



Walker's Apothecary is an inviting boutique that surpasses any of the usual expectations of an ordinary spa or salon. An apothecary that fuses cutting-edge and traditional treatments that will soothe the mind, body and soul; bringing to each client a personalized care, which embodies the passion and knowledge of its owner, Shalea Walker.

Shalea Walker is a licensed esthetician and makeup artist with nearly a decade of worldwide expertise in the field of beauty and skincare. Having worked with celebrities and luminaries from the entertainment world that include Ne-Yo, Jesse McCartney, Diane Reeves and Lil Mama, her diverse talent is uniquely suited to handle any and all beauty and skincare needs. Offering a variety of services that include facials, simple makeup lessons, total bridal packages, body treatments, or her much sought-after eyebrow design, Walker creates an experience in her boutique that is unlike any other store, spa or salon. Walker provides her clientele with an additional unique service in the form of a custom blended line of beauty and skincare products to complement the Apothecary's retail product line.

Walker's growing clientele is a testament to her simple belief in bringing an educated and personalized approach to all her clients, and is fully realized by both men and women who visit her downtown Jersey City, NJ spa.

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# THE APOTHECARY AND BEAUTY LINES

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**WALKER'S APOTHECARY**  
 fragrance free | paraben free | natural skin care

<p><b>super moisturizing serum</b></p> <p>A DEEPLY HYDRATING SERUM FOR THE FACE AND NECK THAT IS LIGHT IN TEXTURE, YET DELIVERS THE MOISTURE OF AN ULTRA RICH CREAM. USE AM/PM.</p>	<p><b>vitamin A C E peptide serum</b></p> <p>A DEEPLY HYDRATING SERUM THAT PROMOTES CELL REGENERATION. ANTI AGING PROPERTIES REPAIR DAMAGED SKIN. CAN BE USED DAILY IN THE AM AND PM ALONE OR UNDERNEATH MOISTURIZER.</p>	<p><b>green coffee moisture masque</b></p> <p>AN INTENSIVE HYDRATING MASQUE THAT DEEPLY MOISTURIZES, INSTANTLY REPLENISHES, AND EFFECTIVELY SMOOTHS AND SOFTENS SKIN AND FINE LINES. USE WEEKLY FOR REPLENISHING MOISTURE.</p>	<p><b>marine peel</b></p> <p>A GENTLE ENZYME PEEL THAT ENCOURAGES A MILD EXFOLIATION AS IT SWEEPS AWAY DULL SURFACE CELLS. USE WEEKLY FOR BREAKOUTS AND DEHYDRATED SKIN.</p>
<p><b>sandalwood ginger gentle cleansing cream</b></p> <p>PURIFYING BOTANICALS DEEPLY CLEANSE SURFACE IMPURITIES AND SWEEPS AWAY DULL DRY SKIN. NOURISHING EXTRACTS HELP REPLENISH MOISTURE AND LEAVE SKIN FEELING FRESH AND HYDRATED. USE AM/PM.</p>	<p><b>chamomile soothing gel</b></p> <p>HYDRATING ANTIBACTERIAL GEL. CAN BE USED AS A LIGHT MOISTURIZER, ON FLIGHTS, AT NIGHTTIME AND TO SOOTHE SUNBURNED SKIN.</p>	<p><b>passion fruit exfoliating cleanser</b></p> <p>WITH ACTIVE INGREDIENTS OF GLYCOLIC AND LACTIC ACIDS THIS GEL CLEANSER LIFTS IMPURITIES AND REMOVES DEAD SURFACE SKIN. PROMOTES EVEN TEXTURED SKIN. FOR HYPER-PIGMENTATION, CONGESTION AND INGROWN HAIRS. USE AM/PM.</p>	<p><b>rose geranium toner</b></p> <p>BALANCES OIL PRODUCTION AND NOURISHES THE SKIN. USE BEFORE MOISTURIZER AND AFTER MAKEUP APPLICATION. MAY BE USED THROUGHOUT THE DAY TO REVIVE THE SKIN.</p>



# WALKER'S APOTHECARY

## CUSTOM COLLECTION

- TONER
- SHEA BUTTER
- BODY OIL
- BODY LOTION
- ESSENTIAL OIL BLEND
- BURN OIL
- PARFUME BLENDS
- HAIR & SCALP TONIC

walkersapothecary.com



# BEAUTY EDITORIALS

**MAINTENANCE EVOLUTION OF MAN**  
Look like you just stepped out the Neolithic Era? Make these grooming habits a part of your regularly scheduled program



**CLEAN-UP ROUTINE**

**DAILY**  
**Brushing and Flossing:** Kung fu definite mood killer. Run that mirror.

**WEEKLY**  
**Mustache and Beard Trim:** Hair over your lip, it's time to buddy up and are exempt.

**HAIRCUT:** White barbershop visits shape-up will thwart the unorthodox bowtie look. For those sporting the Jordan bald, shave every other day to keep your shine on.

**BI-WEEKLY**  
**\*Manicure:** If your nails are more rugged than the Rockies, break out the emery boards (aka nail files). Grit underneath cuticles and claws should be dealt with twice a week.

**MONTHLY**  
**Eyebrow Grooming:** As you get older and wiser, brow hair can get wiry. A professional trim every 30 days will keep them in proper formation.

**MANSCAPING:** Believe it or not, having hair down there that's long enough braid isn't sexy. Either use a beard trimmer (cleaned with alcohol) or invest separate clippers with a guard to protect your jewels.

**Armpit Grooming:** A decent amount of scruff makes you feel like a man, but regular trim ensures your pits stay neat, tidy and stench free.

**\*Pedicure:** Good news—toenails tend to grow slower than fingernails so you don't have to maintain them as often. Just clip and clean to keep from snagging your sheets.

**QUARTERLY**  
**Facials:** Skin renews itself about every 28 days during your 20s and 30s and can take up to twice as long after middle age. Divorce dead skin cells with a spa facial or at-home exfoliation via masks or peels.

**BI-YEARLY**  
**Dental Cleaning:** Take your dentist's and mom's advice and get a professional cleaning to prevent oral cancer, cavities and gum disease and preserve the smiley face. —Shalea Walker

**AT-HOME MANICURE/PEDICURE\***

	<b>01</b> Use clipper to cut nails straight across the top, then on the left and right side. Leave a little jagged for better filing. Never cut nails all the way down to the skin. Mehaz, Wide Jaw Toenail Clipper, \$12, footsmart.com		<b>04</b> Trim hangnails (those dry pieces of cuticle skin) by gently pushing back cuticles to loosen the skin from the nail bed. Be sure not to cut the skin. Just trim the excess. Orange Wood Stick Cuticle Pusher (20), \$8, amazon.com Sephora Cuticle Nipper, \$18, sephora.com
	<b>02</b> File nails in one direction, not back and forth. Diamancel No. 2, \$28, dermadactor.com		<b>05</b> For pedicures, use a pumice sponge on the heels of feet to remove dry dead skin and calluses on pinky toes and balls of feet. Titania Angled Pumice Sponge, \$3.50, drugstore.com
	<b>03</b> Apply oil to the cuticle and around the nail. Carol's Daughter Lemon and Jojoba Cuticle Oil, \$9.50, carolsdaughter.com		<b>06</b> Apply lotion. Sigh with relief. Vaseline Men Extra Strength Body & Face Lotion, \$4, walgreens.com

**UPKEEP EYE TO EYE**  
Can't see the error in your ways? Peep how to keep the windows to your soul in top shape



**ESSENTIALS**  
10 Products to Keep Your Face in Living Color

	MUD Eye Color, \$13.50, mudshop.com
	Make Up For Ever Eyeshadow, \$19, sephora.com
	Make Up For Ever Aqua Eyes, \$17, sephora.com
	Bobbi Brown Blush, \$22, bobbirowncosmetics.com
	Julie Hewett Cheekie Cheek & Lip Shine, \$24, juliehewett.net
	The Balm Stainac, \$17, thebalm.com
	Obsessive Compulsive Cosmetics Lip Tar, \$12.50, occmakeup.com
	Napoleon Perdis Chandelier Shine Lipgloss Pack, \$30, napoleonmakeup.net
	Bobbi Brown Rich Color Blaes, \$20, bobbirowncosmetics.com
	NP Set Party Set, \$32, npsetcosmetics.com


WHAT YOU'RE DOING	WHAT YOU SHOULD BE DOING
Excessive eyebrow plucking	Seek a professional brow job once a month. The brow hair can on average take up to two months to go through a full growth cycle. Over-groom and run the risk of being mistaken for a pencil geek.
Shading in your eyebrows too dark	Unless you're game for the Groucho look, use an eyebrow pencil that's one shade lighter than your hair color.
Matching your eye shadow to your outfit	Think twice before you reach for the Kermil eye shadow to complete that all-green ensemble. Instead, opt for a hue—bronzes, golds and browns work well for most—that complements your skin tone.
Applying face cream around your eyes	Shell out dough on a separate eye cream designed for the delicate, moisture-deficient skin around those baby browns, or blues or greens. —Shalea Walker



**VIBE** 50

### UPKEEP FACE FIRST

Freeze! It's cold outside. Learn how to shield your skin from the winter wind



When the weather drops to bubble coat temps, your face can feel like you don't have one. Cold air equals dehydration. So unless the reptilian look is your thing, fight the wintry blast with proper exfoliation—keyword “proper”—and hydration. Start with daily cleansers that contain medicinal ingredients straight out of chemistry class: enzymes, alpha hydroxy acids and salicylic acid. They're healthier for the skin than exfoliating scrubs. For extra TLC, apply weekly masks with the same ingredients.

