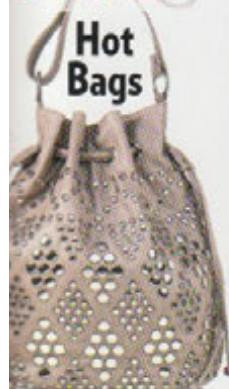


FEBRUARY 2010

People **STYLE WATCH**

**GREAT
BUYS
UNDER
\$100!**

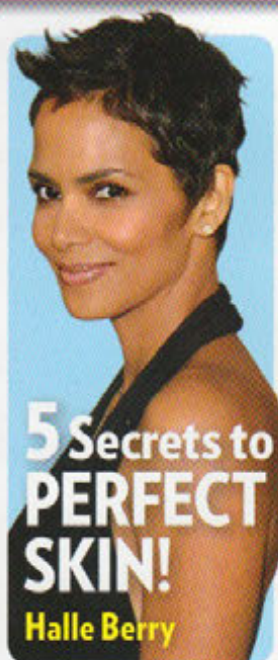


Hot
Bags



Sexy
Heels

**Kim's
Trendy
Style**



**5 Secrets to
PERFECT
SKIN!**

Halle Berry

**Plus! Expert
Beauty Tips**

What's Hot! What's Not!

Our 2010 Guide to the Newest in Fashion, Beauty & More!



Cute
Dresses

Plus!
**183 Instant Updates
For Every Body & Budget!**



DISPLAY UNTIL February 15, 2010

Reese
Witherspoon

OUR DERMATOLOGISTS

Dr. Fredric Brandt N.Y.C.- and Miami-based dermatologist,

Dr. Lori Brightman

associate at the Laser & Skin Surgery Center of New York,

Dr. Howard Murad associate clinical professor of medicine at UCLA and founder of Murad, Inc.,

Dr. Zein Obagi founder of ZO Skin Health, **Dr. Neil**

Sadick clinical professor of dermatology, Weill Cornell Medical College

*You ranked
Reese No. 1!*

IN OUR ONLINE POLL,
YOU CHOSE HER
AS THE STAR WITH
THE BEST SKIN IN
HOLLYWOOD!

**Halle was
a close 2nd!**

Smooth, even and practically poreless, Halle Berry's flawless complexion is one of your favorites.

5 SKIN Resolutions

Make this the year that you get your best complexion ever with our back-to-basics tips!

no. 1

"I will always wash my face before bed. No excuses!"

WHY YOU SHOULD Going to sleep with a full face of makeup on (plus the dirt and oil that's accumulated during the day) can lead to clogged pores, pimples and inflammation, says Brandt.

HOW TO DO IT The cleansing process should only take a minute, says Obagi. Using cleanser and lukewarm water, wash your face in circular motions, then pat dry. A quick alternative: Keep gentle cleansing cloths on hand to wipe away grime before you hit the sheets.

FIGURE OUT YOUR SKIN TYPE Wash your face with mild cleanser, then wait 30 minutes and see how your skin feels, says Murad. If it feels tight, you have dry skin. If it's on the greasy side, you're oily. None of the above, or just shiny in the T-zone? You have normal-to-combination skin.

THE BEST CLEANSER FOR...



DRY SKIN Go for a milky or creamy formula with moisturizing ingredients.

• L'Occitane Olive Tree Organic Cleansing Milk, \$22; 888-623-2880; usa.loccitane.com

OILY SKIN Look for exfoliating ingredients, like salicylic or glycolic acid, and a gel consistency.

• L'Oréal Paris Go 360° Clean Deep Facial Cleanser, \$6.99; at drugstores

NORMAL/COMBINATION SKIN Pick a nonirritating soap that cleans without stripping.

• Clinique Liquid Facial Soap Mild, \$15; 800-419-4041; clinique.com

Comes with a deep-cleaning scrubber!

no. 2

"I will take great care of my skin, even while I sleep!"

