



SNAP TO WIN!
 The Sally Hansen
 Nail Shaper
 Nail Board
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 Details at Self.com

PONY UP
 A taut, pulled-back style isn't only for the gym. Think of a megahigh ponytail as the cardio blast of hair: It doesn't take a lot of time, and you still get great results. Secure hair with a soft fabric or bungee elastic, which won't crease or pull out strands.

FIRMER SKIN! SLEEKER HAIR!

PUMP UP YOUR LOOKS

The same way tweaking your workout can get you a gorgeous body, giving your beauty routine a technique tune-up can whip your hair, skin, lashes and nails into amazing shape, too. Try these no-sweat moves to create head-turning results. Let's get beautiful!

By Maridel Reyes Photographs by Laurent Darmon



GET LIFTED
 Strengthen skin from the inside with powerful omega-3 and -6 fatty acids. Find them in avocados and nuts.



RULE OF THUMB
Before testing out that brand-new red polish, use a cotton pad soaked in polish remover to wipe nails clean. Oil, lotion or debris can prevent color from bonding to nails, causing it to peel and chip. Go acetone-free: The harsh chemical isn't needed unless you're soaking off gels.

**GET A GRIP:
PUSH-UPS ARE
HARD. BEAUTY
IS EASY!**

HAIR WITH GREAT BODY

the volumizer

"Hair that has movement and doesn't fall flat doesn't just look sexy," says Rodney Cutler, owner of Cutler/Redken salon in New York City. "It makes you look younger, too,

because it creates the illusion of high cheekbones and eyes that are awake." When hair is damp, flip your head upside down, spray a texturizer on palms, and rake fingers through roots, lifting hair away from your scalp as you blow-dry. When only your roots are dry, flip upright and you'll see instant volume. Then, as you dry the rest of your hair, stretch out strands with a nylon-bristle brush—follow through from root to tip, flicking ends upward to add subtle curve. (Yes, your biceps will be burning by the time you're done.)



Hydrate and lift with Davines Volu Volume Boosting Moisture Mist, \$31.



A workout for your scalp: Tangle Tamer by Plugged In, \$5, massages and detangles.



HEAT UP
Like isolating muscles during strength training, blow-drying small sections of hair lets you extend strands more efficiently.

STRONG NAILS

MANICURE MAXIMIZER

1 Watch your form. The oval shape is hands down the best way to get a mani with marathon endurance. "There aren't any rigid corners like with a square nail that can smack against stuff, keeping nails healthier and polish on for longer," says Dennis Gross, M.D., a dermatologist in NYC.

2 Get buff. Filing in a back-and-forth motion is a tempting shortcut—the girly push-up of nail maintenance. The problem is, you'll end up with rough edges, making nails prone to chips, says Susan Nam, owner of Polished Beauty Bar in NYC, who tends the nails of Charlize Theron and Leighton Meester. Put in the extra effort: Use a file with medium grittiness, and move in one direction—left to right—and repeat.

STILL LIVES: CLAIRE BENOIST



Smooth edges quickly with Sally Hansen Nail Shaper Nail Boards, \$1.29.

Moisture moves

You know that keeping water handy pre- and post-workout is crucial to reach your peak performance—but it's just as crucial for keeping nails, well, tough as nails. "When nails are hydrated, they have more flexibility," Dr. Gross says. Moisturize from the outside in by applying a cuticle oil with jojoba oil and vitamin E, a combo that penetrates deeper than classic cream, Nam says.



Keratin- and calcium-rich Perfect Formula Gel Coat, \$24, turns weak nails brawny.

THE FORTIFIER

The more your hands are engaged—even typing a gazillion emails counts—the faster nails grow. "Movement increases blood flow to muscle and tissues in that area," Dr. Gross explains. The downside? Utilizing nails as tools can cause them to break. Enhance their natural growth factor with a strengthening treatment laced with proteins or keratin instead of a regular base coat. Repeat every other day.