Once parched-looking skin is... well, less parched, the next step is moisturizing to prevent skin from working overtime to produce oil. Step away from the Vaseline! Normal to dry types should use moisturizers with oils of jojoba, almond and olive, while oily skin sufferers need hyaluronic acid, which provides moisture, not pan grease. Even in the coldest winter avert, the right regimen will preserve your pores so you don't have an icebox where your face used to be. —Shalea Walker

#### ESSENTIALS

##### YOU WILL SURVIVE

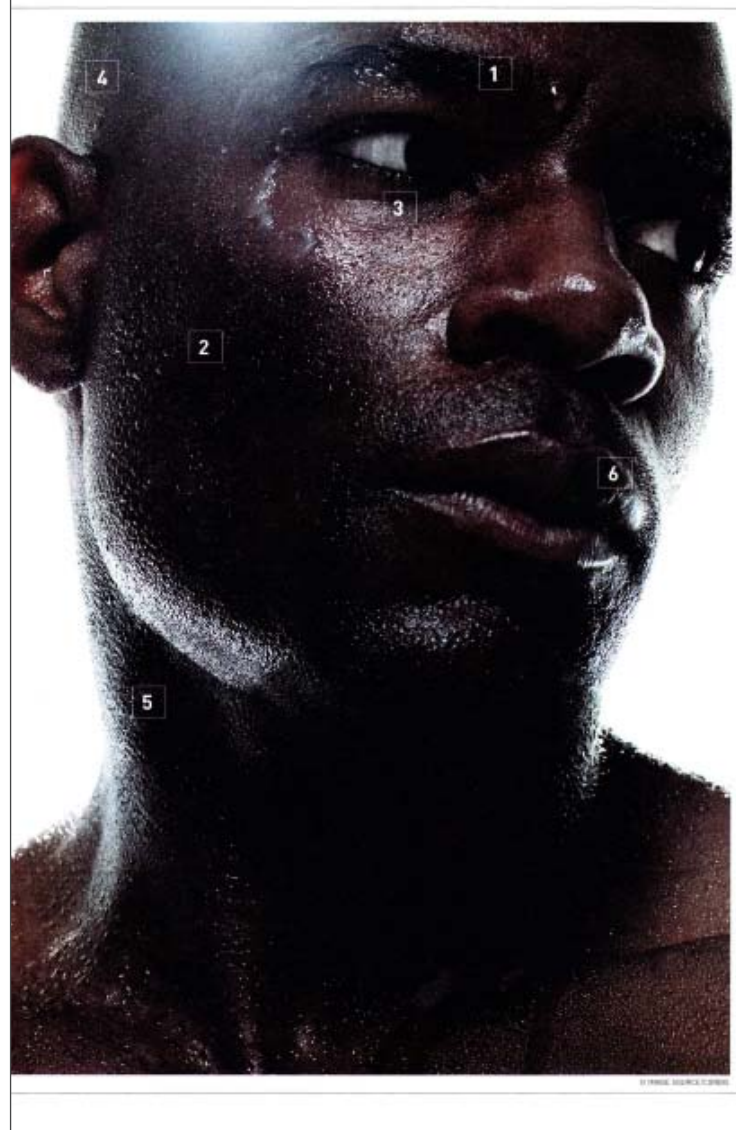
(The Winter With These 10 Products)

1. Sugar Rose Tinted Lip Treatment SPF15, \$22.50, fresh.com
2. SkinCeuticals Cleansing Cream, \$29, skinceuticals.com
3. REN Osmotic Infusion Ultra-Moisture Day Cream, \$55, sephora.com
4. L'Occitane Almond Shower Oil, \$22, usa.loccitane.com
5. REN Moroccan Rose Otto Sugar Body Polish, \$60, spacenk.com
6. Elemental Herbology Body Souffle, \$37, spacenk.com
7. New Chapter Probiotic All Flera, \$24.95, newchapter.com
8. Helen Julia Chocolate Pear-adise Soy Candle, \$38, helenjulia.com
9. Ojan Restorative Hair Treatment, \$55, sephora.com
10. Walker's Apothecary Marine Enzyme Peel, \$40, walkersapothecary.com

**VIBE** 48

### MAINTENANCE MR. CLEAN

Does your face have more issues than Marvel? Take a look at the man in the mirror and make a change with these solutions for trouble spots —Shalea Walker



1. Problem Area: Dark Spots	Solution: Exfoliating ingredients such as glycolic and salicylic acid get under your skin—a good thing in this case—and help even out tone.
Product: iS Clinical Cleansing Complex, \$36, isclinical.com	
2. Problem Area: Dark Under-Eye Circles/Puffy Eyes	Solution: Keep your grandpa's swag but drop his appearance with extra hydration in a non-greasy cream.
Product: Jack Black Eye Balm, \$24, sephora.com	
3. Problem Area: Dry Skin	Solution: A long-lasting moisturizer will keep you from being itchy and scratchy.
Product: Walker's Apothecary Super Moisturizer Serum, \$36, walkersapothecary.com	
4. Problem Area: Ingrown hairs	Solution: Open up those pores, so hair doesn't hibernate inside the skin.
Product: Anthony Logistics For Men Ingrown Hair Treatment, \$27, anthony.com	
5. Problem Area: Dry lips	Solution: Keep your boy happy with lip balm that contains beeswax to seal moisture.
Product: Burt's Bees Beeswax Lip Balm, \$6 for 2-pack, target.com	

**VIBE** DRAKE HIP-HOP'S NEW RELIGION

EXCLUSIVE CHRIS BROWN THE DEFINITIVE INTERVIEW

FASHION FORWARD JESSIE J BLESS DRESSING WITH LAMAR ROSE

SERENA WILLIAMS STRIKES BACK

UNSTOPPABLE

RESURRECTION THE LEGACY CONTINUES

**VIBE** 54

### MAINTENANCE GET FRESH

Summer days can find you feeling stickier than those yellow notes. Combat the funk with these clean tips



#### DEODORANTS

Save the sweating for the saunas. Deodorant scents grow more noticeable as temperatures rise. So if your T-shirt sleeves are damper than a sprinter's, swap deodorant for antiperspirant, which not only fights odor but also blocks pores from secreting sweat. For added clothing protection, choose invisible solids over slow-absorbing gels and stay dry from jump.

- Old Spice Pro Strength Antiperspirant Deodorant, Swagger Advanced Solid, \$8, drugstore.com
- Gillette Odor Shield Anti-Perspirant & Deodorant, All Day Clean, \$5, drugstore.com

#### SOAP/BODY WASH

Think body wash belongs in a woman's tub? Get over it and grab a loofa. Soap dries out skin faster during hot months. Because shower gels are oil-based, they clean and moisturize skin simultaneously. A quarter-sized amount will work your whole body and reduce the need for refills. If you're still a traditionalist, aim for glycerin-based soap bars to prevent over-drying. Avoid layering assorted washes, deodorants, colognes and body spray scents.

- REN Seaweed and Sage Body Wash, \$22, www.renskin.com
- Bieckman Pure Goatmilk Soap, \$13.00, shop.bieckman1892.com

#### COLOGNE

Handle your vary from s to see what from mistle heat-activ ears, wri aware that Spritz once

- Le Labo
- Kilian Ba \$225, sak

3 ESSENTIAL BODY SPRAYS 1. Aze Body Spray, \$4, target.com 2. C.O. Bigelow Elixir Black Hair & Body Wash, \$10, bathandbodyworks.com 3. Tag

**VIBE** 56

### UPKEEP SMOOTH OPERATOR

Wanna get out of that hairy situation? This waxing routine will leave you polished from the leg up




<b>BROWS</b>	<b>UPPER-LIP</b>	<b>LEGS</b>	<b>BIKINI LINE</b>
Raggedy brows can downgrade the prettiest of mugs. Skip the DIY method and find a skilled esthetician. Before you hit the shop, prep brows with a moisturizer enriched with hyaluronic acid so wax doesn't stick to skin. Facial wax shouldn't burn, so make sure it's applied at room temperature. If you have sensitive skin, ask for a tea tree oil post-waxing session to prevent breakouts and bumps that make you look lewbro.	Every woman has a bit of upper-lip fuzz. Nix that slight stubble with an at-home wax kit. Heat the wax to a lukewarm temp and apply a water-based serum first to keep skin from getting snagged. Spreading a thicker layer of wax at the corner of your lips will make for an easier pull. Just do yourself a favor and avoid waxing during your menstrual cycle (when skin is at its most sensitive for pain's sake).	Despite Mo'Nique's preference, hairy legs are better left to critters. Once hair has grown out to a quarter of an inch, chuck the razors and opt for a hard wax that comes strip-free with tea tree oil to prevent irritation. Pop an ibuprofen 30 minutes beforehand to fight the sting, but don't exfoliate—it lifts skin. Always wax small areas at a time, pulling opposite hair growth to ensure stems look their best in shorts and skirts.	Waxing down south doesn't have to feel like childbirth. Substitute traditional waxing with the far less painful sugaring technique, which consists of spreading a lukewarm all-natural paste that clings only to hair not skin, and can strip much wider areas than waxing using fabric or paper. Bonus: It lasts up to six weeks. Now you're ready to be a full-time beach bum. —Shalea Walker

3 Essential Hair Removal Products 1. No-Scream Cream, \$20, relaxwax.com 2. The Cool Fix, \$25, anthony.com 3. Bliss/Philips Six-in-One Perfect Deluxe Spa Edition, \$70, blissworld.com 4. Aorelie Assorted Hair Removal Strips, \$32, blissworld.com 5. Shobha Rosewater-Freezing Creams, \$9 for 10, myshobha.com

# EDITORIAL FEATURES



SHALEA WALKER | EDITORIAL FEATURES

# Locally Sourced

Move over, Bobbi Brown. There are a couple of makeup and skin care mavens who are making a splash in New Jersey, launching their own lines and garnering a cadre of dedicated followers. Their upbringings couldn't be more different, but they share a love for experimentation and a commitment to personalized skin care and customer service.

