



O

THE OP  
MAG  
LIVE

GIVE YOUR  
**WARDROBE A  
WAKE-UP CALL!**

Get the bargains,  
avoid the headaches  
& look fabulous

**PLUS:** The 4 must-have  
pieces for fall

**Finding the  
diet that  
fits your life**

OUR BREAKTHROUGH  
QUIZ (PAGE 136)

6

**MONEY  
LESSONS**

A master class  
with Suze Orman

**YOU'RE  
STRONGER  
THAN YOU  
KNOW**

How to tap into your  
true **power** and really make  
it work for you

# love that!

The What, Why, and How Guide to **BEAUTY** FASHION FOOD



Lift the page to  
your right to begin.



## Your Best Basic Skincare Routine: **IT'S EASY AS 1, 2, 3!**

Just go with the flow. Our three-step chart will help you find the perfect cleanser, moisturizer with SPF, and night treatment.

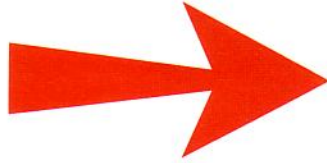
# love that!

The What, Why, and How Guide to **BEAUTY** FASHION FOOD

## STEP 1: FIND THE RIGHT CLEANSER

(First wash your face with your usual cleanser, then wait ten minutes.)

**START**



Does your skin look oily and shiny?

**N**

Is it blotchy, red, or sensitive?

**Y**

Try **La Roche-Posay Toleriane Dermo-Cleanser** (\$20; [larocheposay.us](http://larocheposay.us)), which dissolves residue and makeup without irritating your skin.



When you smile, does your skin feel tight?

**Y**

**N**

Basically, your skin is normal. (Perhaps it's slightly dry if the weather's cold, slightly shiny if it's warm.) A milky, nonfoaming cleanser like **Philosophy Purity Made Simple** (\$32 for 16 ounces; [philosophy.com](http://philosophy.com)) is gentle yet deep-cleaning.



Use an alcohol-free, gel-based cleanser that contains salicylic acid. Try **Bioré Blemish Fighting Ice Cleanser** (\$8, drugstores).



Very dry skin needs a creamy cleanser, like **Kiehl's Ultra Moisturizing Cleansing Cream** (\$15; [kiehls.com](http://kiehls.com)). Rinse or tissue off.

MOVE TO STEP 2

## STEP 2: SELECT A MOISTURIZER WITH SPF



What level of SPF do you want?

**50**

**15**



**Cetaphil UVA/UVB Defense SPF 50** (\$14, drugstores) offers the highest SPF available in the facial moisturizer category and doesn't leave a white or shiny finish.

**Lightweight Purpose Dual Treatment Moisture Lotion SPF 15** (\$10, drugstores) is oil- and fragrance-free.

Are your nose and cheeks often red?

**Y**

**N**

What's your budget, high or low?

**HI**

**LO**



Antioxidants, like **CoffeeBerry** in **RevaléSkin Day Cream SPF 15** (\$120; [revaléskin.com](http://revaléskin.com) for physicians), help to protect sensitive, rosacea-prone skin from flare-ups.

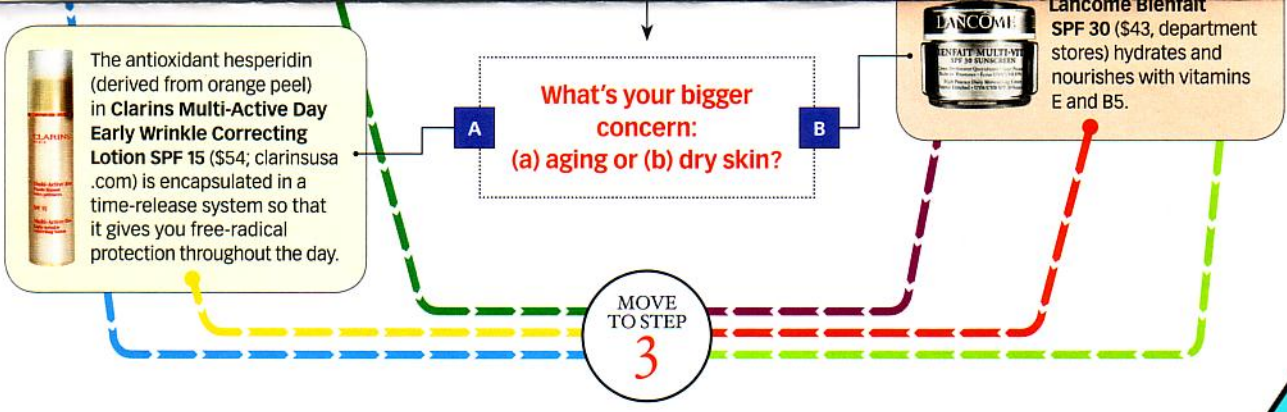


**Aveeno Ultra-Calming SPF 30** (\$15, drugstores) uses feverfew to mitigate redness.

Is your skin oily, and/or do you want something that soaks in really fast?

**Y**

**N**



**STEP 3: PICK A NIGHT TREATMENT THAT ADDRESSES YOUR BIGGEST SKIN CONCERN**

Apply **DDF Acne Control Treatment** (\$42; sephora.com) all over your face. Salicylic acid exfoliates and unclogs pores.

**Would you like to reduce and prevent acne?**

**Do you think your skin looks dull?**

Exfoliate nightly with **MD Skincare Alpha Beta Daily Face Peel** (\$78 for 30 applications; mdskincares.com). Gently rub a "step one" glycolic-and-lactic-acids-steeped pad over skin; after two minutes, follow with a "step two" pad, which has green tea and vitamins A, C, and E.

**Do you also need to treat specific pimples?**

Dot on a benzoyl peroxide treatment, like **Neutrogena On-the-Spot** (\$7, drugstores).

**Is redness your biggest problem?**

Your skin needs moisture, too.

**Clinique Moisture Surge Extended Thirst Relief** (\$34, department stores) contains strong humectants (like glycerin and hyaluronic acid) and soothing extracts (like green tea and aloe).

If your skin is dry, you can apply a cream-gel moisturizer.

Peptides and niacinamide (vitamin B3) in **Olay Professional Pro-X Wrinkle Smoothing Cream** (\$42, drugstores) even out texture as they increase hydration.

**Do you have very dry skin?**

**Would you like a product that combats signs of aging?**

Glycerin and hyaluronic acid draw moisture into the skin; ceramides in **CeraVe Moisturizing Cream** (\$15, drugstores) form a barrier that traps it.

**Do you want to reduce fine lines?**

**SkinCeuticals Phloretin CF** (\$150; skinceuticals.com) offers an extremely potent antioxidant combo (that prevents photoaging and accelerates cell turnover) in a nongreasy, instantly absorbed serum.

Well, then, your skin is pretty perfect. Keep it that way by neutralizing free radicals with **Priori CoffeeBerry Night Complex** (\$80; prioriskincare.com for stores).