

NEW BEAUTY

THE BEAUTY AUTHORITY

THE FIX IT ISSUE

*spots
wrinkles
dark circles
cellulite
and more...*

*say good-bye
to your biggest
beauty problems!*



the new obsession
**“SELFIE”
SURGERY**
*has it gone
too far?*

*Gillian
Anderson*
*her supernatural
anti-aging
secret*

10 SUPER EASY WAYS TO
**LOOK
YOUNGER
FAST!**

FITNESS + WELLNESS

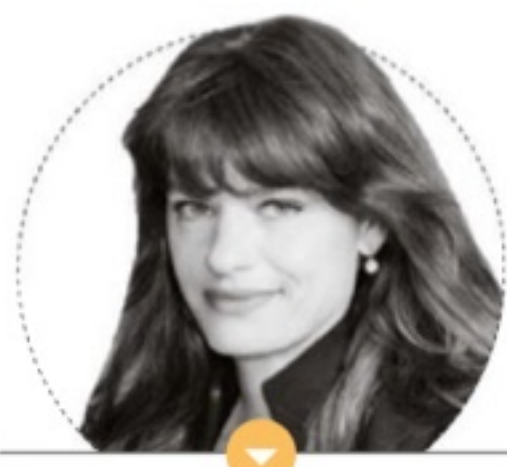


Inside + Out: From the foods we eat to working out, these picks prove beauty comes from within.



FITNESS
Andrea Orbeck
Celebrity Trainer
@AndreaOrbeck

"I think summer beauty needs a two-pronged approach that has to come from the inside out. The sun and summer require nourishment from both hydration and nutrition and protection and conditioning. I think fluids and sunscreen are keys to summer survival. Two products in my daily rotation are Health-Ade Kombucha and Babygenics sunscreen."



MAKEUP
Pati Dubroff
Celebrity Makeup Artist
@patidubroff

"We all know that retinol is one of those proven magic ingredients when it comes to anti-aging skin care. My sensitive skin loves IllSkin Celestial Black Diamond Retinol Oil. It's essential in my routine!"



FITNESS
Ruth Zukerman
Cofounder of Flywheel
@Ruth_Flywheel

"My surefire antidote is exercise. With the way in which it conquers stress and depression and lowers our resting heart rates, we can alter our outlook on life by creating energy and confidence and finding peace simultaneously. Additionally, the daily sweat factor eliminates toxins, creating a vibrancy and glow. To me, that's the best impediment to aging that I could ask for."



NUTRITION
Cynthia Pasquella
Celebrity Nutritionist
@CPasquella

"My go-to anti-aging essential is the DreamSpa, a personal phototherapy system that uses light to stimulate cellular repair and regeneration. It also helps to reduce my stress levels, which we know contribute to aging in a big way!"



YOGA
Mandy Ingber
Celebrity Yoga Instructor
@MsMandyIngber

"Adding inversions to my yoga practice is my go-to anti-aging tip. This increases blood flow and keeps your brain and body youthful. Shoulder stands and standing forward bends keep me young."



SKIN CARE
Tammy Fender
Holistic Skin-Care Specialist
@PureTammyFender

"Pure essence of rose—a powerful cell rejuvenator—concentrates the healing drawn from up to 7,000 petals into each precious drop. Nourishing skin with a complex array of vitamins, minerals and antioxidants, its capacity for repairing tissue damage is legendary. And, of course, the scent is irresistibly feminine and divine."



FITNESS
Ramona Braganza
Celebrity Trainer
@ramonabraganza

"Vitamin C in the most natural form—an orange. I routinely eat two to three per day and believe that has been extremely beneficial in keeping my skin tighter and younger-looking for longer."



NUTRITION
Paula Simpson
Celebrity Nutritionist
@NutriBeautiful

"Water. We hear a lot about 'you are what you eat,' and the same is true for hydration. Your body is about 70 percent water and your skin reflects how well you're hydrated. I opt for herbal tea, such as green tea, for its antioxidant benefits. This is one of the easiest ways to keep skin clear, plump and glowing."



AESTHETICS
Nerida Joy
Celebrity Aesthetician
@NeridaJoy

"My go-to anti-aging essentials are retinol serum at night and my glycolic day moisturizer with SPF."



FITNESS
Valerie Waters
Celebrity Trainer
@valeriewaters

"My best anti-aging secret is to sweat daily, especially doing something you love. Run, lift, hike, yoga or dance—it doesn't matter, just do it consistently. A well-conditioned body is a thing of beauty. A joyful face is like nature's facelift!"