— Vicki Hyman



Shalea Walker

When Shalea Walker was a girl growing up in Brooklyn and then Jersey City, she used to play chemist in the bathtub, mixing the family's various unguents and testing out the concoctions, even rummaging in her father's medicine cabinet and experimenting with his deodorants.

She's not sure why. "Maybe I was just vain," she laughs. But it probably had something to do with her mother, a seamstress who would whip up an outfit based on Walker's specifications, which instilled a certain fearlessness in her daughter.

Though she considered going into fashion, Walker made a beeline for beauty, getting her esthetician's license and working as a makeup artist with Ne-Yo, Jesse McCartney and Jersey's own Lil Mama.

She opened Walker's Apothecary in Jersey City seven years ago, but moved her spa and skin care salon three years ago to a sunny, tree-lined street of red-brick rowhouses in the Grove Street neighborhood.

In this high-ceilinged space awash in soothing grays and creams, she offers manicures and pedicures, personalized facials and waxing, but the real draw for many clients is the custom-blended lotions and serums made from essential oils and other botanicals to combat her customers' skin woes.

Walker, who is looking to expand into New York City, also has introduced a retail skin-care line that includes a marine enzyme peel (\$42) that exfoliates and tones, and a chamomile soothing gel mask (\$32), which hydrates while helping relieve redness in sensitive skin. A travel kit of four of her most popular products sells for \$65. She promises the concentrated ingredients offer a spa-quality facial. Walker Apothecary is at 68 Mercer St., Jersey City, (201) 333-0500. You can shop online at [walkerapothecary.com](http://walkerapothecary.com).

Khuraira Musa was born in a small Nigerian village to a mother who did not survive childbirth. She was taken in by her aunt, sharing her mud hut, and as a child, Musa remembers grinding henna leaves, decorating her lips and cheeks



Above, Khuraira Musa's hot-selling dark circle complex primer available at her store, Khuraira in Tenafly, and Shalea Walker's travel kit featuring four of her most popular skin care products.

and drawing designs on her hands with the rich reddish-orange color.

When she was 16, she married the son of an affluent family in the city of Kaduna, and became intrigued with American television, particularly "Dynasty." "People laugh, but my role model was Alexis Colby. I felt that she was powerful, she was independent and she knew what she was doing."

Musa and her husband eventually moved to California, but the marriage failed. She worked as a model and in cosmetics, then moved to New York to pursue modeling, but quickly realized she was "not really crazy about being hungry." So she returned to cosmetics, working for makeup artists and entrepreneurs Trish McEvoy and then Laura Mercier.

Tired of traveling and busy raising a family, Musa opened her own makeup boutique in Englewood, later moving it to Tenafly, and developed her own line of makeup, including foundation, concealers and primers infused with anti-aging peptides and anti-oxidants. Her best seller? The dark circle complex primer (\$30), which works on women of all skin types and colors.

The Khuraira line is available at her ruby-hued jewel box of a boutique, also named Khuraira, at 29 1/2 Washington St., Tenafly, (201) 227-1135, or through her website, [khuraira.com](http://khuraira.com).



Khuraira Musa



INSIDE JERSEY

Given your new album title, can you tell us why you consider yourself the voice of the young people? Because I'm young and I'm giving you my voice. But I'm not only giving you my voice, I'm giving you how I feel, knowing all the youth around me. I have friends of all different cultures, all different shapes and sizes who come from all over the world.

With so many fans who admire you, is it hard being a role model? That's just the way it is. It means a lot to me—it does, but I'm not trying to do. I'm just giving my voice, giving my life experiences and sharing stories that are relatable.

What are some of the topics you cover in your songs? I talk about a trip to college in a song called "To College"—the song has a message behind it for young girls and young guys. I talk about life, foster care, parents who abandon [their children], just different stuff in your life period.

Your life must have changed drastically after scoring your record deal. What have been the biggest differences? What's different? A lot of things are different. [Laughs] People look at me different—they look at me as some type of "superhero" or something. A lot of kids look up to me, and a lot of adults look for me to be the voice, to be the answer for their kids. It's more pressure being applied to me as a person as opposed to just an artist.

We always see you stepping out in fabulous hairstyles. How would you describe your overall look? My hair has more natural curls and body in it now. I just swoop it over to the side. I usually just wear it like that, or I'll wear it straight with a Chinese-out bang, which is really my signature look.

Why is this the perfect style for you? Because it's glamorous, but it's also something that an average teenag-



**LOOKING CUTE** The transition to soft curls spells style success for Lil' Mama. "When you try to play an outfit up or go out to an event, you wear curls. I usually wear curls when I'm dressy or you know, just trying to be cute—which I was trying to do in this picture," she remarks with a laugh.



er would wear, you know what I mean? It's really fun and it's cool. **Are you someone who likes to experiment with new styles?** Yes! Ever since I've been doing music professionally, I haven't really been able to [experiment] with my hair the way I want, but I will soon. It's just that when you're so busy, you can only do simple things because it works. **What can we expect from you in the coming months in the style department?** Well, right now I'm growing my Natural hair back out—and my Natural texture is really thick

**"I'm definitely a trendsetter because I don't follow trendy, trendy hairstyles—that's just me!"**

—Lil' Mama

and coarse—but with the perm, it's straight and sleek. But the perm is on its way out, and my hair is on its way in. **For the moment though, are you still working with weaves and extensions?**

Yes, I am. I like them because they protect my hair. I like my hair to stay healthy because I do a lot of dancing, and when you put a lot of heat to your Natural hair, it can break off.

## MAMA'S MAKEUP MOVES

To create Mama's sophisticated chic style while still retaining her natural edge, SBH called upon beauty expert Shalea Walker of Walker's Apothecary in Jersey City, NJ, and frequent makeup artist to the star. "This is an everyday look for Lil' Mama," Walker reveals about the beauty moves Lil' Mama wore in front of the camera. "It's a consistent look that will keep her looking youthful and fresh."

• **Flawless skin** is the foundation for great style, so beauty guru Walker began by applying Ren Calendula Omega 3/7 Hydrating Moisturiser. "The biggest thing is making sure your skin is super-hydrated before you put on any kind of product," Walker advises. She then added Temptu Airbrush Foundation, following up with a touch of MAC Bronzer. "I used the bronzer just on the apples of Lil' Mama's cheeks," Walker says.

• **The makeup pro** used gold eyeshadow, black eyeliner and Fresh Supermoja Mascara to show off Mama's fave feature. "We do shimmering eyeshadows to bring attention to her eyes but not take away from her beautiful eye color," Walker says. "And the gold matches the yellow undertones in her skin."

• **For the finishing touch**, Walker applied Sebastian Trucco Lip Gloss to Mama's famous pucker. "It's red, but it's very sheer," she divulges. "I use that when we want to switch up from the pink a little bit."



THE GLAM SQUAD gave it all in prepping the sweet and sexy Lil' Mama for her SBH photo shoot.

really straight depending on the type of hair I'm wearing. **To aid in styling, what are your must-have products?** A lot of times I don't really need to use too much product because my hair has a natural shine. But I definitely use 10 En 1 Super Conditioner—it's a real good deep conditioner. And I like to use Sebastian Shaper Plus Hair Spray because it keeps my hair down and prevents it from

frizzing up. **We often see you wearing hair accessories. What is it about pony-tails and headband styles that you love?** I just love to work with



**HEALTHY LIVING BEAUTY**

**June Jacobs Refining Brightening Masque** (\$62, [junejacobs.com](http://junejacobs.com)) After only 10 minutes, hyperpigmentation is reduced—thanks to lemon peel extract—leaving glowing skin behind.

**Walker's Apothecary Chamomile Soothing Gel** (\$32, [walkersapothecary.com](http://walkersapothecary.com)) A blend of chamomile and lemon oil lends a calming touch to this hydrating mask. Apply to face and neck to ease irritation and redness.

**Garnier Skin Renew Clinical Dark Spot Corrector** (\$17, [garnier.com](http://garnier.com)) Daily use of this lemon extract-infused serum helps lighten the appearance of spots left by aging, sun exposure, and acne.

**Bliss Lemon + Sage Body Bar** (\$15, [blissworld.com](http://blissworld.com)) Fresh lemon fragrance perfumes the bath, while softly exfoliating loofah bits keep skin smooth.

**I Tried It: Face-Cleansing Brushes**

ub-dub, my face needed a scrub, so I took a face brush for a spin.

**HOW DOES IT WORK?** The soft bristles rotate mesmerizingly fast, helping cleanser to remove makeup; manufacturer claims it's six times more effective than cleansing manually. Fans assert that skin looks smoother, dry spots are banished, and fine lines are diminished. The sensation? Not quite as soothing as bunny slippers, but not sandblasting either.

**WHAT'S THE VERDICT?** A few weeks of use showed results similar to what I see post-microdermabrasion. My skin was smoother, and it felt like serums were better absorbed. Even though most systems come with their own cleansers, I liked that I could also use any product I preferred (a creamier formula for dry winter skin, oil-reducing for summer).

