, we know everybody is trying to protect what's special about this band. We need those checks and balances."

**ON THE LONG GAME:** "We're not about radio hits; we're not about selling one song or one record. Four records in, we have a body of work. And I know we're a better band, making better music, than we've ever been. We look up to the bands like R.E.M., U2, or even the National—bands that were hitting their stride, tapping into something special, on their fifth record. That's what we're looking to do."

**WHAT THEY'RE LISTENING TO:** Nick Cave & the Bad Seeds, "We No Who U R"; Frank Ocean, "Pilot Jones."



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**New pop**  
Your go-to black dress feels safe, but consider it on summer break! Change to a livelier tune with black and white stripes. Or try black sequined shorts—they're as flashy as a miniskirt but far more comfy. On De Wit: blazer, A.P.C., \$390. Shirt, CH Carolina Herrera, \$330. Shorts, Grass, \$49. Hat, Eugenia Kim, \$297. Bracelets, M.C.L. by Matthew Campbell-Laurenza, \$1,030 to \$1,410. Shoes, Marc by Marc Jacobs, \$330. On Asher: dress, Elizabeth and James, \$465. Shoes, Miu Miu, \$599.  
Fashion director, Eryan Metzner

**Gabe Saporta**  
lead singer

**Ryland Blackinton**  
guitarist

**Alex Suarez**  
bass player

**Nate Novarro**  
drummer

**Mila de Wit**  
model

**Victoria Asher**  
keytarist

*Cobra Starship presents...*  
**YOUR NEW PARTY MIX**

Hitting "repeat" every time you get dressed to go out? Switch it up with these hot new finds. You may even be moved to mingle more!

Photographs by Ben Watts

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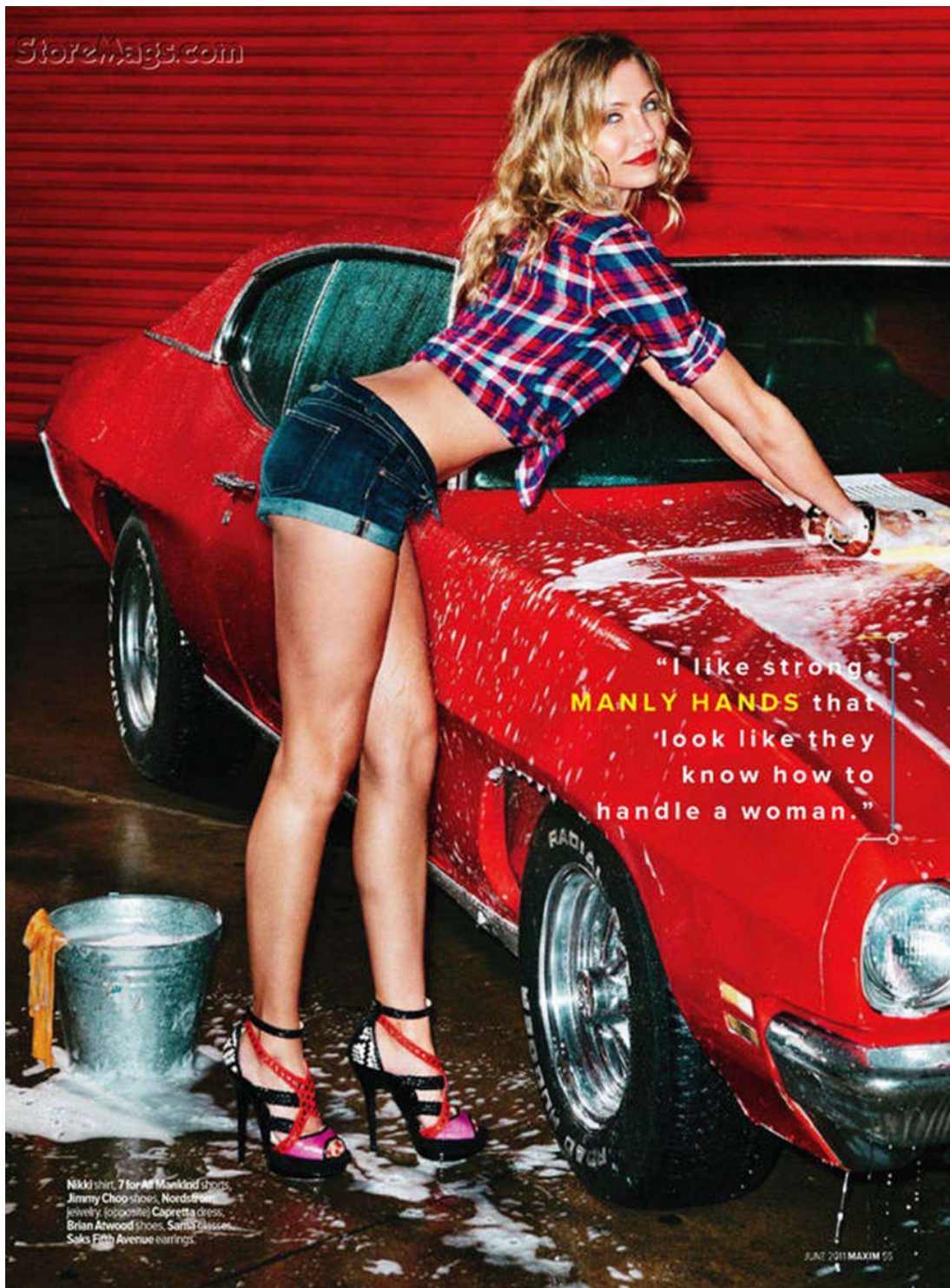


