



THE OPRAH
MAGAZINE

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Summer at OPRAH'S

From gardening to
grilling to totally chilling!



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it with the world!

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ULTIMATE
DENIM
GUIDE

Jeans that slim,
trim & kick butt!

10 FOODS
THAT SHARPEN
YOUR MIND

Grocery list included

8 FUN QUIZZES
guaranteed to move
your life forward

The O Interview
OPRAH SITS DOWN WITH THE
MOST DELICIOUS MAN EVER!



TIME

By
MEGAN DEEM
and **MELISSA**
GOLDBERG
Photographs by
CLAIRE BENOIST

It's the height of summer—who wants to pile on the products or spend hours getting ready? We've got **40 creative ways** to lighten your beauty load, from editing your makeup bag to minimizing your morning routine.

OFF!

1 Skip foundation entirely and give your skin a breather: Dab a sheer, illuminating concealer (the easiest to blend) under your eyes, on the sides of your nose, and over the crease in your chin (we like **Givenchy Teint Couture Concealer**). Bonus: Fewer products on the skin mean fewer clogged pores.

2 If you're not comfortable going (practically) barefaced, try a CC cream (**Chanel** has a great one) for a more even skin tone and lightweight coverage. If the SPF in your CC cream doesn't provide enough protection, apply an SPF 30 sunscreen first.

3 Spare yourself endless pumicing by coating callused feet with a cream containing urea, a powerful exfoliant (try **Eucerin Professional Repair Extremely Dry Skin Lotion**) that works while you sleep. Lock in moisture by wearing socks.

4 Speed up your A.M. shower by skipping the daily shampoo. You aren't only saving time: When you don't overcleanse, you're not washing away your hair's moisturizing natural oils or lifting color.

5 Don't bother with a cleanser in the morning—simply splash water on your face. Cleansing strips the skin of the nourishing oils you produced while you slept—which you'll only need to use more skincare products to replenish!

6 The quickest way to define your eyes? A volumizing mascara (such as **CoverGirl The Super Sizer by LashBlast Mascara**), applied using this trick: Swipe it from roots to tips on the underside of your lashes, then from roots to tips on the top of your lashes, and finish by wiggling the wand side to side from lash base to tips. Add a vibrant pop by layering a colored mascara (try **Dior Diorshow Mascara in Pro Blue**) over your regular mascara.

7 You don't need bold shadow to add drama—just swap your typical eyeliner for a jewel-toned one (like **Marc Jacobs Beauty Highliner Gel Eye Crayon in Top Secret**).

12



8

Oil glands are more active in the heat, so switch from a face cream, which can clog pores, to a gel (try **Neutrogena Hydro Boost Water Gel**).

9

If you need to fill in your brows, use a waterproof, gel-based product (try **Anastasia Beverly Hills Dipebrow Pomade**), which is easier to handle (and thus quicker) than a powder or pencil and won't smudge or fade.

10

When you do wash your hair, set it at night. After your hair is about 80 percent dry, try one of these shortcuts: If your hair is straight, prep it with a leave-in conditioner (such as **Aloxxi Essential 7 Oil Leave-In Conditioning Cream**), then twist it into a knot on the top of your head and secure it with a large hairpin. If your hair is wavy, apply an antifrizz cream from midlength to ends (we're fans of **Redken Frizz Dismiss PPF 20 Smooth Force Lightweight Smoothing Lotion Spray**), then section the hair in two and French braid both sides. Curls also need an antifrizz cream; gather hair into two low buns.

11

Trade your razor and shaving cream for the **Schick Intuition Revitalizing Moisture Razor**, which has a built-in skin-conditioning bar that lathers when wet.

12

Invest in the ultimate makeup multitasker: **Nars The Multiple**. You don't even need a mirror to apply—just pat your favorite shade on the apples of your cheeks and swipe it across your eyelids and lips for a luminous effect.

13

Replace your bar soap with a shower oil (get **Jo Malone London Shower Oil**), which cleans and moisturizes. For extra hydration postshower, mist your skin with a dry oil spray (such as **Saave Professionals Moroccan Infusion Dry Body Oil Spray**), which leaves a subtle sheen. (The ultimate overachieving product? One that can be used on both your hair and body, like **Shu Uemura Essence Absolue Body**.)

14

Ditch your translucent pressed powder, which can build up throughout the day and look cakey. Instead, mattify with blotting papers (we love **Clean & Clear Oil Absorbing Sheets**).

15

Minimize the need for antifrizz hair products and the time spent applying them by getting a gloss at a salon every four to six weeks. The process seals and smooths the hair cuticle (plus, it amps up color and shine).

16

You're not required to use a different cream or serum for each body part! When applying a treatment product to your face, spread it over your neck, chest, hands, and any other sun-exposed area. One caveat: If your skin is sensitive, check with your doctor first.

17

If you can take only one styling product on your vacation, make it a lightweight hairspray (try **John Frieda Frizz Ease KeraFlex Flexible Hold Hairspray**), which can do everything from volumizing at the root to taming frizz.

18

Transform your favorite face or body moisturizer into a gradual self-tanner with **Clarins Radiance-Plus Golden Glow Booster for Body**. Combine three drops of the oil with your face lotion or add four to six drops to your body cream for natural-looking radiance.

19

Swap your opaque lipstick for a stain (we like **YSL Glossy Stain Pop Water**), which coats your lips with a sheer wash of color and lasts all day.

20

For a lighter version of your lipstick, press it into the center of your lips with your finger. Then swipe on a balm with SPF, such as **L'Occitane Pivoine Sublime Tinted Lip Balm**, to spread the color.