**WHAT DOES IT COST?** The popular Clarisonic Classic Cleansing System (\$195, [clarisonic.com](http://clarisonic.com)) is admittedly splurgy. If that breaks your budget, start with the smaller Olay Pro-X Advanced Cleansing System (\$30, [olayprofessional.com](http://olayprofessional.com)). The technology is slightly different, but skin still gets a good scrubbing. Consider me a convert. —Cindy Hatcher

**Cooking Light**

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20-Minute Entrées  
Supermarket Shortcuts  
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267 HEALTHY RECIPES & TIPS

3 SIMPLE STEPS TO RIGHT-SIZED PORTIONS

2012, OUR 25TH ANNIVERSARY

**News Flash!** by Julia Chance

**Cosmetics for a Cause**  
September is National Ovarian Cancer Awareness Month. With that in mind, L'Oréal Paris is offering the **Color of Hope Makeup Collection**, eyeshadows, nail color, lipstick and glosses in the latest shades for fall. Or you can purchase a Color of Hope Cosmetics Bag containing four items from the collection for \$29.95. One dollar from items bought individually and \$5 for every bag purchase gets donated to the Ovarian Cancer Research Fund. This offer lasts throughout September at retailers nationwide.

**Hot Spot**  
Summer may be fading, but that doesn't mean your glow has to. **Josie Maran Bronzing Argan Oil** (\$52; Sephora) with vitamin E helps you retain a radiant complexion while keeping skin moisturized.

**Beauty Q&A**  
with **Craig Carter** of **Carlos Lobo Salon, New York**

My highlights look vibrant when I first get them, but within a few weeks they start to look dull. How can I keep the color alive?

Color definitely fades over time and things like shampooing, heat styling and ultra violet rays from the sun contribute to it. To help preserve it try not to shampoo your hair within two to three days after getting color. This allows the color to continue to oxidize and set. It's also important to use shampoos and conditioners formulated for color-treated hair because they help maintain the hue up to 40 percent longer than regular shampoo and conditioner. Finally, use styling and maintenance products that contain UVA and UVB protection. And if you wear your hair in a natural style that's not dependent on sunscreen...

**Julia's Pick**  
Because I believe consciousness is always in style, I'm loving **+E (Positive Energy)**, a line of T-shirts and tanks that succinctly address hot-button issues of our times. A single word printed on the front prompts an explanation that appears on the back, along with suggestions for remedying the problem. For example a shirt with the word "Hot" printed on the front speaks to global warming. "Feed" talks about world hunger and "Ecological" offers a message on the merits of recycling. These 100 percent cotton tops fit like a dream and 10 percent of the price goes to charity. \$32.99 for tanks and tees; \$35.99 for long-sleeve versions; [shoppositiveenergy.com](http://shoppositiveenergy.com).

Send your beauty questions to [beautyeditor@heartandsoul.com](mailto:beautyeditor@heartandsoul.com).

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2009 Most Beautiful **Celebrity Bodies**

Become **Brand YOU**  
Re-Invention Tips to Weather Any Storm

Stay Healthy: Terrific Tips for Twentysomethings

Ditch the Salt, Keep the Flavor

Armed and Fabulous

Raising Shining Stars: How to Help Your Child Dream BIG

**Audra McDonald's**  
Roles of a Lifetime

BETTER BEAUTY

# Beat The Heat

Compiled by Catherine Pope

Get ready to look great even in the summer heat. Summer has kicked into high gear, and the only thing hotter than your social calendar is the temperature. During July, keeping busy and perfectly coiffed can be somewhat of a challenge. Here are our top picks to help you look and feel cool during the scorching summer month.

Makeup Forever's waterproof liquid eyeliner gives that big-eyed look without smudging under the hot sun. Available at Sephora, \$22.



**TIGI BED HEAD** Some Like It Hot Heat & Humidity Resistant Sulfate-Free Shampoo and Conditioner forms a barrier to make hair smooth and guard against humidity, UV rays, and thermal damage. Available at fine salons nationwide, shampoo \$15.95, conditioner \$16.95.

Shaveworks The Cool Fix, a targeted all-in-one gel lotion that combats common shaving woes, is the perfect summer solution to get skin bikini-ready. Available at Sephora, \$25 for 5.3 oz.



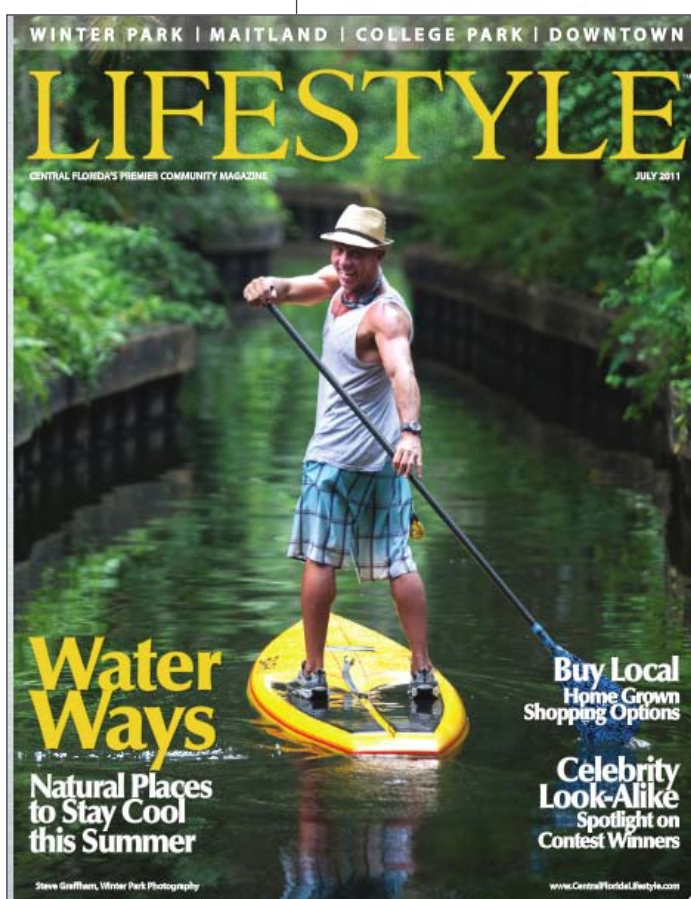
Lancôme's Pure Focus Powder Gel will keep the shine down and can be worn under or over makeup. Available at Nordstrom, \$27.



CoverGirl's Outlast Lipstain won't smudge or budge at the beach or by the pool. Available at CVS, \$8.



Walker's Apothecary Chamomile Soothing Gel soothes and cools the skin, helping to relieve irritation and redness caused by over exposure to the sun and sensitivity. Available at WalkersApothecary.com, \$32.



SHALEA WALKER | EDITORIAL FEATURES



BEAUTY NEWS PUTTING ON AIRS STRANDS + BEAUTY NEWS PUTTING ON AIRS STRANDS + BEAUTY NEWS PUTTING ON AIRS STRANDS +

**JOSIE MARAN Argan Oil.** All-natural, 100% organic treatment oil that works wonders from head to toe, treating damaged hair, rough cuticles, parched lips, and more. \$48 at Sephora.com

**SUKIFACE Creamy Foaming Cleanser.** Antioxidant-rich formula contains Acai oil to fight environmental oxidation, apple juice to exfoliate, and organic jojoba to promote healing deep within skin's surface layers. \$30 at Whole Foods

**OBSESSIVE COMPULSIVE COSMETICS OCC Tint.** 100% vegan and cruelty-free, this base provides flawless coverage that's silicone-, paraben-, and petrolatum-free. Available in 12 complexion-enhancing shades. \$25 at occmakeup.com

## BEAUTY Naturally

Feel like a natural woman.

While we dare not open ourselves up to the "green" versus "traditional" beauty debate, we do, however, recognize the growing desire amongst consumers to better understand product labels, ingredients, and the health impact of certain ingredients over time. The topic of organic beauty is not new—why, I've used Dr. Bronner's Magic Pure Castile Classic Soap since I was a wee lass—but as a stroll past the makeup counter or cosmetics and hair-care aisle will reveal, we have reached a tipping point and "organic, green, certified organic, etc." claims are everywhere! An official-looking stamp here. A special numeric code there. A three-letter acronym etched in green. But what does it all mean?

We decode some of the more commonly used organic certifications and highlight our green beauty loves:

**USDA Certified Organic**  
A product bearing the USDA seal insures that at least 95% of the ingredients in the product are indeed certified organic.

**Made with Organic Ingredients**  
This means that at least 70% of content is organic.

**100% Organic**  
The product contains only organically produced ingredients.

**Organic Ingredients**  
Products with this label contain less than 70% organically produced ingredients.



**WALKER'S APOTHECARY Passion Fruit Exfoliating Cleanser.** Natural glycolic and fruit acid cleanser lifts away dead cells and improves circulation and overall brightness while unclogging pores and brightening complexion. \$18 at walkersapothecary.com



**JOHN MASTERS ORGANICS Lavender Rosemary Citrus & Neroli Shampoo and Conditioner** Sulfate- and paraben-free. \$16 at Whole Foods

**MOOM CLASSIC Organic & 100% Natural Hair Remover.** The ingredient list reads as simply as organic cane sugar, organic lemon, organic chamomile, organic tea tree oil, and water. The unique hair-removal system leaves skin hair-free for up to two months. \$29 at occ.com



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*Fashion & Beauty*

### Seasonal Skin

 **Sabrina Bedrani**, Makeup Expert  
Nov 3rd 2011 6:00AM | Filed under: Fashion & Beauty

As the weather gets cooler, your skin gets dryer. It's important to keep your skin well nourished in the cold with moisturizers and serums that are especially formulated to protect your skin. "Depending on where you live, winter can be really harsh on your skin," says Beauty Expert [Sabrina Bedrani](#). "I usually use a thicker moisturizer especially at night, while the skin is resting and not in contact of cold and wind-but because heat can also dehydrate and dry out your skin. I like to do a mask twice a week."

