

NOVEMBER 2015

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Q+A



WITH BEAUTY DIRECTOR **HOLLY CARTER**

Q: What the heck is strobing?

A: It's the new contouring, but so much easier. It's just putting highlighter where light would hit naturally (a.k.a. cheekbones, brow bones, down your nose, Cupid's bow and chin). I suggest sticking with a creamy formula—it's more forgiving. A golden shade will complement most skin tones. And be sure to blend well—it's strobing, not striping!

Q: Does a big hair color change equal crazy damage?

A: It doesn't have to, but you'll need to spend time pampering your strands. Try the b3 Brazilian Bond Builder Instant Restore & Protect Reconstructor (\$36, brazilianbondbuilder.com for salons). It's based on the brand's in-salon treatment, but you use it twice weekly, just like a deep conditioner.

TOO EMBARRASSED TO ASK

Q: How can I give my boobs a boost?

A: Beyond finding a game-changing bra, I'm a believer in treating the area just as you would your complexion. My theory: If you use products to smooth and nourish your face, why not do the same for your décolletage? Try applying a firming treatment daily (Clarins is an oldie but goodie, and Sisley's luxe formula is brand new). I can't promise miraculous uplifting action, but the area will feel tighter and more hydrated.



USE CIRCULAR, UPWARD MOTIONS TO APPLY

Clarins Bust Beauty Extra-Lift Gel, \$59; clarins.com

Sisley Paris Phytobuste + Décolleté, \$285; sisley-paris.com

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