

DR.OZ

THE GOOD LIFE

DECEMBER 2014

Holiday Plan

EAT WHAT YOU LOVE

AND DON'T GAIN WEIGHT!
Yes, Even Cake

**How to
Stop a Cold
Before
It Starts**

P.29

**Secrets
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TRUE BEAUTY

Shadow that's as nourishing as an eye cream

Bronzer with antioxidants that protect skin

Pretty gets Healthy

Blush with vitamin C... lipstick with anti-agers.... These makeup products claim to even out skin tone, plump fine lines, and strengthen your nails, but can they really help? We found the ones that do.

BY HANNAH MORRILL

Insta-hydration to plump up lip wrinkles

SOURCES: IRON ROBINSON, NEW YORK-BASED COSMETIC CHEMIST AND FOUNDER OF BEAUTYSTAT.COM, MARY LUPO, M.D., CLINICAL PROFESSOR OF DERMATOLOGY AT TULANE UNIVERSITY SCHOOL OF MEDICINE, ADAM FRIEDMAN, M.D., DIRECTOR OF DERMATOLOGIC RESEARCH AT MONTEFIORE-EINSTEIN COLLEGE OF MEDICINE, JOSHUA ZEICHNER, M.D., DIRECTOR OF COSMETIC AND CLINICAL RESEARCH AT MOUNT SINAI HOSPITAL, CHRIS ADIGUN, M.D., NORTH-CAROLINA-BASED DERMATOLOGIST.

Makeup that moonlights as skincare?

It's everywhere now, promising smoother skin and stronger nails, along with, of course, a pretty splash of color. But not all of these multitasking products are created equal: "Texture, potency, and chemical composition vary wildly, meaning the benefits do too," says New York-based cosmetic chemist Ron Robinson, founder of Beautystat.com. Robinson and four top dermatologists evaluated more than 80 of these makeup-skincare hybrids, and chose 16 favorites with the power to make a difference.

1.



eyes

1. **Josie Maran Coconut Watercolor Eyes Shadow**
A blend of coconut water and argan oil rehydrates crepe-y lids. (\$18, Sephora)

2. **Neutrogena Crease Proof Eye Shadow**
Swish on this vitamin E-enriched formula to protect fragile eye skin—it's more susceptible to free-radical damage. (\$8.50, Walgreens)

3. **Revlon Grow Luscious by Fabulash Mascara**
Panthenol (a B vitamin) and wheat protein condition lashes. (\$8, drugstores)

4. **Chantecaille Faux Cils Longest Lash Mascara**
Want longer, stronger lashes? This mascara has SymPeptide 17, the "next best thing to Latisse," says our expert. (\$70, chantecaille.com)

5. **Clinique Lid Smoothie Antioxidant 8-Hour Eye Colour**
Collagen-building peptides firm skin while cucumber and caffeine reduce redness. (\$19.50, clinique.com)

3.



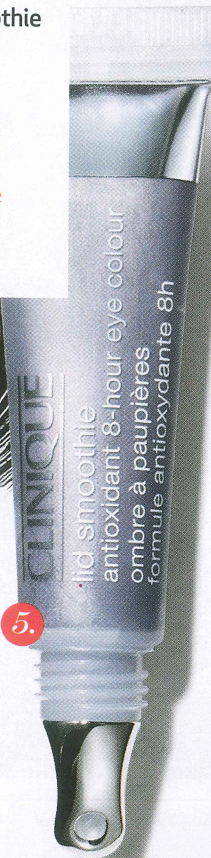
2.



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1.



lips

1. **Lancôme L'Absolu Rouge Lipstick**
Vitamin E and a hydrating molecule called Pro-Xylane help to shield lips from the elements. (\$30, lancome.com)

2. **Perricone MD No Lipstick Lipstick**
This universally flattering pink pairs high-tech hyaluronic acid spheres to fight dryness with peptides that smooth fine lines. (\$30, Sephora)

3. **Neutrogena MoistureSmooth Color Stick**
Fat-rich mango and shea butters "lock moisture into lips," says our expert. (\$8.50, drugstores)

4. **Fresh Tinted Sugar Shine Lip Treatment**
Sugar and hyaluronic acid—two moisturizing humectants—hydrate and plump lips. UV filters protect delicate skin. (\$18.50, Sephora)

4.



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nails

1. Deborah Lippmann Nail Lacquer

The natural resins in these polishes make them winners—they fill ridges to help prevent splitting. (\$20, Sephora)

2. Nails Inc. NailKale Nail Polish

A lacquer rich in vitamins A and C (both important to nail formation), it's also chock-full of oils that condition the nail plate, preventing cracks. (\$14, Sephora)

3. Londontown Lakur Enhanced Colour Nail Polish

This formula nails it with hydrating rapeseed flower and evening primrose oils, plus garlic bulb extract to ward off infections. (\$22, londontownusa.com)



face

1. Perricone MD No Blush Blush

A serum-like formula with zinc oxide to protect against the sun and DMAE, a natural alcohol, to firm and tighten skin. (\$35, Sephora)

2. La Prairie Cellular Radiance Cream Blush

Chamomile calms, and vitamins A, C, and E halt the havoc caused by free radicals. (\$70, laprairie.com)

3. Colorescience Skin Bronzing Face Primer SPF 20

Sensitive types will love the gentle rice-protein base. Algae extract, another powerful antioxidant, protects. (\$46, colorescience.com)

4. Vapour Solar Translucent Bronzer

Pomegranate, green tea, and açai shield skin against environmental damage. Shea butter moisturizes. (\$36, vapourbeauty.com)



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