#### Seasonal Skincare



(8 photos) [Fullscreen](#)

**Walker's Apothecary**  
Walker's Apothecary Vitamin A C E Peptide Serum repairs and remedies undernourished skin.

*hueknewit*™

Finally, a beauty blog where product meets insider know-how!

### ECO BEAUTY: America's Most-Wanted Natural Beauty Finds

**ECO BEAUTY**

america's most wanted natural beauty finds!

 **GREGORIE**  
hueknewit.com





Home » Lifestyle & Celebrity » Lifestyle Features » Best Gifts for the Beauty Lover

November 1, 2011

## Best Gifts for the Beauty Lover

We all have that friend whose bathroom is overrun with products and yet she still wants more. Here are some of our favorite products to add to her collection. *By Abby Gardner*

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8 of 12



### Walker's Apothecary Facial On-the-Go Kit

Just because you're traveling all winter doesn't mean your skin needs to look like you are. Enter this perfect little kit filled with plant-based botanicals to keep you looking glowing and fresh-faced wherever you may go. \$24, Walker's Apothecary

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# REALSIMPLE

life made easier, every day

[The Ultimate Skin Care Guide](#) [Main](#)

## 7 Great Face Masks

*By Alexandra Gonzalez*

These intensive treatments will help address a range of skin problems—from acne to dryness.

### Best Revitalizing

Walker's Apothecary's Green Coffee Moisture Mask is like a shot of espresso for your skin. It has antioxidants and moisturizing ingredients that instantly perk up skin, making it look fuller and more radiant.

**To buy:** \$46, [walkersapothecary.com](#).

Previous



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Home > Travel Blog > Best of the Best > Best Travel-Sized Skin Care

Travel Blog

Best Travel-Sized Skin Care

Posted by Fodor's Guest Blogger on December 19, 2011 at 12:56:09 PM EST  
 Posted in Best of the Best

By S.S. Fair

High-end skin care companies rarely put out economy-size products, but many do downsize their posh potions into travel sets or "starter kits." Not only do A-list creams and toners travel well, but they create an opportunity to sample luxury lines at a lower cost—plus they make thoughtful gifts for any ladies on your list who could use a touch of luxury. This is one case where good things really do come in small packages.



Doctor-Driven Derma Care

Plenty of doctors have thrown their chips into t  
 Neil Sadick is a prominent New York cosmetic

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Go List: Fodor's Top 21 Places to Go in 2012

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Featured Travel Deals

\$849 & up -- Denmark and Norway Week-Long Cruise  
 Royal Caribbean

\$585 & up -- Hawaii 3-Nt. Trips w/Air: All Islands on Sale  
 Pleasant Holidays

\$1879 & up -- Tahiti: 7-Night Vacations w/Air and Credit  
 Pleasant Holidays

\$689 & up -- 7-Night Greek Isles Cruise  
 Royal Caribbean

Spa-tacular Skin

Ama.la, used at the Mandarin Oriental Hotel's Spa, in New York City, is a high-potency skin care line with different regimens for all skin types. Their Rejuvenate Spa Valise (\$156) is a stunning set presented in an organic hemp and woven straw satchel. It contains travel-friendly bottles of cocoa-bean enriched cleansing milk, toner, and face cream for your parched skin to drink up.

Spa habitué June Jacobs features a comprehensive Face Travel Kit (\$100) with eight paraben- and preservative-free products that go from cleanser to exfoliator, mineral-mist toner, cell repair serum, moisturizer with SPF 15, and finally to an eye gel and lip renewal tube, all nestled in a zipped quilted bag.

To give the gift of a facial anywhere in the world, the New Jersey-based Walker's Apothecary offers a Facial to Go Travel Set (\$65) set filled with 1 oz. masks in fun flavors like chamomile and green coffee will boost one's beauty quotient in any time zone.

# TeenVOGUE



Cleaning up my desk and found this cool new natural line from Walker's Apothecary in NJ. Going to try this wkend!

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Posted on February 4, 2011  
 by evachen212

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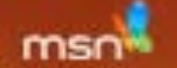
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 MAKE ONE A MEDIUM SPECIALTY PIZZA \$2.00 MORE  
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Can't stop spritzing my face with the amazing-smelling Walker's Apothecary Rose Geranium Toner I just got from meeting- launching in Nov.!



## TODAY Style

### The 10 beauty products you should own

Every woman needs these affordable, essential products and helpful tips

Looking to maintain that youthful glow that came so easily just a few years before? Lucky for us, there are a ton of products willing to help in that department ...

#### Exfoliating scrub

Smooth, radiant skin doesn't always come naturally, and that's where a [gentle](#) exfoliating scrub comes in. Try Olay Skin Smoothing Cream Scrub, \$5.99. It helps slough off dead skin cells, revealing your naturally gorgeous skin underneath. A cleanser with glycolic and lactic acid like Walker's Apothecary Passion Fruit Exfoliating Cleanser, \$18 will "also lighten dark spots," says esthetician and makeup artist Shalea Walker.



#### Anti-aging products

OK, I'm not saying we think you need to look younger, but it's never too early to include ingredients like peptides, antioxidants and retinol in your daily routine. "Retinol is great for all sorts of [skin care](#) issues such as acne, smoothing skin texture and lightening dark spots," says Walker.

Philosophy Help Me Retinol Treatment, \$45, is a great way to ease yourself into the anti-aging regimen (if you haven't started already). And to help zap wrinkles, invest in a good face and eye cream, like Neutrogena Visibly Firm Eye Cream, \$11.99.



## Facial on the Go

JUNE 17, 2011



By Brianne Harrison Moore

Skin is the body's largest organ. It protects us from the elements and, therefore, takes a heck of a beating on a regular basis. And yet, too many of us neglect it, or just slap on any old product, whether or not it's the right one for our skin type.

That's the sort of practice that Shalea Walker set out to change when she opened Walker's Apothecary in Jersey City in 2004. Shalea, a licensed esthetician and makeup artist, wanted to create a place where each client receives truly personalized care, with treatments tailored specifically to their skin's needs. Her services include facials, makeup application and lessons, indulgent manicures and pedicures, and even express services for those in a hurry.

More recently, Shalea has launched her own line of beauty products under the Walker's Apothecary label. They include an enzyme peel, exfoliating cleanser, a moisturizing serum, and two masks that soothe and moisturize. Traveling? Just want to try the products out before buying full-size? There are two sets just for you: Walker's Apothecary Facial to Go Travel Set (\$65) and the Walker's Apothecary Facial to Go Sample Set (\$24). Both include the Marine Peel (renews skin by sweeping away dead cells while lifting impurities and stimulating circulation), Chamomile Soothing Gel (relieves irritation and redness), Green Coffee Moisture Masque (deeply moisturizes and replenishes skin), and Super Moisturizing Serum (protects and nourishes skin with high levels of antioxidants and concentrated botanicals), all contained in a convenient little zippered pouch with instructions. Perfect for air travel!

Walker's skincare products are made from plant-based botanicals and are available for purchase online at [walkersapothecary.com](http://walkersapothecary.com) or at the store, located at 68 Mercer St., Jersey City.

**great giveaway!**



**WAKE UP YOUR MAKEUP**  
As we head into fall, be sure to update your makeup to go with your new hairstyle! Shalea Walker, esthetician, makeup artist and owner of Walker's Apothecary, has the scoop on how to do just that!

**PLAYING WITH COLOR:** "This season is a great time to experiment with more intense colors. Start wearing a deeper blush and lip or even eye color. The key is to pick one or two areas to go deep, and keep the rest of your makeup light and subdued."

**LIP SERVICE:** "I think the major trend for fall will involve lipstick. Sheer makeup with amazing lip colors—such as plums, deep reds, and even orange reds—will be popular."

**PRO MUST-HAVES:** "My five must-have products are Mud cream concealers, Mac Select Moisture cover, Guerlain Lingerie de Peau water-based foundation, Bobbi Brown cream blush and Mac Linger eye pencil."

**5 SIGNS YOU NEED A NEW LOOK**  
Are you in need of a mane makeover? Owner and hairstylist Riccardo Maggiore of Riccardo Maggiore Salon in New York City reveals the signs that tell you it's high time to redo your 'do!

- > **Your hair has zero volume.** When hair is ultra-flat and boring, it doesn't frame the face or enhance your features.
- > **Your haircolor matches your skin tone.** You never want hair to match your skin tone exactly – it will completely wash you out! A quick fix would be to add some lowlights for dimension and contrast.
- > **You have so many split ends, you resemble a broom.** If you're having a major split end problem, your hair is probably very dry and brittle. To bring it back to life, opt for a deep-conditioning treatment and haircut.
- > **You pull your hair into a ponytail all the time.** You should want to show off your gorgeous locks; if you don't, you're probably in a hair rut. A fresh haircut, layers or bangs will make you more eager to wear it down.
- > **You don't receive compliments on your hair anymore.** If even your closest friends and family don't have anything good to say, you know your hair has seen better days!