NUTRITION
Christine Avanti
Celebrity Nutritionist
@ChristineAvanti

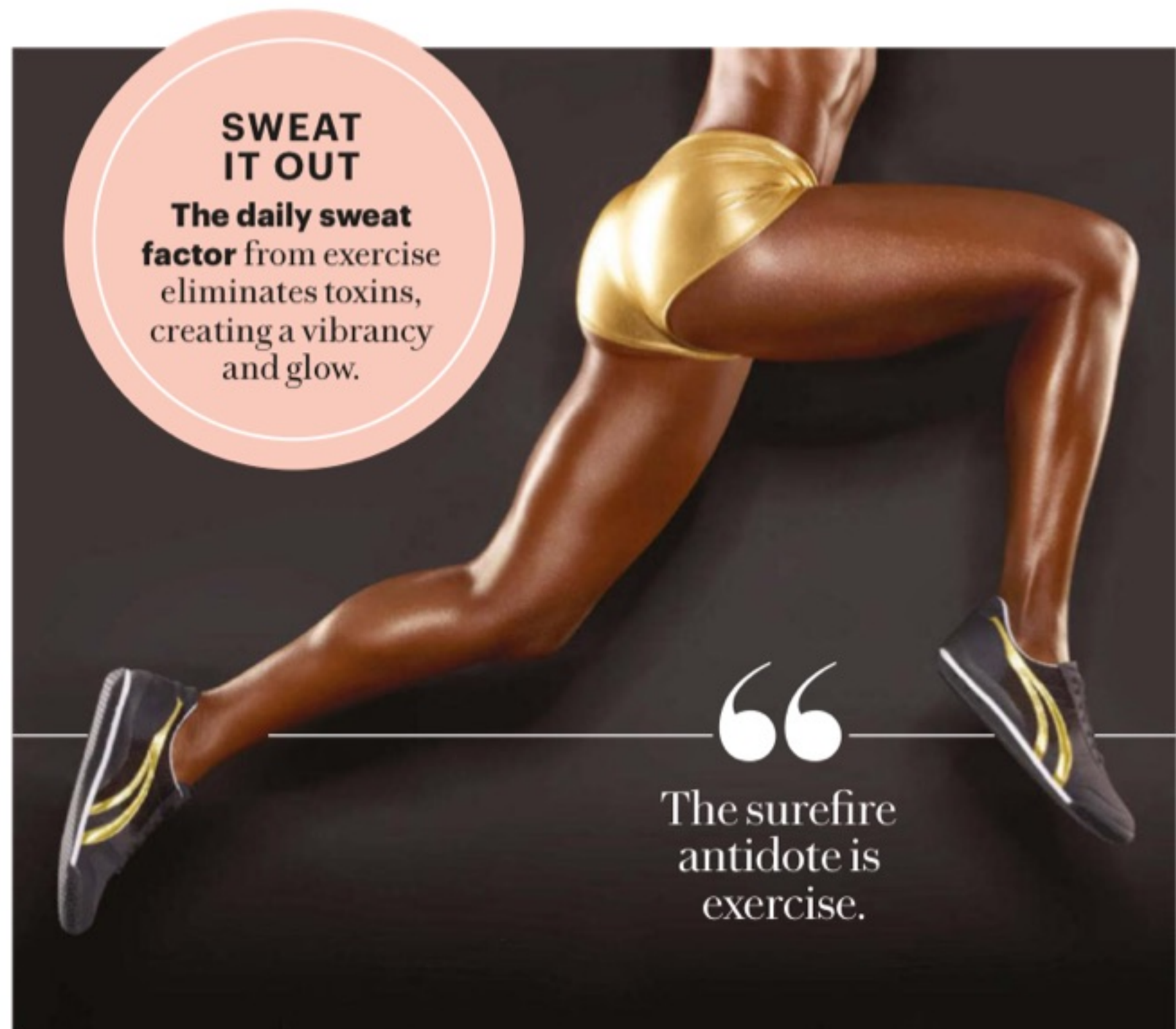
"I use COOLA Mineral Baby SPF 50 Unscented Moisturizer. It received the highest ranking for safety from the EWG

(Environmental Working Group), meaning it has low to no harmful chemical exposure, yet protects my skin from the harmful rays of the sun. As an avid tennis player, I could not live without my COOLA Suncare products."



MAKEUP
Jane Iredale
Founder of the Eponymous Mineral Makeup Line
@janeiredale

"Sunscreen. The sun is responsible for 80 percent of the signs of aging so I want as little bombarding my skin as possible. I want to enjoy the outdoors but not feel guilty about it because I think I'm damaging my skin. Unfortunately, I really don't like the feel of sunscreens, so my must-have product is our PurePressed Base, which has SPF 20 in it and is a foundation and concealer at the same time. I put it on in the morning and forget about it."



SWEAT IT OUT
The daily sweat factor from exercise eliminates toxins, creating a vibrancy and glow.

“
The surefire antidote is exercise.”