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The Tangle Tamer by Plugged In on this page (one of 100)
Details at Self.com

TONED SKIN

face fitness

You sculpt sexy arms with strength training. To define your features, try flexing your facial muscles, says Carole Maggio, an aesthetician and author of *Ultimate Facercise*. Over time, frowning, smiling, squinting and other exaggerated expressions can cause wrinkles, but by exercising muscles perpendicular to specific lines, these moves may soften creases temporarily, says Macrene Alexiades-Armenakas, Ph.D., a dermatologist in NYC. Do these two skin-smoothing maneuvers, which Maggio created, twice a day.

1 CHEEK LIFTER Make a long, narrow O with your mouth, pulling lips inward. Jut your neck forward, and push your shoulders back. Place index fingers on top of cheeks (nails facing your nose). Next, press lips firmly against teeth and smile with your upper lip only so cheek muscles lift. (It may feel awkward for a few tries, but you'll get the hang of it.) Do 20 reps.

➔ **Muscles worked** The buccinators, which form the rounded part of cheeks, and the orbicularis oris, circular muscles around the mouth. Toning cheek muscles makes them more defined and elevates the hollows under eyes, Maggio says.



Antioxidant powerhouse astaxanthin in Super by Dr. Nicholas Perricone Firming Activator, \$38, lessens lines and laxity.

Extend the effects of these moves with peptides and vitamin Bs in StriVectin-TL Tightening Face Serum, \$89.

WEEK 1 / SEMAINE 1
* Supportive matrix strength
face visibility lifts /
La matrice de soutien est
renforcée, le visage 80%

© 50mL / 1.7 fl.oz.

SUPER
BY DR. NICHOLAS PERRICONE
FIRMING ACTIVATOR
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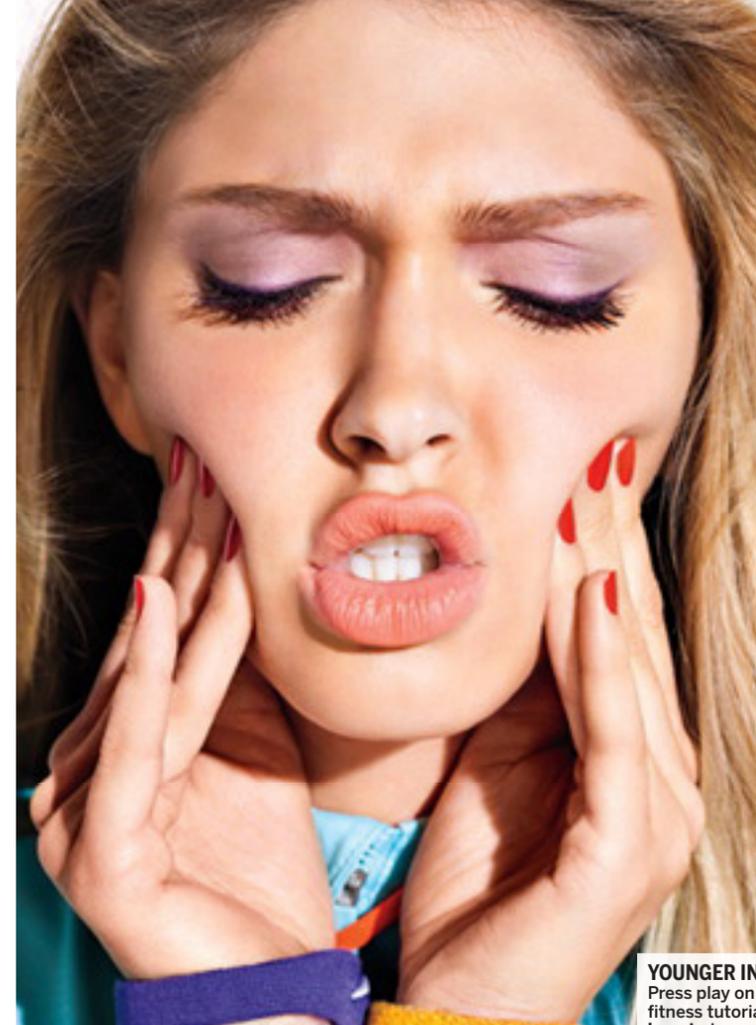
2 EYE ENERGIZER Sit up straight, and push your chin forward and shoulders back, elongating your neck. Bending your index fingers, press both knuckles together, automatically forming a heart shape with your hands. Put index fingers between your brows, letting fingertips rest on the bridge of your nose. Curve thumbs in a C shape around the outer corners of both eyes as if you were creating a pair of glasses with your fingers. Squeeze eyes tightly shut, then pull your index fingers slightly upward between brows and thumbs, back toward ears (but keep both fingers gliding along skin). Squeeze eyes even tighter. Hold this position; breathe normally; count to 40. Repeat.