**grow your bangs out in style!**  
Want to grow out your fringe without a lot of fuss? William George, owner of James Joseph Salon & Studios in Boston, MA, shares his secrets to getting past that geeky grow-out stage.

- 1 When your fringe is no longer an asset, it's all about mastering products and tools. Brush bangs down for as long as you possibly can. "Once they're long enough to style upward, use a pliable, stickier product like a putty or pomade," says George, who likes Sebastian's Microweb Fiber. "Work bangs up and back, or up and sideways."
- 2 When bangs get really long, use a curling iron to direct them up and away, then finger-style to blend into the rest of your hair. "You can also use barrettes or a wide headband," says George. "Once the fringe is long enough to tuck behind your ears, you're fine."
- 3 Be patient! "If you get frustrated, you may be tempted to re-cut them, but you can't if you want them gone." At the average monthly growth rate of half-an-inch, it'll take a few months to be fringe-free.

**HAIR PREVIEW 2012**  
BEST LOOKS FOR FINE, WAVY, CURLY & STRAIGHT  
THE PRETTIEST NEW STYLES & COLOR TRENDS  
2700+ STYLES




**YOUR VIBE: Golden girl**  
**WHY IT'S PERF:** Fake the just-back-from-vacay aura with a gorgeous glow like Naomi Scott's.  
**THE MUST-HAVES:** Tinted moisturizer, illuminator, pink lipstick  
**How-to:** Play up a dewy finish by smoothing on a tinted moisturizer that matches your skin tone exactly (resist the urge to go overly orange). Dab a bronze illuminator along your cheekbones to light up the look. Prep your pout with lip balm, then add a hit of color with a lip shade that nearly matches your pucker. Avoid going glossy or risk looking a tad too shiny.



**YOUR VIBE: Sweet and girly**  
**WHY IT'S PERF:** Play with hints of darling hues, like Elle Fanning, and fun up your everyday look.  
**THE MUST-HAVES:** Pastel liner, mascara and a pretty balm  
**How-to:** Start by lining your lower lash line with a lilac pencil, then sweep mascara on the top and bottom lashes. "The secret to playing around with vibrant colors is to use them sparingly, like Elle does," says Shalea. This is why it's best to keep cheeks bare when opting for pastel hues on your lids. "Make sure to find a lip color that doesn't compete with your eyes for attention," she says. We heart a simple balm.



**YOUR VIBE: Retro-modern**  
**WHY IT'S PERF:** Look chic like Emma Stone with bright lips and defined eyes.  
**THE MUST-HAVES:** Liquid or marker-like liner, tinted moisturizer and a bold lipstick  
**How-to:** "This '50s vibe looks best without much other makeup," says celeb makeup artist Leslie Munsell. To apply liquid liner, use a liner pencil and mark tiny dots along the lash line. Then, brush on the liquid liner to connect all of the dots, flicking just beyond the lash line for a cat eye effect. "It takes a steady hand, so don't do it when you're in a rush," she shares.



**YOUR VIBE: Totally fresh-faced**  
**WHY IT'S PERF:** You'll look stunningly natural like Hailee Steinfeld—without too much fuss.  
**THE MUST-HAVES:** Brown liner, mascara and a lash curler  
**How-to:** Your complexion is the focus here, so pay extra attention to your skin. "The key to getting the no-makeup look is to first exfoliate and then moisturize," says Shalea. If you need extra coverage, she suggests applying a light foundation and setting it with a translucent powder. Then, "line your lashes very close to the base, curl lashes and apply mascara," Shalea continues. A tiny bit of blush will bring out the color in your cheeks, if ya want it.



**Black Opal Automatic Eye Lining Pencil in Coffee Bean, \$5, drugstores. Power Curl Eyelash Curler, \$19, japonesque.com.**

**GL October/November 2011 31**

looking good

“Moisturize your body with baby oil. It’s absorbed quickly and you can apply it before you’re dry,” says Katz.

For a quick pop of color in the morning, go with color sticks. “They can be applied to cheeks and lips and give a glow to the skin that looks like it happened naturally,” explains Kilgore. Shiseido The Makeup Accentuating Color Stick, \$33; macys.com

Walker recommends using one brush to apply foundation, translucent powder, and blush. In that order. This way, you prevent the colors from getting muddled, and you’re freed of the hassle of fumbling around for multiple brushes.

healthy kids, happy families

# Parents

be an in-the-moment mom  
7 IDEAS THAT WILL BRING YOU CLOSER TO YOUR KIDS

is that normal? secret clues to your baby’s health \*  
update your discipline style \* refresh your family room  
\* how one mother turned a bully into a buddy

cook together  
no pressure  
ways to get your  
kids eating on  
plate—without

March 2012

looking good

## Fabulous in a Flash

Thanks to these timesaving tips from our panel of beauty pros, you can look like a million bucks—even on those mornings when you barely have time to brush your teeth. *by TRACY PEREZ*

**Erika Katz**, founder of BondingOverBeauty.com and a mother of two

**Shalea Walker**, founder of Walker’s Apothecary, in Jersey City, New Jersey

**Amy Tara Koch**, author of the blog *Five Minute Fixes* and a mother of two

**Marcia Kilgore**, founder of bath and body brand Soap & Glory and a mom of two

march 2012 **100** parents



GET YOUR BEST LIFE EVER

# skin-tastic!

by ayana byrd

Beautiful skin can be yours! All it takes is some commitment on your part to learn about its characteristics, and the care and practices required for keeping it healthy. We asked leading experts to weigh in on some of our most pressing skin concerns, and

## black don't crack

We've all heard, and likely declared, the adage "black don't crack." And lest you think it's just luck, the reason we tend to age so well is because of comparatively higher levels of **MELANIN** in our skin. "Melanin is quite a gift," says Nikima Frenche, owner of Brooklyn's Le Chateau de Frenche Day Spa. Unfortunately it is also leaves us more susceptible to **HYPERPIGMENTATION** (dark marks and patches) and the thick raised scars known as **KELOIDS** when our skin suffers traumas like acne and bruising.

While keloids should be treated by a dermatologist, hyperpigmentation can be remedied in a number of ways, from over-the-counter fade creams and lighteners to prescription preparations and physician-administered chemical peels and laser treatments. Based on the extent and severity of dark marks, a board-certified dermatologist can recommend the best procedure for fading them. Hyperpigmentation can also be significantly reduced by the daily use of sunscreen. (For more on the wonders of sunscreen, see below.)

## the ashy truth

Our skin is characteristically dry, which explains why lotion is a significant part of our daily grooming regimen. But eliminating dry skin requires more than simply slathering on moisturizer after you bathe or shower. **Our experts recommend that you also:**

**1 AVOID LENGTHY SHOWERS AND BATHS IN HOT WATER.** The longer you are in there, the more hot water can sap your skin's moisture, says dermatologist and author Jeanine Downie, M.D. Instead, make the water as lukewarm as you can comfortably stand it and get in and out of the shower in less than 10 minutes.

**2 SWITCH PRODUCTS SEASONALLY.** Use lightweight cleansers and moisturizers during the warmer months and change to

moisture-rich versions in the winter, when your skin needs an extra boost of hydration.

**3 LAYER ON MOISTURIZER.** "When applying products, start with the thinnest to the thickest in texture," says Shalea Walker, aesthetician and owner of Walker's Apothecary in Jersey City, New Jersey. After bathing, "apply a light oil to your body while it's wet, blot excess water with a towel, then apply a body butter to help seal in the moisture."

**4 KEEP LOTION HANDY**—near kitchen and bathroom sinks, on your desk at work, in your purse—and use it throughout the day.

**5 SMOOTH ROUGH SPOTS**—elbows, knuckles, knees and heels—by applying an emollient-rich moisturizer to these areas in addition to your regular lotion.

## the other huge reason to use sunscreen:

Preventing a sunburn is the given for why a bottle of SPF lotion should always be in your beauty arsenal. But did you know that the more you're out in the sun, the more likely you are to have uneven pigmentation? "Many African Americans have four or five shades on their face. Left unprotected in the sun, the darker areas will produce more pigment, making the differences even more pronounced." says dermatologist Howard Murad, M.D. In addition, uneven skin tone and dark marks are associated with aging, says Heather Woolery-Lloyd, M.D., director of ethnic skin care at the University of Miami department of dermatol-

ogy and cutaneous surgery. "Sunscreen prevents these." The lesson? Use a minimum of SPF 30 every day, not just when you think you will be in the sun. Also, stresses Dr. Woolery-Lloyd, wear a wide-brimmed hat with a four-inch brim to provide additional protection when at the beach or outside all day.

get gorgeous

### If you have five minutes:

**FACE FIX** Spice up your humdrum skin-care routine with a spalike steam session: steam softens pores for a deeper cleanse. Fill your sink with two parts hot water and one part cold water, then add two drops of purifying tea tree oil, says Liz Earle, cofounder of Liz Earle Naturally Active Skincare. Hold your face over the sink for three minutes, inhaling deeply. Or put a **Lush T Tree Facial Toner Tab** (\$2, lushusa.com) in a bowl of hot water and hold your face over the bowl until the tab stops fizzing. The vapor helps the oil unclog your pores.

**BODY SOOTHER** Tame tension after a tough workout by massaging your neck and shoulders with a blend of 10 drops of stimulating peppermint oil and four ounces of jojoba oil, says Shauna Melendrez, national spa director for Lather in New York City. Pour the mixture into a roller-ball applicator, like **Sephora Refillable Rollerball** (\$10, sephora.com), to dab on your pulse points.