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plaid behavior  
On left: Blazer, \$1,850, dress, \$895, Dequarini21 orange collared shirt, \$1,468, shoes, \$936, Louis Vuitton socks, \$27, Falke bag, price upon request, Salvatore Ferragamo. On right: Jacket, \$3,850, top, \$1,468, skirt, \$1,995, Louis Vuitton socks, \$9, Foot Traffic shoes, \$695, Oscar de la Renta. On nails: OPI Nail Lacquer in Black Onyx.

What *Mad Men's* Sally Draper might wear her senior year: scholarly oxford collars, checkered skirts, and high-heeled loafers with attitude aplenty

## Summer School

Photographs by Txema Yeste  
Fashion editor: Alison Edmond

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## gym class hero

This piece: Cardigan, \$1,900,  
sweater, \$480, skirt, \$1,180,  
JL Sander shirt, \$145,  
Lacoste socks, \$12, Hapley  
socks, \$400, Shalika  
+ Westman sunglasses,  
\$410, Paul Smith

Opposite page, on left:  
Jacket, \$1,195, skirt, \$1,195,  
top, \$695, Norello  
Rodriguez pants, \$790, The  
Row scarf, \$68, J.Press  
On right: Jacket, \$1,180,  
Mulleary top, \$1,195, skirt,  
\$720, Jason Wu socks, \$29,  
Fable. On eyes: Bobbi Brown  
Long-Wear Eye Pencil in Jet.

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Demo your amped-up strength and agility in active-inspired suits that can keep up with you. No basic, boring tanks here.

SPORTY



Indah top, \$105, and bottom, \$92, shopindah.com; BCBG Max Azria hat, Quay Australia sunglasses; Tissot watch; Shashi brooches



**SUMMER HAS A WAY OF** sneaking up. And when the flesh-hating weather hits, you want to be ready. To see real results in a short amount of time, we're revving up your fitness routine—but that doesn't mean you'll be slaving at the gym for hours. In fact, you'll carve sleek muscle and torch body fat in as little as 10 minutes a day. "Although these strength routines are short, they're highly efficient, because they feature compound exercises that work more than one muscle group at a time," says strength and conditioning specialist Chris Powell. He designed this program in the same way he trains his clients when they need to shape up quickly. Each sweat session also creates an "after-burn" bonus that keeps your metabolism going long after you're done. Simply alternate between Workout A and Workout B four days a week; turn up the hot-body effect with the perfect dose of cardio (see "Torch More Fat with Cardio," page 156).

Another big bonus: This plan doesn't require you to fuel all your workouts with kale salad. You need to eat well, but we've made it easy; throughout this guide, look for nutrition tips from Christine Gerbstadt, M.D., R.D., author of *Doctor's Detox Diet: The Ultimate Weight Loss Prescription*. Stay on track and see a hotter body in as little as two weeks. (We grant you full permission to order one of these to-die-for suits as added incentive!)



Nicki Minaj swimsuit, \$35, shopyourway.com; Tissot watch; Tassel bracelet

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IT'S SPRING. (TRUST US, IT'S COMING.) YOU NEED A JACKET THAT WILL KEEP YOU WARM (BUT NOT TOO WARM)—ONE THAT YOU CAN WEAR WITH A T-SHIRT BUT ALSO WITH A SHIRT AND TIE. YOU NEED A MODERN SAFARI JACKET—SEEN HERE ON "LOST" STAR RODRIGO SANTORO IN THE TOWNS, BEACHES, AND HILLS OF HAWAII

▶ CARTER SMITH 07\_GG.COM\_322

THE GO-EVERYWHERE,  
MATCH-EVERYTHING  
**JACKET**

JACKET	
michael	
bastian	\$1,274
shirt	\$275
by tin	
hamilton	
jeans	
by nudie jeans	\$349
belt	
by maison martin	
marginela	
bag	
by yves saint	
laurent	
vintage bracelet	
from set	
mercantile	
where to buy it?	
see page 341.	

