

# O

THE OPRAH  
MAGAZINE

**The Best Books of Summer**  
77 GREAT READS FOR BED, BEACH & BEYOND

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for managing  
your stress

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Woman**

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cravings

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**How to Stop  
Settling for Less**

Iyanla to the rescue, pg. 40

JULY 2014 \$4.99



O, Beautiful!



# Val's BEAUTY BUZZ

O'S BEAUTY DIRECTOR, VALERIE MONROE, ON WHAT YOU NEED...AND WHAT YOU'LL LOVE.



## Scent Away

How about a chic little suitcase for your fragrance? Last year the peripatetic perfumer Francis Kurkdjian circled the world three times, which inspired him to create the **Globe Trotter Travel Spray Case** in Zinc and Gold (\$95 and \$105; [neimanmarcus.com](http://neimanmarcus.com)). Fitted with a magnetic cap, each holds 0.37 ounce of his transporting scents (sold separately; my current favorite is the soft floral Amyris Femme).

## ONE-SENTENCE REVIEW

*Hampton Sun Airbrush Bronzing Mist* (\$42; [hamptonsuncare.com](http://hamptonsuncare.com))

Take three minutes to lightly spray on this temporary bronzer and blend—you'll look like you spent all afternoon at the beach, even if you never left the house.



From polish to shimmer, summer's flattering nail looks.

## First-Prize Metal

Though you probably won't see me sporting the purple or green—a little edgy for my taste—I will definitely be dressing up my nails in *Sterling Silver* and *Leadon Lilac* this summer. The new **Sally Hansen ColorFoil Nail Makeup Collection** (\$8 each; drugstores) leaves a unique iridescent sheen in a choice of ten vivid shades. Feel free to change your mind and your polish capriciously: No top or base coat is needed, and the formula literally dries in seconds.

## Greatness with Brush



It's a gold mine: This new SPF 20 liquid foundation, **BareMinerals BareSkin Pure Brightening Serum Foundation** (\$29; [sephora.com](http://sephora.com)), comes in 20 shades and offers adjustable coverage from nearly sheer to full. Add a drop (or more) to the fluid reservoir at the top of the **Perfecting Face Brush** (\$28; [sephora.com](http://sephora.com)) and sweep it over your complexion for natural-looking polish. The formula is free of oil, fragrance, and parabens.



I swim in a chlorinated pool three days a week. How can I protect my skin?

As you probably know, chlorine can strip your skin of natural oils, making it feel dry, tight, and maybe even itchy, says Emmy Graber, MD, director of the Boston University Cosmetic and Laser Center. The chemical can also exacerbate eczema and other skin conditions, so apply a body oil or lotion before you dive in—a water-resistant sunscreen is a terrific choice if you swim outdoors. As soon as you get out of the pool, rinse in a cool shower (warm water may allow chlorine to penetrate the skin). And don't forget to reapply sun protection.

If you have a question about makeup, skincare, or haircare, e-mail [askval@hearst.com](mailto:askval@hearst.com) or Ask Val at [twitter.com/thisisval](http://twitter.com/thisisval)