

YES! SEXY-STOMACH SHORTCUTS P. 59

**Carrie Underwood**

What She Eats  
for Clear Skin  
And 12 Other  
Secrets

# SELF

YOU  
AT YOUR  
BEST

## The Food Lover's Diet

31 Tiny Tricks That  
Peel Off Major Pounds!

THIS MONTH

**Get Slimmer  
Every Day**

The Simple  
No-Gym Plan  
Designed  
Just for You

Make  
2010 Your  
"I Did It!"  
Year

Start on p. 84

**16 Ways to  
Sleep Great!**  
Rise and Shine

**Spark Up  
Your Sex Life**  
Tonight's Gonna  
Be a Good Night!

**4 Women Reveal  
What They've  
Done for Money**  
(We couldn't believe it either!)

## Be a Casual Beauty

Gorgeous Skin! Your 5-Minute Fix for  
Dullness, Spots & Dry Patches



# beauty UPDATE

## A passion for purple

Wear these vampire-inspired colors and still look like you belong outside in daylight.

### BRAVE MOVE

#### Pat on plum

"Plum shades are easier to wear than you'd think. They're flattering for most skin tones," says Romero Jennings, a senior artist in New York City for MAC Cosmetics. But a little goes a long way, so use your finger to lightly tap on a deep-but-sheer lipstick color (such as CoverGirl Vibrant Hue Lipstick in Black Currant, \$7).

### BRAVER STILL

#### Play around with gray

Surprise—a rich gray tint brings out rosy undertones in lips and adds light-catching shimmer. Press a grape stain over bare lips (try Liptini Lip Liqueur Lip & Cheek Stain in Chambord, \$17), then, with a lip brush, sweep on a translucent gray gloss (we like Lipstick Queen Black Tie Optional Shine, \$22).

### BRAVEST YET

#### Be bold with blackberry

Feeling gutsy? "Blackberry lips are the latest fashion accessory," Jennings says. Start by swiping your usual facial foundation over lips. The base will help keep lipcolor in place. Finish by smoothing on a coat of an opaque, raisin-colored lipstick like Chanel Rouge Allure in Maniac, \$30. —Alex Samuel



### AWAKEN YOUR SKIN

Start mornings with a get-glowing routine that moves you out the door fast! —As

7:00 A.M.

**TAKE A POWER SHOWER**  
Drop an Aura Cacia Eucalyptus Shower Tablet, \$7 for three, near the drain. The fizzy tab releases energizing oils.

7:10 A.M.

**BRUSH OFF BLAHS**  
Brighten skin with Garnier Nutritioniste The Brusher Gel Cleanser, \$8; it comes with a scrubber to slough off dead cells.

7:15 A.M.

**DEFLATE PUFFY EYES**  
Shrink swelling with Olay Regenerist Anti-Aging Eye Roller, \$23. The wand houses three roller balls to help drain fluid.

7:20 A.M.

**SWIPE ON SHEEN**  
Renew radiance with iridescent Dior Skinflash Primer, \$40, before applying base. Its built-in brush hugs cheekbones.

## Pick your perfect part!

Switching where you part your hair can have a big impact on your style. Learn how to create a new 'do at home with the flick of a comb. —Jill Schuck Taylor



Sienna Miller

### DEEP SIDE

► **Complement sexy waves**  
A side part frames your face and creates an alluring peekaboo effect. Align your part (on whichever side your hair falls naturally) with the highest point of your eyebrow arch. Next, use a 1-inch curling iron on dry hair to create defined waves.



Isla Fisher

### OFF-CENTER

► **Give straight strands a lift**  
"Pushing hair in a new direction adds instant lift," says Robert Ramos, a stylist in Los Angeles. Spray volumizer on damp hair, blow-dry and part hair off-center on the opposite side from where it typically lies. End with a spritz of hairspray.



Beyoncé

### MIDDLE

► **Sport soft, pretty curls**  
A sharp center part works nicely with ringlets. With wet hair, comb a line down the middle of your scalp, then use leave-in conditioner to smooth strands near the crown. "The contrast of flatness on top with fullness all over is ultramodern," Ramos says.