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THE OPRAH  
MAGAZINE

LIVE YOUR BEST LIFE

HOW NOT TO  
LOOK OLD

25 things never to wear

IF YOU'VE  
GAINED BACK  
EVERY POUND

...here's the answer

OPRAH'S  
SOUTH AFRICA  
HEARTACHE

How she's moving forward



HIGHER ENERGY, DEEPER REST!

EXACTLY WHAT YOU NEED—AND HOW TO GET IT (plus: 4 hidden causes of fatigue)

53 WAYS TO GIVE YOUR LOOKS A LIFT

FRESH IDEAS, TREATMENTS, AND TREATS TO TRY RIGHT NOW

SELF-ESTEEM REPAIR KIT

THE RADICALLY NEW WAY TO BUILD GENUINE CONFIDENCE—FAST!



# NEW YOU, COMING THROUGH!

Forget a head-to-toe makeover. From angling in bangs to upgrading your moisturizer to switching laundry detergents (yes, really), a change doesn't have to be a big deal to be a real breakthrough. We've got 53 smart little ways to make you feel dazzling. ▶

*Portrait by Alex Beauchemin • Still lifes by Keate*



**29.** Make your teeth look whiter with a blue-toned lipcolor. Try a blue-based pink, red, burgundy, or plum shade.

**30.** For a fuller-looking mouth, apply your lipstick or gloss and then trace your lips in a matching lip liner. This makes your lip contour look more defined.

**31.** Get a new look by wearing a richly colored lipstick as a lip stain. Apply your favorite lipstick, blot it with a tissue, then repeat the process three times. You'll have a gorgeous, long-lasting, natural-looking lip stain in a color you love (but without the creamy, makeup-y texture).

**32.** For the fullest-looking lips (that don't scream "fake"), curl your lips tightly over your teeth. Trace right along the edge with a nude pencil. When you release your lips, you will have slightly overdrawn them in such a natural way that no one will notice. Fill in the rest of your lip with the nude pencil. Buff it sheer with your fingertip and then apply gloss.

**33.** Small change, big drama: Try a deeper lipcolor. If you've always worn pink, go for a rose, purple, lilac, burgundy, or cool red. Do you tend toward brown? Then try brick red, orange, or a warm beige.

**34.** First question: Is your skin glowy? Second question: Do you regularly use a prescription retinoid (like Retin-A) or products containing retinol or glycolic acid? If you answered "no" to both, start using a cleanser, moisturizer, or serum containing one of those ingredients. Within two weeks your skin will begin to look fresher and more evenly toned.

**35.** Become religious about using sunscreen, and choose yours carefully. Be sure that it's at least SPF 15 and that it gives you broad-spectrum UVA-UVB coverage (it will say so on the label).

**36.** If you have age spots, blotchy pigment, or old acne marks, start using a treatment product that contains hydroquinone, which



blocks new pigment (melanin) formation in the skin. You can get a prescription from your dermatologist, but many doctors believe that 2 percent hydroquinone, available over the counter, when combined with at least 7 percent glycolic acid (found in cleansers, moisturizers, and peels), can give results as good as prescription formulations.

**37.** To defuzz your face, ask your doctor for a prescription for Vaniqa, which reduces hair growth. Vaniqa is safe for all skin types; it won't make you break out, and, in fact, it can help get rid of the hair that's irritating the follicles and causing pimples. It's not always covered by insurance, but it's cheaper than laser hair removal.

**38.** Switching detergent may eliminate some of the redness, puffiness, dryness, and scaling you see on your skin; wash your bed linens and towels in a "free and clear" detergent (like All Free Clear). (Regular laundry detergent doesn't remove dust mites, cat dander, and other potentially sensitizing residue.)

**39.** Due to a buildup of dead cells, skin can look dull. Use Kinerase Pro-Therapy Advanced Radiance Facial Peel (\$85) daily for five days, then take a two-week break.

**40.** A few other ways to a brighter, clearer complexion (and conscience): Add a cream with a strong antioxidant (such as vitamin C or coffeeberry) to your skincare regimen, eat antioxidant-

rich foods, quit smoking, and cut down on alcohol.

**41.** If your skin tends to be dry and dehydrated in winter, look for moisturizers and creams containing hyaluronic acid. This natural sugar absorbs up to 1,000 times its weight in water. (Try L'Oréal Skin Genesis lotion, \$25, or M.D. Forte Advanced Hydrating Complex Cream, \$45.)

**42.** To reduce eye puffiness, apply ice cubes or a bag of frozen peas for three to five minutes. This is exactly what derms and plastic surgeons recommend to their patients to treat swelling after a treatment or surgery.

**43.** Another puffiness reducer: Dot a small amount of cream onto your browbone, pressing down on four equidistant points as you move from the inner to the outer corner. Apply a small amount of cream onto the lower orbital bone, pressing four times as you go from the outer to inner corner. Then press down along the side of your nose.

