

THE OPRAH
MAGAZINE

JUST SAY HELLO!
Improve the world—and your health—one new friend at a time. Join our campaign, pg. 124

The Mother of All Yard Sales!

You'll never believe what Oprah finally got rid of...

De-Clutter Your Life 2014!

O's annual guide to clearing some space in your head, your heart, your sock drawer

Life Is Hard—Skincare Should Be Easy

The *only* products you need for complexion perfection

Wait...What?

A no-fail plan for the chronically distracted

DIET OR EXERCISE:

The real key to weight loss, once and for all, pg. 88



PORTRAITS BY
**ALEXANDRE
WEINBERGER**

STILL LIVES BY
ADAM VOORHES



If you're overwhelmed by the seemingly infinite array of lotions and potions out there—and the added wrinkle that your best choices change as you age—you've come to the right place. With advice from leading dermatologists, we've created a core regimen for each decade, so you can enjoy complexion perfection (and a streamlined routine) your whole life long.

Essentials

PROP STYLIST: ROBIN FINLAY

40s

In this decade, dark-skinned women are usually just beginning to see fine lines, wrinkles, and other age-related issues like loss of volume, says Brooke Jackson, MD, associate professor of dermatology at the University of North Carolina at Chapel Hill. In fair-skinned women, sun damage continues to show up as splotchiness and hyperpigmentation. And many 40-somethings contend with hormone-related problems such as acne and perimenopausal dryness.

YOUR FACE BASICS

CLEANSER Use a milky or creamy cleanser morning and night. As long as it's gentle, any cleanser is fine, although if you're plagued by occasional pimples, try a face wash with salicylic acid.

SERUM AND MOISTURIZER To repair and protect, look for a serum rich in antioxidants, like vitamin C or E, or epidermal growth factors to help stimulate collagen production, says Jackson. (If you've become particularly concerned about your eye area, give your eye cream an extra boost with a specialized serum containing the same ingredients.) Over that, layer a broad-spectrum UVA/UVB SPF 30 moisturizer.

NIGHTTIME TREATMENT It's worth it to spend a bit more on your bedtime regimen, says Jackson. Regular use of a prescription retinoid is like making a deposit in your 401(k): Retinoids boost reserves of collagen and elastin, preventing future sagging. Not only are they antiaging, they also reduce acne, a bonus for women still suffering through breakouts.



THE ESSENTIALS



Cream cleanser:
Nourish Organic
Moisturizing Cream
Face Cleanser



**Salicylic acid
cleanser:** Olay
Regenerist
Regenerating
Cream Cleanser



Facial Serum:
PCA Skin Total
Strength Serum



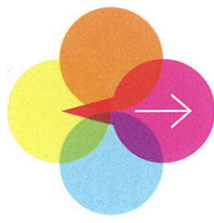
Eye serum:
Philosophy Time in
a Bottle for Eyes



Moisturizer:
L'Oréal Paris
Revitalift Triple
Power SPF 30
Day Lotion



Retinol cream:
Dr. Dennis Gross
Ferulic + Retinol
Fibroblast Anti-
Aging Moisturizer



Shop Guide

(All prices are approximate.)

COVER On Oprah: Jacket, Richard Nicoll, \$1,847; net-a-porter.com. Top, Barneys New York, \$175; barneys.com. Pants, \$116; lisette-l.com. Earrings, \$1,950; jhadleyjewelry.com. Ring, Nava Zahavi, \$1,130; fragments.com. Shoes, Giuseppe Zanotti, \$695; net-a-porter.com for similar styles.

O'S SPRING FASHION LOOK BOOK

PAGE 64 Bag chart: Yellow basket bag, SR Sondra Roberts, \$125; irresistibles.com. Coral basket bag, \$72; nila-anthony.com. Blue duffel bag, Kate Spade Saturday, \$295; saturday.com. Red duffel bag, Merona, \$40; target.com. Leather cross-body bag, \$595; tumi.com. Cross-body bag, \$77; nila-anthony.com. White and orange camera bag, \$775; tilamarch.com. Pink camera bag, Lulu by Lulu Guinness, \$50; jcpenny.com. Tan fringed bag, Rebecca Minkoff, \$295, Posh Boutique; 615-465-6483. Orange fringed bag, Lucky Brand, \$178; macys.com. **PAGE 70** On left model: Clutch, Rafe, \$395; neimanmarcus.com. Shoes, Jessica Simpson Collection, \$98; macys.com. On center model: Tote, L'Agence, \$895; lagencefashion.com. Shoes, Kurt Geiger, \$450; 212-367-0830. On right model: Scarf, \$59; stelladot.com. Bag, Rebecca Minkoff, \$245; shopbop.com. Shoes, Via Spiga, \$155; bloomingdales.com.

