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NEW YEAR, NEW YOU

Kick off 2016 looking your best ever with these easy health and beauty reboots. By Katie Becker

1 GET IN SHAPE Shed pounds with Selvera (from \$99 per month), a weight-loss program with a wireless scale and pedometer that instantly send activity level, weight, and body fat to an expert who customizes your perfect food and fitness plans.

2 MAKE OVER YOUR HAIR For shiny, healthy locks, silicone-free b3 Brazilian Bond Builder Instant Restore & Protect Reconstructor (\$36) smooths and strengthens in just 10 minutes.

3 BRIGHTEN YOUR SMILE Whiten teeth quickly with Crest 3D White Luxe Supreme FlexFit Whitestrips (\$64.99). After one week of use, results rival those of an in-office laser at the dentist's.

4 GO FOR THE GLOW A subtle (fake) tan looks flattering no matter the season. St. Tropez In Shower Gradual Tan (\$25) lends a soft bronzy tint after only three minutes. Apply on damp skin while in the shower with the water off, then rinse. Bonus: The telltale scent goes down the drain too.

5 RELAX AND DESTRESS Meditation can improve smarts, immunity, and happiness. Check out the OMG. I Can Meditate! app (\$12.95 per month), which offers meditations for better sleep, quelling anxiety, and clearing your mind.

6 BOOST YOUR BROWS A set of full, groomed eyebrows is one of the fastest tricks to look more youthful. Laura Geller Brow Sculpting Palette (\$29) includes powders, wax, and highlighter—all the components for a pair of Cara Delevingnes.

7 LOOK YOUNGER Anti-aging sheet masks in the Dr. Jart+ Dermask collection (\$6–\$12 each) are shaped for specific zones—Cheek & Eye Lift, Neck & Chin Lift, and Laugh Line Lift—and infused with the skin-saving ingredients to match.

8 BURN MORE FAT Fire up your metabolism. *The All-Day Fat-Burning Diet*, by holistic nutritionist Yuri Elkaim (Rodale), promises you'll lose up to five pounds in one week by following a science-backed five-day eating schedule.

9 JUICE ANYWHERE Quarter-size 8G tablets (\$12.50 for a tube of 10) have the benefits of eight different greens, like spinach, algae, and spirulina, packed into an effervescent tablet that you drop in water.

10 UPDATE YOUR MAKEUP Give your lips and cheeks a pretty flush with Smashbox L.A. Lights Blendable Lip & Cheek Color chubby sticks (\$29 each). The five sheer shades are goofproof and have a clever blending sponge on the end. ■

SEAN CUNNINGHAM