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MAGAZINE

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SUMMER!

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Summer Beauty 911

As temperatures rise, so do the chances of poufy hair, sunburn, and fragrance overload. Here, four step-by-step solutions for beating the heat gorgeously.

THE STICKY SITUATION

Warmer days go right to your head—by the time you get to the office, your hairstyle has tripled in size.

1. Take control in the shower.

Use a moisturizing shampoo and conditioner formulated with silicone—look for dimethicone on the ingredients list—which will help seal the hair's cuticle (outer layer), blocking frizz-inducing moisture, says Dove celebrity stylist Mark Townsend. (We like L'Oréal Paris EverCreme Deep Nourish Shampoo and Conditioner, \$8 each; drugstores.)

2. Trade your standard terry-cloth towel for a microfiber one or a cotton T-shirt for less friction.

The best drying technique: Blot or squeeze wet hair, starting at the roots and moving down the strands. Don't rub or twist—that roughs up the cuticle, causing frizz.

3. Put on a protective coat. While hair is still wet, apply a smoothing leave-in serum or cream all over (like Garnier Fructis Moisture Lock 10-in-1 Rescue Leave-In Spray, \$6; drugstores). In addition to dimethicone, look for hydrating coconut, macadamia, or almond oil. "You want to fight frizz from root to tip, so it's important that the product is evenly distributed," says Townsend. "Flip your head upside down, work the serum or cream through your hair, and finish by brushing or combing."

4. If blow-drying, use a dryer with an ionic setting, which reduces frizz, and aim the nozzle downward.

5. For extra polish, tame flyaways at the part, the hairline, and the nape of the neck.

Lightly mist a toothbrush with strong-hold hairspray (try Dove Extra Hold Hairspray, \$4; drugstores) and gently smooth any problem areas.

THE STICKY SITUATION

You were so thrilled to come back to your signature summer scent that you accidentally spritzed too much. Waaay too much.

1. Dip a cotton ball in rubbing alcohol

and dab it where you sprayed. Keep in mind that the heavier the scent, the harder it is to dilute—a big white floral is much more difficult to tone down than a bright sparkling bouquet, says fragrance expert Ann Gottlieb.

THE STICKY SITUATION

You dozed off on the beach, and now you look like the lobster you're about to eat.

1. Pop an ibuprofen or aspirin as soon as possible: Anti-inflammatories decrease swelling, pain, and redness.

2. Cool off! When you're sunburned, more blood is flowing to the skin, which is why it looks red and feels warm.

While you may be inclined to run ice over burned areas, that can be irritating, says Elizabeth Hale, MD, clinical associate professor of dermatology at New York University



Langone Medical Center. Instead, take a cold bath or shower, which can reduce blood flow and also soothes the skin. Post-soak, dunk a paper towel or washcloth in a bowl of cold whole milk, and apply it to the sunburned area for ten minutes (you can repeat hourly as needed). The chilly temperature and the fat and protein in the milk can help ease inflammation.

3. Moisturize, moisturize, moisturize

with a cream containing hyaluronic acid, glycerin, ceramides, or antioxidants (such as Coppertone ClearlySheer AfterSun Moisturizer, \$6; drugstores). "Free radicals generated by UV rays trigger changes in the skin that can lead to premature aging and skin cancer," says Hale. "Antioxidants, like vitamins C and E, can help neutralize these free radicals, counteracting some of the damage."

4. Until you heal, keep your skincare routine simple.

Avoid exfoliating ingredients (retinol, glycolic acid, alpha hydroxy acid) and tools (like cleansing brushes), as they may cause irritation.



WHILE YOU RECOVER FROM YOUR BURN, HERE'S WHAT TO DO FOR REDNESS RELIEF:

Skip concealer. Chances are, your concealer is lighter than your current skin color, so it will draw attention to your burn. Use a green-tinted primer (like Lancôme Miracle CC Cushion, \$39.50; lancome-usa.com), which neutralizes redness, says makeup artist Emily Kate Warren.

Apply liquid foundation one shade darker than your pre-sunburn skin color. Or add a little powder bronzer to your regular liquid formula.

Dust bronzer on the areas where the sun would normally hit your face. (Try Nars Sun Wash Diffusing Bronzer, \$40; narscosmetics.com.)