21

Dreaming of wash-and-go hair? Invest in a great cut—one with long blended layers and textured ends. You may still want to apply a smoothing product when hair is damp to keep it soft and sleek. (**Bumble and Bumble Don't Blow It (H)air Styler** is a good one.)





22 Make the most of your beauty sleep by applying overnight masks to your face and hair. The face mask (try *Olay Active Botanicals Overnight Moisture Mask*) moisturizes skin; the hair mask (get *Living Proof Perfect Hair Day (PhD) Night Cap Overnight Perfector*) softens strands and adds shine.

23 Exfoliate and hydrate with an alpha hydroxy acid lotion, such as *Paula's Choice Resist Skin Revealing Body Lotion with 10% AHA*.

24 An easy fix for the peskiest mascara problems (i.e., smudging and clumping): Dust your lashes with powder (try *BareMinerals Mineral Veil Finishing Powder Broad Spectrum SPF 25*), then wipe excess product off the wand with a tissue. Finish with a waterproof formula (like *MAC Haute & Naughty Waterproof Lash*).

25 Control frizz while you sleep by catching your zzz's on a silk or satin pillowcase. The slippery surface means less rubbing (and fuzz-inducing friction) for your hair.

26 If you're going from the office to cocktails, here's the simplest plan to glam it up: Line your lashlines with a bronze or garnet liner (get *Bobbi Brown Long-Wear Gel Eyeliner in Chocolate Shimmer*) for definition; then swipe on a vibrant lipstick (we suggest *Lancôme Shine Lover in French Sourire*).

27 Because you don't want to be visiting the salon all summer: Lighten your hair no more than two to three shades to avoid a line of regrowth after only a couple of weeks.

28 Spend less time (and product) treating breakouts by using a BB cream with salicylic acid (like *Garnier Miracle Skin Perfector Daily Anti-Acne BB Cream*).

29 A foolproof method for getting a quick, pretty flush: Tap your ring finger in cream blush (such as **Stila Cosmetics Aqua Glow Watercolor Blush**) and press it against your thumb. To get just the right amount of sheer color on each side, use your ring finger to pat it on the apple of one cheek and your thumb for the other cheek. Dust a similar shade of light powder blush on top (try **Urban Decay Afterglow 8-Hour Powder Blush**) to prevent fading.

30 *Multitask at the beach with a protective hydrating hair treatment. Saturate dry hair with a conditioning mask (try **Briogeo Don't Despair, Repair! Deep Conditioning Mask**); then braid it or twist it into a bun.*

32 If you don't even want to think about polish, treat nails to a coat of conditioner instead. **Deborah Lippmann Genie in a Bottle** neutralizes yellow and makes nails appear healthier. **Ginger + Liz First Defense Natural Coat** gives a matte finish, and **Orly BB Crème** smooths and brightens.

36 Two easy ways to avoid having to touch up your makeup throughout the day: Use products that contain a primer (**Clinique Pop Lip Colour + Primer** and **Neutrogena Nourishing Long Wear Eye Shadow + Built-in Primer** are both great options) or mist your complexion with a makeup-setting spray (such as **Coala Makeup Setting Spray SPF 30**) before you walk out the door.

37 *For a quick smoky eye, line your lashlines with a gel pencil (try **Maybelline New York Eye Studio Lasting Drama Waterproof Gel Pencil**), then smudge it out with your finger.*

38 Step up your style with a fast and easy (but fancy) braid, which works on long hair of all textures. One option: Pull hair into a ponytail and secure with an elastic. Then split the ponytail in two and braid each half. Twist the braids into a bun and bobby pin into place. For a looser, more laid-back look, braid a one-inch section above each ear, then pull the two skinny braids around to the back of the head and pin.

31 Not enough time for weekly base, color, and top coats? Swipe on the all-in-one **Sally Hansen Complete Salon Manicure**, which also contains strengthener and growth treatment and dries in minutes. For the longest-lasting mani, choose a light, subtle color, like **Sheer Ecstasy**, so chips are less noticeable.

33 *Or skip enamel completely and simply buff nails. Buffing reduces yellowing and other discoloration caused by polish.*

34 If you use a dryer, try a blow-dry speed spray (like **L'Oréal Paris Advanced Hairstyle Blow Dry It Quick Dry Primer Spray**), which wicks water from the hair shaft.

35 An in-shower lotion (we love **Jergens Wet Skin Moisturizer**) eliminates the need to moisturize afterward.

40 Create a flattering nude lip without lipstick. Just dab a little concealer on the center of your lips and blend it out with your finger. Apply a clear gloss (such as **Make Up For Ever Artist Plexi-Gloss** in **Transparent**) on top to give it sheen.

OUR EXPERTS

Rhenna Capri, Cleopatra Soap & Hair celebrity stylist
Anne Chapas, MD, dermatologist in New York City
Lisa Chiodini, hairstylist in New York City

Annie Chik, MD, dermatologist in Pasadena, Beach, California
Sharon Derram, hair colorist in New York City
Stephanie Flax, Clinique salon pro

Genevieve Gendron, MD, L'Oréal Paris skincare expert
Ted Gibson, hairstylist in New York City
Emmy Graber, MD, dermatologist in Boston

Ranella Hirsch, MD, dermatologist in Boston
Sarah Lucena, Stila Cosmetics global director of education
Ellen Marmur, MD, dermatologist in New York City

Sarah Potempa, Aussie celebrity stylist
Du Quintana, hairstylist in New York City
Ashunta Shewell, makeup artist in New York City

St. John, L'Oréal Paris celebrity makeup artist
Molly R. Stern, makeup artist in Los Angeles
Christian Wood, Tsal & Guy celebrity stylist

For details see Shop Guide.