WHY YOU SHOULD Night is the ideal time to use creams or serums that restore moisture and prevent and treat signs of aging. During the day, UV rays, wind and pollution can damage skin, but as you rest, skin cells are renewed, says Murad.

HOW TO DO IT Look for ingredients like ultra-moisturizing hyaluronic acid, protective antioxidants and antiaging peptides and retinol. Next, pick your consistency. A lightweight serum is perfect for all skin types and can be used under moisturizer. Cream is more emollient and ideal for drier skin. Apply your formula to the face and neck, avoiding the eye area.

THE BEST NIGHTTIME PRODUCT FOR...



ANY SKIN TYPE Layer this hydrating formula under moisturizer to help skin cells regenerate.

• **Estée Lauder** Advanced Night Repair Synchronized Recovery Complex, \$74.50; 877-311-3883; esteelauder.com



DRY SKIN Look for a thick moisturizer with retinol, ceramides and antioxidants.

• **ZO Skin Health** Ommerse Overnight Recovery Crème, \$95; 858-794-9601; zoskinhealth.com



NORMAL/COMBINATION SKIN Use this tone-correcting, plumping serum before moisturizer night or day.

• **Boots No7** Protect & Perfect Intense Beauty Serum, \$22.99; Target, 800-800-8800 for stores; target.com

"I get lots of sleep, and I make sure to moisturize—heavily! I love Kiehl's Repairateur Crème. It's so thick and rich."

Kim Kardashian

* Buy It! Kiehl's Crème d'Elegance Repairateur, \$49.50; 800-543-4572; kiehl.com

Kim Kardashian

no. 3

"I will **exfoliate** at least once a week."



January Jones

THE BEST EXFOLIATOR FOR...

EXFOLIATING AND CLEANSING If you're in a rush, try a wash that does double duty.

- Garnier Nutritioniste Skin Renew Resurfacing 3-Way Cleanser, \$7.99; at drugstores

“

I use Rodial's Glamtox Peel on January to create the perfect canvas for makeup. It makes her skin look and feel amazing.”

Rachel Goodwin, Chanel makeup artist

* Buy It! Rodial Glamtox Peel, \$90; 800-378-4786; beauty.com

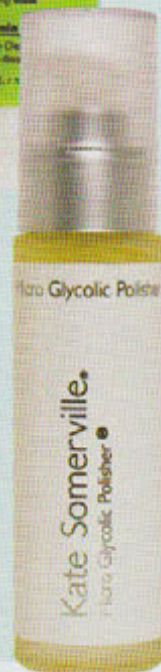
WHY YOU SHOULD Removing dead skin cells not only reveals fresher, more radiant skin, it also prevents clogged pores, which helps reduce the likelihood of breakouts. Bonus: You'll boost skin-plumping collagen production, says Brandt.

HOW TO DO IT If you're sensitive or dry, exfoliate once weekly. Otherwise, aim for two to three times a week, says Obagi. You can exfoliate after washing or simply use an exfoliating cleanser.



NORMAL, DRY OR COMBINATION SKIN Use a product with smooth, skin-polishing granules.

- Clarins Gentle Refiner, \$28.50; 866-252-7467; clarins.com



OILY SKIN Go for chemical exfoliants like glycolic or salicylic acid.

- Kate Somerville Micro Glycolic Polisher, \$90; 800-984-5283; katesomerville.com

Plus! 3 Great-Skin Musts

1. Eat well

"Superfoods" such as pomegranates, eggs, green tea and salmon contain ingredients that help keep skin healthy. Greens like spinach and broccoli also have complexion-boosting benefits, says Murad.

2. Keep it clean

Make sure the things that regularly come in contact with your face are sanitized: Wipe down phones regularly. Wash pillow cases once a week, and try flipping your pillow over mid-week to reveal a cleaner surface.