O, BEAUTIFUL PAGE 74 1. CoverGirl Outlast Stay Brilliant Nail Gloss in My Papaya (250), \$5; drugstores. 2. CND Vinylux in Pink Bikini, \$10; cnd.com for salons. 3. Chanel Le Vernis Nail Colour in April, \$27; chanel.com. 4. Maybelline New York Color Show Nail Lacquer in Pinkalicious, \$4; drugstores. 5. Revlon Colorstay Longwear Nail Enamel in Rich Raspberry, \$8; revlon.com. 6. OPI Nail Lacquer in Miami Beet, \$9; ulta.com. 7. Sonia Kashuk Nail Colour in Pulp Fiction, \$5; target.com. 8. Chanel Le Vernis Nail Colour in Provocation, \$27; chanel.com. 9. OPI Nail Lacquer in Louvre Me, Louvre Me Not, \$9; ulta.com. 10. OPI Nail Lacquer in Honk If You Love OPI, \$9; opi.com for salons. 11. Estée Lauder Pure Color Nail Lacquer in Smashed, \$21; esteelauder.com. 12. Nicole by OPI Nail Lacquer in Show You Care, \$7; target.com. 13. Formula X for Sephora New Classics in Atomic, \$10.50; sephora.com. 14. China Glaze Nail Lacquer in Innocence, \$7; sallybeauty.com. 15. CND Vinylux in Strawberry Smoothie, \$10; cnd.com for salons. 16. Priti NYC Polish in Chorus Line, \$15; pritinyc.com. 17. Topshop Beauty Nails in Art School, \$8; nordstrom.com. 18. CND Vinylux in Tropix, \$10; cnd.com for salons.

SKINCARE ESSENTIALS PAGE 134

Garnier Clean+ Smoothing Cream Cleanser, \$8; drugstores. Clearasil Daily Clear Refreshing Superfruit Wash, \$6.50; drugstores. Caudalie Vinexpert Firming Serum, \$89; caudalie.com. Perricone MD Photo Plasma, \$69; sephora.com. Vichy LiftActiv Retinol HA Advanced Concentrate, \$55; vichyusa.com. Clinique Acne Solutions Clinical Clearing Gel, \$25 for 30 milliliters; sephora.com. On model: Dress, \$375, blackhalo.com. **PAGE 135** SkinMedica AHA/BHA Exfoliating Cleanser, \$45; skinmedica.com for stores. SkinCeuticals C E Ferulic, \$153; skinceuticals.com. Fresh Seaberry Moisturizing Face Oil, \$50; fresh.com. Dermalogica Super Sensitive Shield SPF 30, \$48; dermalogica.com. Lancôme Absolue Yeux, \$125; lancome-usa.com. RoC Retinol Correxion Sensitive Night Cream, \$23;



drugstores. On model: Top, \$39; joefresh.com for stores. **PAGE 136** Nourish Organic Moisturizing Cream Face Cleanser, \$14; nourishorganic.com. Olay Regenerist Regenerating Cream Cleanser, \$22; drugstores. PCA Skin Total Strength Serum, \$86; pcaskin.com. Philosophy Time in a Bottle for Eyes, \$65; philosophy.com. L'Oréal Paris Revitalift Triple Power SPF 30 Day Lotion, \$25; drugstores. Dr. Dennis Gross Ferulic + Retinol Fibroblast Anti-Aging Moisturizer, \$72; dgskincare.com. On model: Dress, ML Monique Lhuillier Bridesmaids,

\$238; nordstromweddingsuite.com. **PAGE 137** Yes to Carrots Daily Cream Facial Cleanser, \$8; yestocarrots.com. Shiseido White Lucent Total Brightening Serum, \$170 for 50 milliliters; shiseido.com. Algenist Genius cream, \$110; sephora.com. La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid, \$30; laroche-posay.us. Glytone Clarifying Skin Bleaching Fading Lotion, \$46; dermstore.com. Obagi Hydrate Luxe, \$70; obagi.com for stores. On model: Top, Brunello Cucinelli, \$1,635; 212-627-9202.

DE-CLUTTER CHALLENGE: No purchase necessary to enter or win De-Clutter for a Cause 2014 contest. Sponsored by Hearst Communications, Inc. From February 18, 2014, at 12:01 A.M. (ET) to March 17, 2014, at 11:59 P.M. (ET), visit oprah.com/declutterforacause2014 and submit your proposal (500 words or less) for an ambitious, large-scale de-clutter-athon whose proceeds will go to the charitable cause of your choice. The winner will receive guidance and advice from *O, The Oprah Magazine* and professional organizer Peter Walsh, and the winning project will be featured in a future issue of *O, The Oprah Magazine*. Odds of winning will depend on the number of eligible entries received. Total ARV: priceless. The contest is open to legal residents of the 50 United States and Washington, D.C., who are 21 years old or older. Void in Puerto Rico and where prohibited by law. The contest is subject to the complete official rules available at oprah.com/declutterforacause2014.

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