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OCTOBER 2011

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Satin silk dress by Narciso Rodriguez. Silver plate necklace by Sequin. Makeup colors: Eye Shadow in Ambient and Photo Finish Lipstick in Sublime by Smashbox. Hair, Kevin Ryan of the Rizzieri Salon; makeup, Makky P. Fashion editor: Siobhan Bonnouvrier. Details, see Shopping Guide.

## Fall Forward

Daring makeup. Sexy hair. Luminous skin.

Wearing the season's hottest beauty trends is a breeze with this foolproof plan from top makeup artists, hairstylists, and dermatologists. **By Mary Rose Almasi**

The sexiest hair for fall is loose and wavy—and creating it doesn't require a trip to the salon. Hairstylist Tommy Buckett explains how to make the right turns.

- **PREP THE HAIR WHILE IT'S DAMP.** If yours is fine, comb a palmful of volumizing mousse from roots to ends for body. (If it sounds like a lot, that's because most people don't use enough.) Otherwise, add a quarter-size amount of anti-frizz serum on the middle to ends. Try **Alterna Bamboo Volume Weightless Whipped Mousse** for fine hair, and **Philip B Anti-Frizz Formula 57 Smoothing Shine Drops** for medium to coarse hair (Alterna, sephora.com; Philip B, hsn.com).
- **BLOW-DRY YOUR HAIR,** aiming the nozzle downward to prevent frizz. (Mousse is more likely to make hair feel crispy if you let it air-dry.) At the very end—when hair is barely damp—start turning the ends under with a large round brush to add volume. Add a side or middle part; either works fine with the style.
- **CREATE PRETTY WAVES ALL OVER** by wrapping two-inch-wide sections of hair around a medium-barrel curling iron. Hold the iron horizontally, and coil hair from the top down to avoid overly curled ends.
- **GENTLY BRUSH** the waves with a paddle brush, then run your fingers through to break them up.
- **MIST** with medium-hold hair spray, such as **Tresemme Climate Control Finishing Spray** (tresemme.com).

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Silkiness and shine are the hallmarks of healthy hair. No matter what abuse yours has endured, this plan from hairstylist Nathaniel Hawkins will rehab it.

- Long, hot showers make hair feel—and look—dry. Limit them to under 15 minutes and switch to warm water.
- Pick moisturizing shampoo and conditioner. Try **Living Proof Restore**. Avoid ones with styling benefits (e.g., volumizing)—their ingredients can dull hair (livingproof.com).
- Apply a deep-conditioning mask once every two weeks. Try **L'Oréal Paris EverSleek Smoothing Deep Conditioner** for normal hair, or a thicker mask, such as **Rene Furterer Karité Intense Nourishing Mask**, for coarse hair (L'Oréal Paris, target.com; Rene Furterer, beauty.com).
- Serums with conditioning oils and silicone temporarily make hair feel silkier and look shiny. We like **Ojon Damage Reverse Instant Restorative Hair Serum** and **Sally Hershberger Hyper Hydration Super Argan Serum**. Squirt some into one hand, wet the other under the faucet, and rub together. Then smooth on a section of damp hair, from ear level down. Repeat on the rest of your hair (Ojon, sephora.com; Sally Hershberger, walmart.com).
- If your hair is straight, place the nozzle on your dryer and aim it downward to avoid roughing up the cuticle. If your hair is curly, attach a diffuser and blow-dry hair from underneath, lifting it slightly.

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Whether you feel radiant or not is irrelevant. These easy tips will make you look the part.

- Exfoliate daily with a rotating brush, such as the **Clarisonic**—light reflects better off smoother surfaces. But don't use a scrub every day; it will strip away the skin's natural oils and zap dewiness (clarisonic.com).
- For the biggest radiance boost, apply an at-home peel with alpha hydroxy acids once a week. We like **Dr Dennis Gross Skincare Alpha Beta Daily Face Peel**. If your skin is sensitive, use a scrub with gentle beads, like **Murad Clean Scene Gaga for Glow** (dgs skincare.com; murad.com).
- Pick a moisturizer with niacinamide or ceramides. Both strengthen the lipid barrier—and that's key to glow-y skin. Try **CeraVe Facial Lotion AM** (CeraVe, drugstore.com).
- Brighten dark spots and uneven tone with serums or creams that contain lighteners such as hydroquinone, kojic acid, soy, or vitamin C. Try **Garnier Skin Renew Dark Spot Corrector**. It's fine to apply these over the entire face, but use only as directed to avoid irritation. For especially persistent spots, dermatologists recommend prescription hydroquinone creams, chemical peels, or lasers such as the **Fraxel Restore** (Garnier, target.com).
- Cheat a glow with gradual self-tanner (be sure to exfoliate before applying). Blending gold highlighter along your cheekbones also adds instant radiance.

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Skin loses water daily, especially when temperature and humidity levels drop. Here's how to get hydrated.

- **CHOOSE MILKY, FRAGRANCE-FREE CLEANSERS,** and keep showers under 15 minutes. Try **Burt's Bees Sensitive Facial Cleanser** and **Dove Sensitive Skin Nourishing Body Wash** (burtsbees.com; Dove, walgreens.com).
- **ONCE A WEEK, BUFF SKIN** using an exfoliator with gentle microbeads. Try **Aveda Tourmaline Charged Radiant Skin Refiner** facial scrub or **Eau Thermale Avène Gentle Body Scrub** (aveda.com; Eau Thermale Avène, drugstore.com).
- **MORNING AND NIGHT,** apply rich face and body creams to damp skin. The best ones contain humectants that draw water into the skin (glycerin and hyaluronic acid are especially effective) and occlusive ingredients, such as shea butter and petroleum, to keep it there. Try **L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm** for the face and **Dial NutriSkin Replenishing Lotion**. If your complexion is oily, use a noncomedogenic moisturizer at night only (L'Oréal Paris, walgreens.com; Dial, drugstore.com).
- **CALM INFLAMMATION** with a 1 percent hydrocortisone cream under your moisturizer or body lotion.
- **TWICE A DAY,** slather on hand cream with glycerin (you can also use it on dry areas, such as elbows and heels). If your feet are very rough, cover them in **Vaseline Petroleum Jelly** and wear socks to bed (Vaseline, drugstore.com).

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