3. Never pick

Hands off blackheads and pimples! Instead, unclog pores with a noninvasive dirt and oil remover like Dr. Brandt's. Picking skin can lead to more blemishes and even scarring.



Dr. Brandt Pores No More Vacuum Cleaner, \$45; 800-234-1066; drbrandt.skincare.com

no. 4

"I will give
my eye area extra
TLC."

Rihanna

"I use La Mer The Eye Concentrate on Rihanna. It's lightweight and keeps her eyes bright. She's always posing for pictures, so we don't want her looking tired!"

Mylah Morales, celebrity makeup artist

* Buy It! La Mer The Eye Concentrate, \$165; 866-850-9400; lamer.com

WHY YOU SHOULD The eye area needs hydration to stay healthy, but it's also prone to puffiness and dark circles, so your regular face moisturizer might not cut it. In addition, skin here is delicate, so using eye-specific retinol and antioxidant-based products minimizes the chance of irritation.

HOW TO DO IT Pick a formula that addresses your specific concerns, if you have any. (If you don't, a simple moisturizing gel should work.) Apply it morning and night after moisturizer, using your ring finger to lightly pat product on the area, says Sadick.

THE
BEST EYE
PRODUCT
FOR...



BASIC HYDRATION Choose a light, fast-absorbing gel-like formula—perfect for layering under makeup.

- Soap & Glory SuperEyes, SuperEyes Moisturizing Eye Gel, \$12.99; Target, 800-800-8800 for stores; target.com

PUFFINESS AND DARK CIRCLES Minimize bags and brighten with a product that contains caffeine.

- First Aid Beauty Detox Eye Roller, \$24; Sephora, 877-737-4672; sephora.com



The rollerball applicator helps de-puff!

DARK CIRCLES AND FINE LINES Use a combo of peptides and luminizing particles to minimize lines, plus treat and mask darkness.

- Rodial Glamtox Eye Light SPF 15, \$115; 800-377-8771; beautyhabit.com



no. 5

"I will protect my face from the sun year-round."

WHY YOU SHOULD Minimal exposure to UV rays can cause damage to your skin—even if you're just sitting by a window. This kind of incidental exposure adds up over time and can lead to freckling, brown spots and reduced collagen and elastin, says Brightman.

HOW TO DO IT Choose a moisturizer with an SPF of 30 or higher with full-spectrum protection. Be sure it's packed with antioxidants (like vitamins A, C and E, green and white tea and idebenone) to combat free-radical damage.

"I don't go in the sun a lot, but I still coat myself in Neutrogena sunblock spray every day before I leave the house!" Sophia Bush

★ Buy It! Neutrogena Ultra Sheer Body Mist Sunblock Spray SPF 85, \$12; at drugstores

THE BEST DAILY SPFS FOR...

SENSITIVE SKIN Try a hypoallergenic formula to shield skin and treat signs of aging.

• **Aveeno** Positively Ageless Multi-Defense Daily Moisturizer SPF 42, \$19.99; at drugstores

BRIGHTENING Choose a lotion with vitamin C, a powerful antioxidant that boosts radiance.

• **Murad** Essential-C Day Moisture SPF 30, \$60; 888-996-8723; murad.com



Sophia Bush



win it! See page 108

SUN-DAMAGED SKIN Improve skin tone, hydrate and protect all in one shot.

• **Prevage** Day Ultra Protection Anti-Aging Moisturizer SPF 30, \$125; Elizabeth Arden, 866-217-2927; elizabetharden.com

Sunscreen Smarts

How much to apply

Most people use too little sunscreen—making it equivalent to wearing a lower level SPF. To protect yourself, apply a teaspoon's worth to your face, neck and ears, says Brandt.

When to up the SPF

Days spent outdoors can require a higher SPF than 30, especially if you are fair or have a family history of skin cancer, says Brightman. Don't forget to reapply every two hours.



Neutrogena Spectrum+ Sunblock Lotion SPF 70, \$12; at drugstores



Use this much every day!