### If you have 15 minutes:

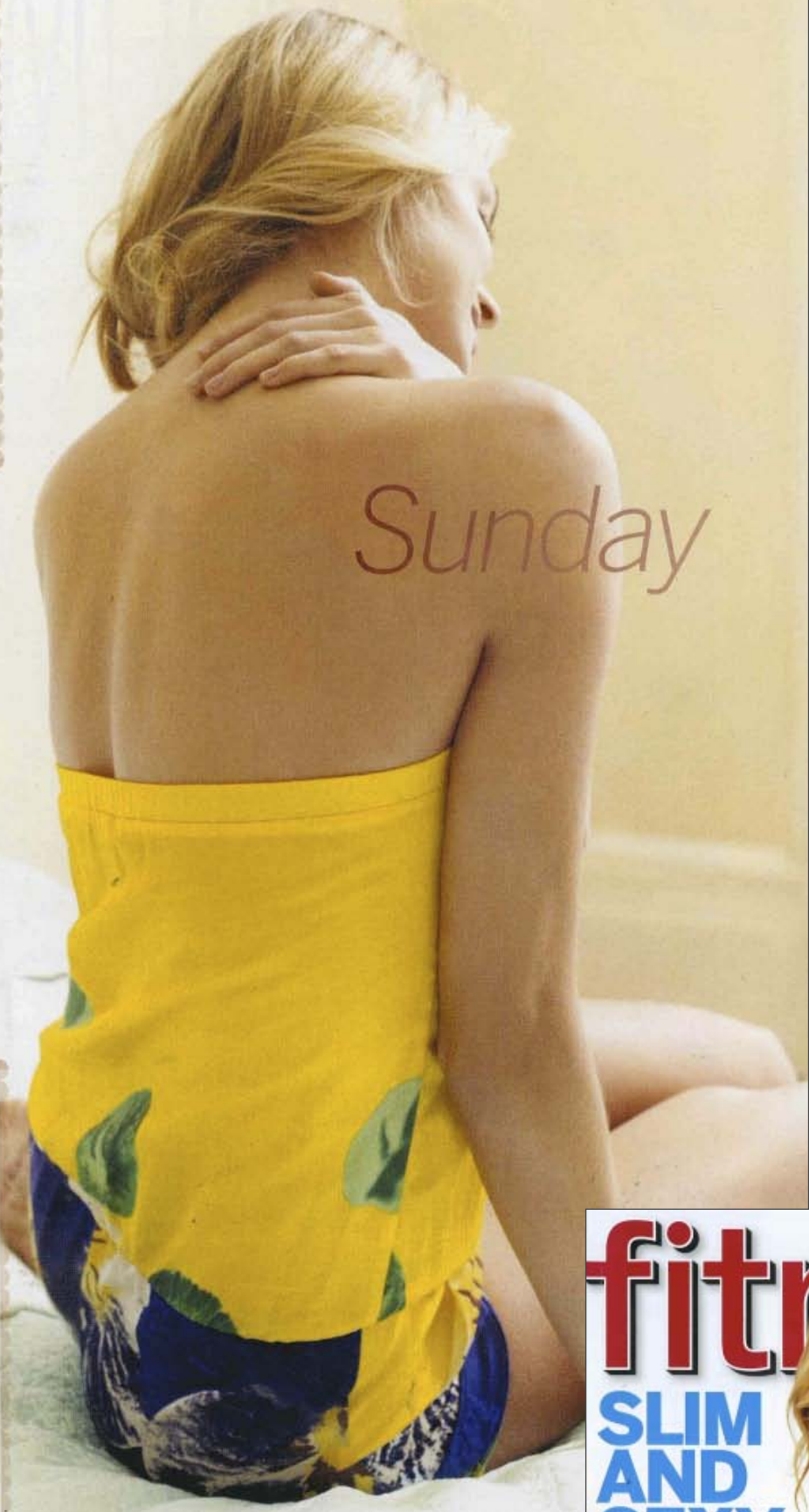
**FACE FIX** Mimic microdermabrasion by mixing a half cup of sugar with water until a paste forms and rubbing it onto your skin, says Skyy Hadley, owner of As "U" Wish Spa in Hoboken, New Jersey. Rinse and apply your favorite face cream. Or try **Mission Skincare 3-in-1 Microdermabrasion Anti-Aging Facestick** (\$20, hsn.com), a handy solid.

**BODY SOOTHER** Pamper tired feet by soaking them in warm water infused with sea salts, such as **Essiespa Marine Sea Salts** (\$32, essie.com). "The hot water softens calluses and warms your body, so you feel relaxed," says Sonja Gietemann, therapist for Sensai Select Spa in Interlaken, Switzerland. Towel off, then knead your feet with your thumbs. Use your knuckles to massage the soles.

### If you have 30 minutes:

**FACE FIX** Three 10-minute masks create the effect of a spa facial. Start with an exfoliating mask, follow with a clay formula and finish with a hydrating treatment. "The trio balances all skin types, blots oiliness and heals dryness," says Shalea Walker, owner of Walker's Apothecary in Jersey City. Our picks: **Naturopathica Pear Fig Polishing Enzyme Peel** (\$52, naturopathica.com), **Boots Botanics Conditioning Clay Mask** (\$9, Target stores) and **Yes to Carrots Softening Facial Mask** (\$15, Walgreens stores).

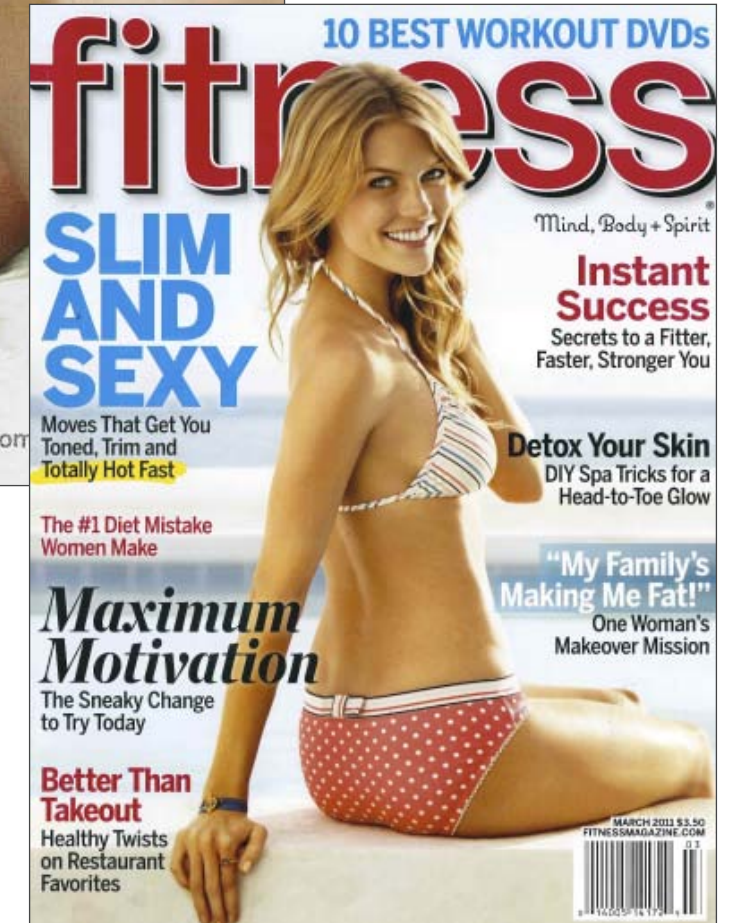
**BODY SOOTHER** "Microwave a damp washcloth for 30 seconds and apply to achy areas," Ramirez says. "This boosts your circulation to relieve soreness." Make the remedy more relaxing by sprinkling the towel with lavender oil. Or use lavender-scented **Earth Therapeutics Anti-Stress Microwavable Comfort Wrap** (\$10, earththerapeutics.com).



fitnessmagazine.com



SHALEA WALKER | EDITORIAL FEATURES



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beauty NOTEBOOK

# Snag your *perfect* makeup look!

Brush past the basics (ahem, gloss) and cultivate your own beauty vibe. These six gorge girls provide ample inspiration. The rest is all y-o-u!

**YOUR VIBE:** *Pretty and polished*

**WHY IT'S PERF:** Enhance your natural beauty with Emma Roberts' classic, go-anywhere look.

**THE MUST-HAVES:** Liner, neutral shadow and a pink lipstick with major shine

**How-to:** Use a black or gray liner to define your lids. Then, brush on a subtle shadow like a bronze, mushroom or taupe. Take a Q-tip or a flat liner brush to smudge the liner that's on the top lid. The softer feel adds allure—and makes it more daytime ready. A slick of balm or gloss in a sweet carnation hue adds the final kiss of color.

Matte se Elite Frost Eye shadow in Vanilla Ice, \$12, rickysnyc.com.  
CoverGirl TruShine in Peach Shine, \$6, drugstores. e.l.f. Mineral Lipstick in Cool Coral, \$5, eyeslipsface.com.

Emma Roberts proves that a li'l sparkle is always dazzling.



**YOUR VIBE:** *Fashion glam*

**WHY IT'S PERF:** Hello, drama. Keke Palmer proves that dark makeup can rule off the runways, too.

**THE MUST-HAVES:** Gray shadow duo, black liner and blush

**How-to:** Glide a jet-black liner along your lash line. Next, apply the darker gray on your lid up to the crease. Smudge a lighter, more shimmery hue along the outer corner of the crease. "Use a nice pop of color on the cheeks so the skin doesn't look flat," says Shalea Walker, makeup artist and founder of Walker's Apothecary. Add mascara and gloss and you're set.