➔ **Muscles worked** The orbicularis oculi, the muscles that surround the eyes and make it possible for you to open and close them. As with all physical exercise, engaging muscles sends circulation soaring. The rush of blood in this fatigue-prone zone helps lessen inflammation—and with it, undereye puffiness, Maggio explains.

ALLOVER SMOOTHER

Surprise! Your favorite workout can help your skin, too. "Exercise gets blood pumping to your tissues, and as a result, skin takes up nutrients, removes waste faster and repairs itself more efficiently," says Nicholas Perricone, M.D., a dermatologist in NYC. "It also triggers production of growth hormones that help skin stay firm." Dr. Perricone suggests fitting in 30 to 45 minutes of cardio or resistance training five days a week.

STYLING, ROBIN PAGE; HAIR, LOUIS ANGELO FOR KÉRASTASE PARIS; MAKEUP, MATIN FOR LAURA MERCIER; MANICURE, OLYA TITOVA FOR ESSIE; STILL LIFES; CLAIRE BENOIST; SEE GET-IT GUIDE.



YOUNGER IN 1 MINUTE
Press play on the quick face-fitness tutorial at Self.com/beauty to see a step-by-step how-to on the moves described at left. Incorporate them into your daily beauty routine to lift and smooth skin naturally.

LONG (BUT NOT LEAN) LASHES

See lash-tastic results: Define eyes daily with Physicians Formula Eye Booster 2-in-1 Lash Boosting Eyeliner + Serum in black, \$11.

A mix of waxes in Giorgio Armani Beauty Eyes to Kill Stretching Mascara, \$30, curl lashes; polymers help soften.

LASH STRETCH

➔ **Get heated.** First, blast your eyelash curler with hot air from your blow-dryer for a few seconds. (Test its temp on your wrist before you curl.) "The heat helps alter your lashes' shape from stick-straight to curved," says Kevin Mendelson, international educator for Jane Iredale-The Skincare Makeup.

➔ **Create definition.** Next, place one side of a business card against your eyelid, letting the edge rest near your lash line. "This allows you to push lashes up and out, making it easier to coat their entire length," Mendelson says.

➔ **Keep moving.** Now pick up your mascara wand and, starting at the root, wiggle it back and forth while pulling it to the tip of lashes, suggests Carol Shaw, a celebrity makeup artist in Los Angeles and founder of Lorac Cosmetics. Apply a second coat before the first dries. With some formulas, if you wait too long between coats, the layers dry separately and could cause flaking during the day.

body builder

Ever wonder why eyelashes are so short and the hair on your head is so long? The time it takes for lashes to grow, stop and finally fall out is only about a month—the same cycle for hair lasts about a year, Dr. Perricone says. Stimulate a growth spurt by applying an OTC lash-enhancing serum to clean lashes before you hit the sheets; doing this extends their growth cycle (translation: longer lashes). Try Priori Lash Recovery Serum, \$99, which has a peptide trio, conditioning glycerin, and aloe and chamomile extracts. The protective coating also keeps lashes glossy and flexible, so they're less likely to fall out prematurely. Unless you're gentle, day after day of wiping eye makeup off can dry out lashes, making them susceptible to breakage. You wouldn't shampoo your hair without conditioning it, so why treat your lashes differently?



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