**44.** If your eyes feel tired and watery, blink! When most people work on a computer, they subconsciously suppress the natural urge to blink every five to ten seconds. By blinking purposefully (say, every time you hit the return key), you'll be giving your eyes a minivacation.

**45.** For instant pizzazz, change the color of your glasses; treat yourself to green, burgundy, or midnight blue frames.

**46.** You can get rid of red eyes in an instant with drops, but don't regularly use those that are vasoconstrictors—they contain tetrahydrozoline, naphazoline, or oxymetazoline, which can be habit forming. Plus, your eyes will get redder when you stop. Use lubricating drops instead. (Try Systane, \$17.50.)

**47.** If you've begun to see a softening of your jawline, spend five minutes every morning and night chomping as though you were chewing a piece of meat. This will strengthen the jaw muscles and create more definition. (Don't do this if you have TMJ.)

**48.** To make your fingers look more graceful, file your nails into an oval shape—it's elongating.

**49.** A brave move: If you've never worn red nail polish, try it. Shiny (and short) red nails look glamorous and pulled together.

**50.** Faster than a foot scrub! Stronger than a pumice! A 15-minute at-home peel is all it takes to make your dry, calloused feet soft and smooth. (Try Elemis Papaya Enzyme Peel, \$42.)

**51.** Change your concept of working out—it doesn't have to mean clocking in at the gym for 30 minutes three times a week. Incorporate fitness into your life: Instead of calling a friend to vent, ask her to meet you for a power walk (or take one by yourself). Rather than hitting the fridge during commercials, try

[CONTINUED ON PAGE 217]



## NEW YOU, COMING THROUGH!

CONTINUED FROM PAGE 171

a couple of minutes of **jumping jacks**. These short, painless exercise stints eventually all add up to a stronger, leaner, happier you.

**52.** For better z's, **replace your pillow every year**. If you're a side sleeper, you'll need a firmer one; a back sleeper needs a flatter one; a stomach sleeper needs a very flat one. Also, choose a pillow that's hypoallergenic, antimicrobial, and made with synthetic down or foam. Sleepbetter.org offers a test to help you choose the right pillow for you.

**53.** **See yourself as others do**. Experts believe that others think you're 20 percent more attractive than you think you are.

### THE TRANSFORMERS

We polled a battery of experts, from hairstylists and makeup artists to dermatologists and psychiatrists for changes—big and small—that can add up to a fresh look (and a fresh attitude). For their help, we thank:

- **Ji Baek**, owner and founder of Rescue Beauty Lounge in New York City
- **Cristina Bartolucci**, celebrity makeup artist and creative director of DuWop

■ **Trae Bodge**, cofounder and creative director of Three Custom Color Specialists

■ **Michael Breus, PhD**, author of *Beauty Sleep*

■ **Loretta Cirialdo, MD**, professor of cosmetic dermatology at the University of Miami Miller School of Medicine

■ **David Colbert, MD**, New York City dermatologist

■ **Tracey Cunningham**, Los Angeles colorist

■ **Soli Davis**, aesthetician at **Skin Perfection Spa in New York City**

■ **Kacy Duke**, author of *The Show It Love Workout* and consultant to Equinox fitness clubs

■ **Rick Gradone**, Los Angeles hairstylist

■ **Charlie Green**, celebrity makeup artist

■ **Debra Luftman, MD**, cosmetic dermatologist in Beverly Hills

■ **Burton Machen**, hairstylist and co-owner of Salon Maxime in Beverly Hills

■ **Serge Normant**, global creative consultant for John Frieda

■ **Napoleon Perdis**, celebrity makeup artist

■ **Eva Ritvo, MD**, associate professor of psychiatry and dermatology at the University of Miami Miller School of Medicine

■ **Jet Rhys**, owner of Jet Rhys Hair Salon in San Diego

■ **Joanna Schlip**, Physicians Formula celebrity makeup artist

■ **Shaun-Thomas**, BECCA national makeup artist

■ **Jin Soon**, owner of Jin Soon Natural Hand and Foot Spa in New York City

■ **Andrea Thau**, spokeswoman for the American Optometric Association

■ **Tina Turnbow**, New York City makeup artist

■ **Kim Vo**, of the Kim Vo Salon at the Mirage in Las Vegas **Q**

For details see *Shop Guide*.

### THE NEW & IMPROVED...

CONTINUED FROM PAGE 161

"Self-esteem or self-efficacy has to do with a realistic assessment of your strengths and weaknesses," he says, "but SEL includes other things: how you manage stress and mobilize paralyzing emotions. Self-esteem is much better reframed as self-mastery."

Goleman tells a story about three 12-year-olds heading for gym class on the soccer field. Two of the boys, obviously athletic, are snickering behind the third, a chubby classmate. "So, you're going to try to play soccer," says one of the athletes, his voice dripping with contempt. It's a moment that can easily escalate into a fight. ▶

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