L'Oréal Paris HIP Studio Secrets Professional Metallic Shadow Duo, \$8, drugstores. Paul & Joe Creamy Cheek Powder in Peaches, \$24, beautyhabt.com.



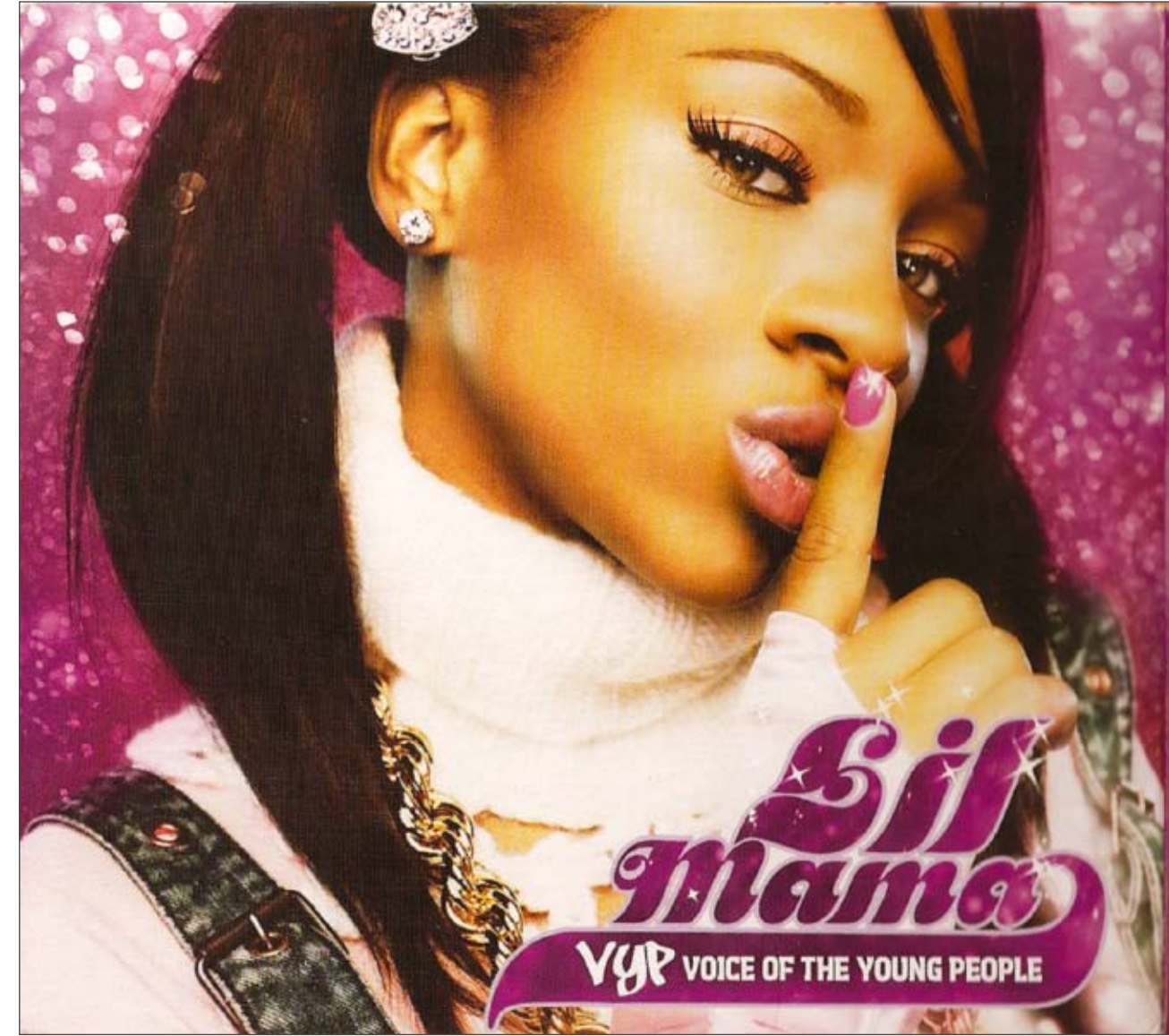
# COVERS & ALBUMS



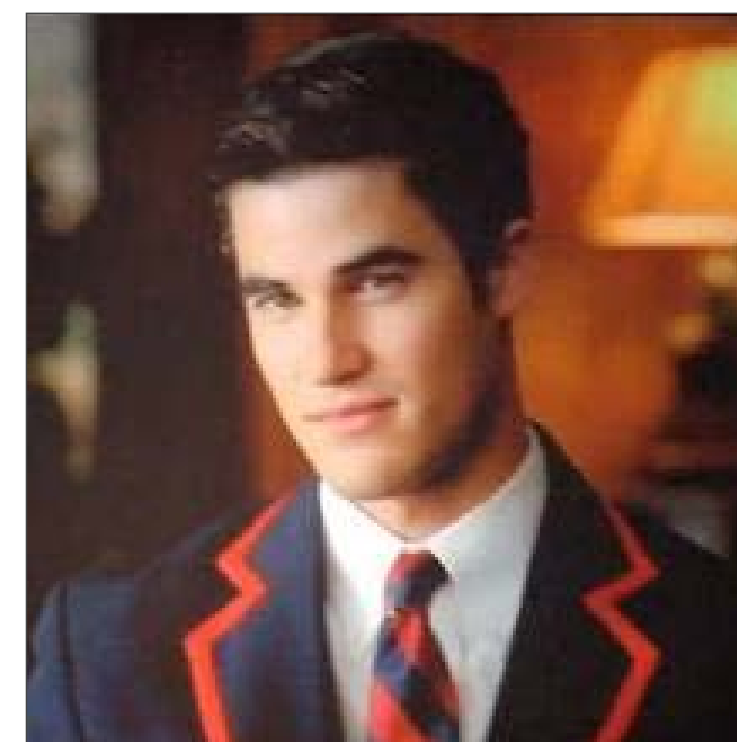
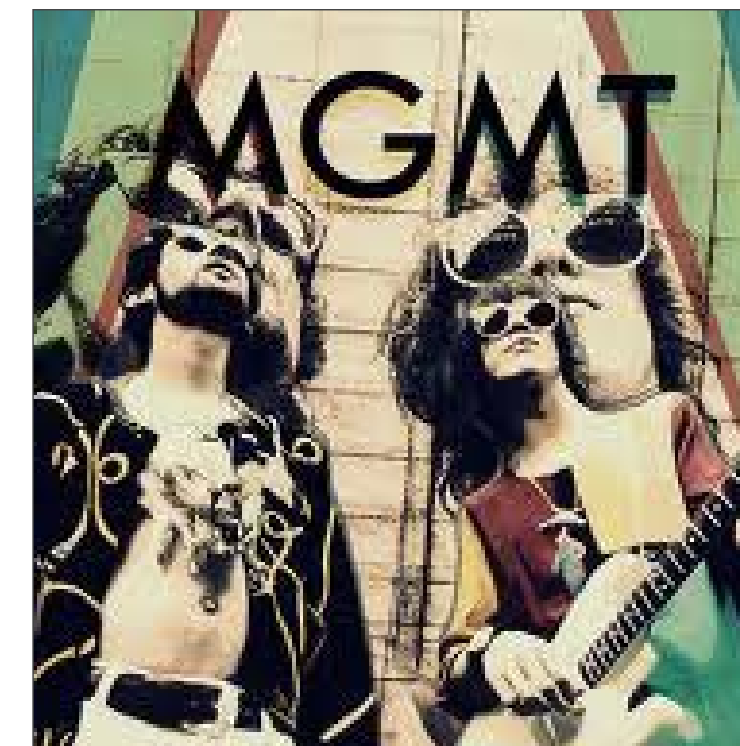
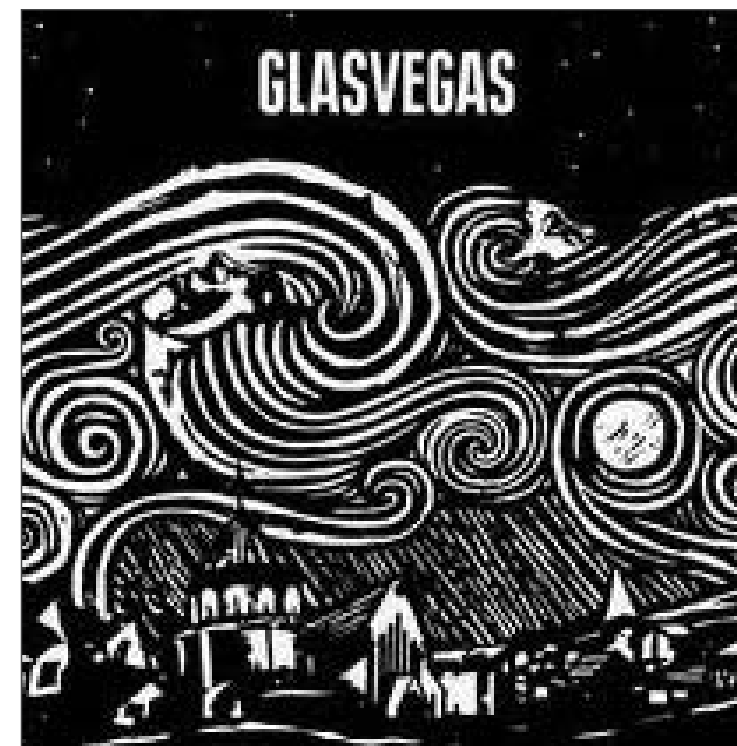
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