

GOOD HOUSEKEEPING

YOUR LOOK **pretty pjs**

TAP PRODUCTS FOR MORE INFO



GH LAB PICK

WICKING FABRIC

Moisture-wicking activewear technology in this cotton blend rapidly draws sweat away from your body.

Lusomé

WWW.LUSOME.COM

CHATELAINÉ

EVERYDAY. EXTRAORDINARY.

Would you try hot-flash fashion?

New fabrics and technology can help keep you comfortable in bed — or out on the town.

by [Chatelaine](#) Updated Mar 16, 2015



Up to 80 percent of women experience hot flashes at some point in their lives, usually due to pregnancy, thyroid issues, cancer treatments or menopause. (A 2014 study from the University of



Pennsylvania discovered that more than a third of women continue to have hot flashes up to 10



years after menopause.) Fortunately, there is relief, and it comes in the form of stylish sleepwear and accessories.



01 of 5



Sweat-wicking nightgown

The Calgary-based Lusomé line, which includes everything from sexy nighties to comfy rompers and PJs, is made from a luxuriously soft moisture-wicking fabric that absorbs sweat from your skin and quickly evaporates it.

Nightgown, \$88, [Lusomé](#).

Lusomé

WWW.LUSOME.COM

REAL SIMPLE

Little helpers

4 ingenious products to make your day easier



Eco quandary WHAT SHOULD YOU DO WITH LEFTOVER COOKING OIL AND BACON GREASE?

Oil that goes down the drain can clog pipes and pumps in public sewer lines or in wastewater treatment facilities, according to the Environmental Protection Agency. To dispose of used cooking oil and bacon grease responsibly, let it cool, pour it into a container, seal, and place in the trash. But in a perfect world, used cooking oil should be recycled. Check earth911.com or call your local municipality to see if there's a recycling facility near you. You can also ask local restaurants if they save and send old oil to be converted into biodiesel fuel and if they accept donations. For oil that will be recycled, filter food particles out with a strainer when the oil is cool, then store in a sealed container in the refrigerator until you've got plenty for collection.

According to the U.S. Department of Agriculture, you can also reuse oil or bacon grease for, say, frying eggs. (Both will keep in the refrigerator for a month if strained and tightly sealed.) With either oil or grease, remove the excess from pots and pans with a paper towel before washing.

—KAITLYN PIRIE

1 TOUCH-UP KIT
Store leftover paint in this airtight can with (get this) a built-in brush. When the kitchen wall becomes your kid's canvas or a windowsill needs a refresh, you'll have a quick fix ready to go. \$16, mypaintsaint.com.



2 CLIMATE-CONTROL PJS
Hot flashes and night sweats are forces to be reckoned with. This cute set blends cool-to-the-touch fibers with moisture-wicking technology. From \$48, lesome.com.



3 SPORT EARBUDS
No more jostling while jogging—these adjustable ear loops will stay put. And the tangle-free reflective cable keeps you visible during still-dark-out runs. \$30, coloud.com.

4 BAKING SHEET 2.0
With just one silicone tray, you can do it all: Bake the cookies, cool them, and serve them. Chef'n Sweet Sheet Mat, \$25, amazon.com.

Written by Tanya Christian
Photographs by Philip Friedman

Life & Style WEEKLY

celeb-worthy **SWAG**

The loot that we're currently lusting after!

FOR THE BOYS

Fellas who shop the men's Basquiat x Sean John capsule collection better get ready to have their closets raided! Some of late artist Jean-Michel Basquiat's most iconic works feature on street-chic pieces, from a \$169 denim jacket that's perfect for draping to an \$89 chenille sweater that begs to be snuggled up in. macys.com



HAUTE HANG TIME

Get in the stylish swing of things with BaubleBar's Criselda Ball Drop Earrings. Available in 12 vibrant hues, the lightweight, thread-wrapped dangles make a statement with any outfit – which is why they've popped up on major red carpets in 2018. Even better? The striking design is currently marked down to just \$12! baublebar.com



A CLEAR WINNER

When of-the-moment models want to put their fashion cred on display, they grab the \$978 Grace bag by L'AFSHAR. Known as a purveyor of sophisticated, handmade box clutches, the Dubai-based brand goes for sheer glory with the Lucite and gold-plated wonder. lafshar.com



TOTALLY SCENTS-ABLE

Spritz on Giorgio Armani's fragrances to feel good inside and out. The label's Acqua for Life campaign has raised nearly \$4M through sales of colognes and perfumes, like the zesty floral Acqua Di Giò (\$50 and up), to help UNICEF provide children worldwide with safe, clean water. giorgioarmanibeauty-usa.com

SLEEPWEAR HEAVEN

When no ordinary PJs will do, turn to Lusomé. Prices start at \$38 for a bevy of super-soft nighties and mix-and-match separates that offer expert moisture and odor control for ultimate comfort. Plus, the feminine jammies are cute to boot! lusome.com



luxe locale OF THE WEEK



WHERE TO FIND SINFULLY GOOD FARE IN SIN CITY

Don't want to roll the dice on food along the Las Vegas Strip? Then head to Café Hollywood! The 24-hour eatery opened four months ago in conjunction with the 10-year anniversary of Planet Hollywood Resort & Casino and has been delighting taste buds ever since. Combining savory and sweet, the expansive menu boasts gotta-try concoctions such as the Cosmic shake, which blends cotton candy, sprinkles, chocolate-covered pretzels and more yummy goodness. thecafehollywood.com

CLOCKWISE FROM TOP LEFT: COURTESY OF SEAN JOHN; COURTESY OF BAUBLEBAR; L'AFSHAR; COURTESY OF LUSOMÉ; COURTESY OF CAFFÉ HOLLYWOOD; COURTESY OF ACQUA DI GIÒ



THE OPRAH
MAGAZINE



Adam's STYLE SHEET

» Dreaming of comfier shapewear, sleeker pants, and a cure for VPL? I've found simple solutions to everyday style problems.



Follow O creative director Adam Glassman on Twitter, Instagram, and Snapchat @TheRealAdamSays.



2. Support System

These slipdresses offer medium compression (read: not rib crushing) and come in a sea of fun colors. Finally, sexy shapewear!

Jewel Toned, \$52 each;
shopjeweltoned.com

3. COOL RUNNINGS

Night sweats or not, you'll love this sleepwear that's ultralight and buttery soft. It's made with a proprietary fabric that actually pulls perspiration off the body.

Shirt and pants, \$88 each; lusize.com



Lusomé

WWW.LUSOME.COM