



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

The O Plan for a Fresh Start

How to Get What You Really Want This Year

✓ A Healthier Body!

20 Delicious Superfoods
(Feeling Good Never Tasted So Great)

✓ More Money!

Suze Orman's 2010 Take-Control Guide

✓ Weight Loss That Sticks!

Dr. Oz's 5 Simple Secrets
for Keeping the Pounds Off

✓ An Extra Shot of Happiness!

A Better Bra, Cool Boots, Lush Lipsticks,
an Excellent Cheap Wine or Two...

Eat, Pray, Love...
and Then What?

An Exclusive Excerpt
from Elizabeth Gilbert's
Inspiring New Book



Can You Transform Your
Whole Life in 60 Days?

One Woman's Incredible
Journey Begins on Page 124

Love That!

The What, Why, and How Guide to **FASHION** **BEAUTY** **FOOD**

Best Face (and Body!) Forward

New year, new beauty regimen. We canvassed the experts to find the ten products that will see you gorgeously through the next 12 months.



Face Wash

Aveeno Ultra-Calming Moisturizing Cream Cleanser (\$7; drugstores)

■ **Why you'll love it:** "It's strong enough to remove makeup but mild enough for sensitive skin. And it contains hydrating glycerin and soothing feverfew to prevent inflammation and redness."

—Anne Chapas, MD, assistant clinical professor at New York University School of Medicine



Day Cream with SPF

Kinerase PhotoFacials Day Moisturizer with SPF 50 (\$88; kinerase.com)

■ **Why you'll love it:** "It packs in all the basics: zinc oxide and titanium dioxide to protect against the sun, kinetin to hydrate, and licorice, bearberry, and mulberry extracts to even out skin tone."

—Ariel Ostad, MD, clinical assistant professor at New York University Medical Center



Night Cream

Olay Professional Pro-X Hydra Firming Cream (\$42; drugstores)

■ **Why you'll love it:** "It's excellent for smoothing skin texture and eliminating irregularities like brown spots. And its niacinamide (vitamin B3) stimulates cell turnover."

—Debra Wattenberg, MD, assistant clinical professor at Mount Sinai School of Medicine, New York City



Complexion Treatment

SkinCeuticals Pigment Regulator (\$85; skinceuticals.com)

■ **Why you'll love it:** "A rigorous independent study showed that this serum, which contains botanical ingredients, lightens dark spots as effectively as 4 percent prescription hydroquinone does."

—David McDaniel, MD, director of the Institute of Anti-Aging Research in Virginia Beach, Virginia



Sunscreen

La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid (\$28; laroche-posay.us)

■ **Why you'll love it:** "The Anthelios 60 Fluid contains both a photo-stable sunscreen and a plant-based antioxidant to limit UV damage as well as repair it."

—Doris Day, MD, clinical assistant professor at New York University Medical Center



Body Wash

Eucerin Calming Body Wash Daily Shower Oil (\$8; drugstores)

■ **Why you'll love it:** "It moisturizes as you cleanse, and the oils seal in the water your skin absorbs during a shower. Plus its soap-free formula is perfect for people with dry or sensitive skin."

—Arielle Kauvar, MD, clinical associate professor at New York University Medical Center



Body Lotion

Vaseline Intensive Rescue Clinical Therapy Protectant Body Lotion (\$7.50; drugstores)

■ **Why you'll love it:** "This lotion contains glycerin, which draws moisture into the skin, and dimethicone (a derivative of silicone), which seals in the moisture to prevent loss of natural oils."

—Jeffrey Benabio, MD, voluntary clinical assistant professor at the University of California San Diego



Mascara

Sensai Mascara 38°C (Volumising) (\$32; neimanmarcus.com)

■ **Why you'll love it:** "The formula forms capsules around your lashes for water-resistant, smudgeproof coverage. Yet all you need to remove it is warm water—splash your face several times and the tiny tubes slip right off your lashes."

—Susan Giordano, makeup artist



Blush

Benefit One Hot Minute (\$30; sephora.com)

■ **Why you'll love it:** "It's a smooth, loose rose powder with gold shimmer that looks great on every skin tone. You can use it as eyeshadow or highlighter, or even mix it in your hands with lotion to create a body bronzer."

—Maria Verel, makeup artist



Lipcolor

CoverGirl Outlast Lipstain in Teasing Blush (\$7.50; drugstores)

■ **Why you'll love it:** "These lip stains are very pigmented, they're not sticky after they dry, and they last for hours. This soft blush pink is the most universally flattering shade, and because it has a matte finish, you get a perfectly natural look."

—Rebecca Restrepo, makeup artist