

SELF



Model
**Iskra
Lawrence**
Real Talk
On Body
Confidence

MAKE ANY
DREAM HAPPEN!
THE PLAN P. 61

15
Fresh
Start
Beauty
Ideas



SHAZAM
THE COVER
FOR MORE
ISKRA, P. 6

2017

**IT'S
ON!**

**NEW YEAR'S
CHALLENGE**
28 DAYS OF FUN
WORKOUTS
+ EASY EATS



HELP YOUR HANDS

Dry, cracked skin can hurt. **Laura Mercier Ambre Vanillé Hand Crème**, \$18, teams up shea butter and honey to soften and protect—and earns extra points for its warm, musky scent.

laura mercier

ambre vanillé
hand crème
crème pour les mains
ambre vanillé

GET THAT GLOW

Dullness is no match for daily exfoliation. Boston dermatologist **Emmy Graber, M.D.**, suggests gentle acids, like salicylic and polyhydroxy, to remove dead cells without irritation. **Clinique Turnaround Revitalizing Serum**, \$45, offers both.

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SCORE SOME SPF

People often skip sunscreen in the winter, says Dr. Graber. **Clarins Hydra-Essentiel SPF 15**, \$48, eliminates excuses with built-in sun protection. Plus, the formula helps skin withstand the dehydrating effects of sudden changes in temperature—like going from snowy slopes to the ski lodge.

CLARINS
PARIS
Hydra-Essentiel SPF 15
Moisturizer and quenches, silky cream
BROAD SPECTRUM - SPF 15 - Sunscreen
Normal to dry skin

GAME PLAN

WINTER WINS

→ *It's time to step up your cold-weather offense. Fight back with these smart solutions.* BY DEANNA PAI

CONTROL STICKY HAIR

For daily styling, a drop or two of **Pacifica Dragon Tamer Invisible Anti-Frizz Serum**, \$14, keeps unruly strands in check. A weekly intensive treatment like **Leonor Greyl Masque Quintessence**, \$145, made with repairing oils, helps retain moisture as it restores healthy texture. You can also reduce flyaways with a hat-friendly style. "Twist your hair into a bun before you put on winter gear," says **Wes Sharpton**, a stylist at the NYC salon **Hairstory**.



Leonor Greyl
PARIS
SOIN NATUREL DU CHEVEU
MASQUE
QUINTESSENCE
MASQUE NATUREL DES CHEVEUX
DESSECHÉS, FRAYÉS, CASQUÉS
HYDRATÉ, RAFFRAÎCHI, CALMÉ

DEFEAT DRYNESS

Soothe parched skin with a mask. Yes **To Cotton Single Use Comforting Paper Mask**, \$3, includes cottonseed oil and softening vitamin E. **Orlane Crème Royale Beauté Sublime Mask**, \$250, packs royal jelly, an anti-inflammatory that defeats dryness and redness. Oh, and it's mixed with 24-karat gold to reinforce the skin's defenses—NBD.