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**TOP NOTCH**  
*This whimsical knit hat takes a feather-weight dress into fall.*

Topshop hat, \$32, [topshop.com](http://topshop.com);  
Buffalo David Bitton cardigan,  
\$108, [buffalojeans.com](http://buffalojeans.com);  
Pencey Standard dress,  
\$99, [shopbop.com](http://shopbop.com);  
The Frye Company boots,  
\$198, [thefryecompany.com](http://thefryecompany.com);  
Chan Luu necklace,  
\$325, [chanluu.com](http://chanluu.com);  
Beth Frank Belt belt,  
\$125, [vintagebelts.com](http://vintagebelts.com)

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## CLOUD COVER

*Luxe textures and trim add a gossamer quality to an oversize cardigan.*

Odd Molly cardigan, \$285, [deepfing.com](http://deepfing.com); American Eagle Outfitters dress, \$44.50, [ae.com](http://ae.com); Charles David boots, \$445, 973-258-0559; Chan Luu necklace, \$325, [chanluu.com](http://chanluu.com)



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## **BODY BLANKET**

*Indulge your Bohemian side with a floor-skimming duster.*

Mavi Jeans sweater coat, \$180, [mavi.com](http://mavi.com); Topshop top, \$72, [topshop.com](http://topshop.com); Urban Behavior shorts, \$29.80, [urbanbehavior.com](http://urbanbehavior.com) for info; Fratelli Rossetti boots, 212-888-5107; Vicki Turbeville necklace, \$110, [southwesternjewelry.net](http://southwesternjewelry.net).

Beth Frank Belt belt, [vintagebelts.com](http://vintagebelts.com); Gold Toe socks, \$8, [goldtoe.com](http://goldtoe.com)

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## ► GRAPE-HONEY FACIAL

"When applied topically, grapes deliver high levels of antioxidants that help wage war against the free radicals that attack your skin and cause premature aging," says Ariel Ostad, M.D., a clinical assistant professor of dermatology at New York University Langone Medical Center. Plus, their high fructose content helps bind moisture to the skin. Honey is a natural humectant with antibacterial properties, so it can

help prevent blemishes without sapping precious moisture. Chloé Crockett, lead aesthetician at the Kenwood Inn and Spa in California's Sonoma County, utilizes visotherapy (spa lingo for the use of ingredients derived from grapes, grape seeds, or red wine) in several of her treatments. She suggests trying this facial once a week before bedtime—it's good for all skin types.

**1.** In a small bowl, crush five red grapes with a fork. (The rich purple skins of red grapes contain more of the antioxidant

resveratrol than those of green grapes, says Crockett.)

**2.** Add a tablespoon of honey and a pinch of flour to help bind and solidify the mixture. If your T-zone is shiny by midday, add two strawberries (they contain smoothing alpha-hydroxy acid) and the juice of half a lemon (it acts as an astringent and helps sop up excess oil).

**3.** Use your fingers to spread the mixture onto a clean face, avoiding the eye area. Leave it on for 10 minutes, then rinse well.

## ► OLIVE-OIL BODY TREATMENT

*Olive oil isn't just good for your heart; it's beneficial to your skin too. "Olives are powerhouses of vitamins A, E, and K, and omega-9 fatty acids, all of which help reduce inflammation, dryness, wrinkling, and sagging," says Ostad. Try this treatment.*

**1.** In a small bowl, mix three to five tablespoons of olive oil with two to three tablespoons of Himalayan sea salt or plain granulated sugar (play around

with the ratio until you find one that covers your whole body). These ingredients exfoliate gently but effectively. "Use extra-virgin or citrus-infused olive oil to help awaken your senses," says Jeannie Jarnot, spa director at the Carneros Inn in Napa Valley. Try Katz Suisse Valley Organic Meyer Lemon Olive Oil (\$22, katzandco.com) and Himalayan Pink Sea Salt (\$5 for 8oz, at The Vitamin Shoppe).

**2.** Hop into the shower and wash with soap as you

normally would. Turn off the water and apply the mixture to wet skin in gentle, circular motions. Rinse thoroughly and pat skin dry. Use this scrub once a week on your whole body; twice a week on rough areas like elbows and knees.

**3.** Jarnot says some of the oil will stay on your skin even after you towel off. If your skin is really parched, use an olive oil-infused moisturizer like O.N.E. Skincare Olive Oil Nourishing Enrichment (\$30, one-skincare.com).

—Jill Percia

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*NATURE'S WAY*  
*A flaxen open-weave cardigan looks right with, well, everything.*

Aerie cardigan, \$69.50, [aerie.com](http://aerie.com); Cheap Monday sweater, \$75, [paperlime.com](http://paperlime.com); Smitten skirt, \$147, [smittennyc.com](http://smittennyc.com); Fiorentini + Baker boots, \$545, 212-226-7229; The Wayuu Taya Foundation bag, \$160, [wayuutaya.org](http://wayuutaya.org); Bing Bang Jewelry necklace, \$148, [bingbangnyc.com](http://bingbangnyc.com)

Styling: Jacqueline Azria-Palombo  
Hair and makeup: Danielle Decker for Dior/ArtMix Beauty  
Prop styling: Abraham Latham/ArtMix Beauty

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