

**BOOST YOUR ENERGY**  
Our Speedy Slim-Down, Rev-Up Routine

# fit**ness**

Mind, Body + Spirit

**BLAST  
MORE  
FAT!**

New Calorie-Scorchers  
From *The Biggest Loser's*  
Bob Harper

**Superfood or  
Superscam?**

How to Tell What's  
More Hype Than Help

**12 Decadent Party  
Dishes (Zero Guilt)**

***Instant  
Motivation***

35 Simple Secrets to Better Body Bliss

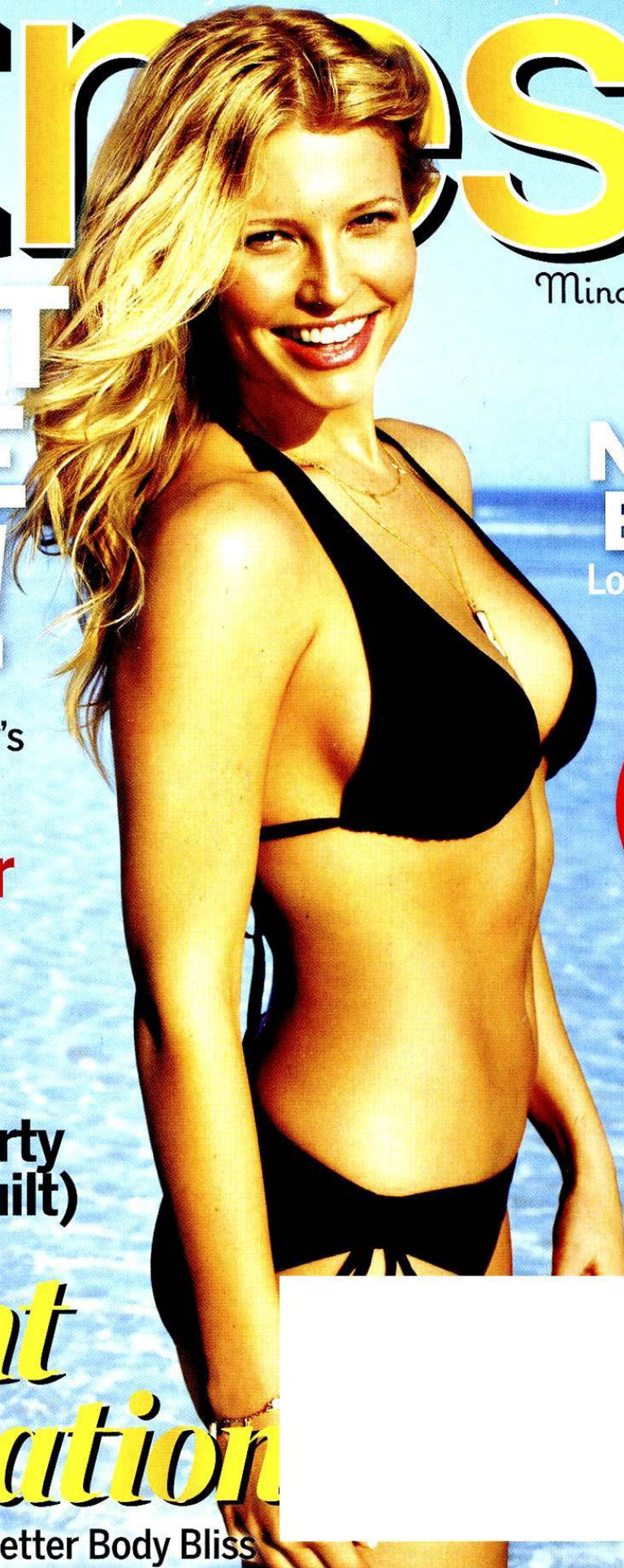
**Fresh,  
Natural  
Beauty**

Look Fab Without  
the Fuss

Holiday  
Preview!  
**Gear  
and Gifts  
Galore**

**Diet  
Damage  
Control**

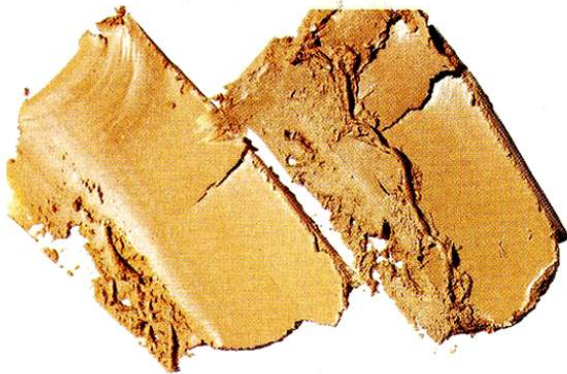
We'll Fix Your  
Cheating Ways





**Q** How can I hide the scars from past pimples?

**A** The trick is to apply two concealers, says Erica Whelan, a makeup artist in New York City. Using a concealer brush, tap on one that has a yellow undertone, which neutralizes any redness, and follow with a light layer of a cover-up that matches your skin tone. Blend the shades together with your ring finger. A new corrector kit that we love is **e.l.f. Studio Complete Coverage Concealer** (\$3, eyeslipsface.com).



**Q** Can I use body lotions and creams on my face?

**A** Dermatologists say it's fine to do this in a pinch, but to prevent irritation, follow these rules.

- Look for products that contain the fewest ingredients; they are less likely to inflame your complexion. Two heavy-duty hydrators: **Vaseline Petroleum Jelly** (\$2.99, drugstores) and **Aquaphor Healing Ointment** (\$5.49, drugstores).
- Apply the product only on areas that feel dry, such as your cheeks and lips. Avoid the sensitive eye region and prone-to-acne T-zone.
- Steer clear of lotions that contain fragrance, which can be highly irritating, and anything with glycolic acid, which can sting.

Sources: Jeannette Graf, M.D., a dermatologist in Great Neck, New York; Debra Jaliman, M.D., a dermatologist in New York City



**Q** I run errands after the gym on weekends. What can I wear so I don't look like an extra from an exercise video?

**A** Give your gym getup an out-and-about-worthy makeover. Start with black or gray fitted capris, yoga pants or leggings and a striped work-out tank. Add a cute leather bomber instead of your trusty sweatshirt and put on a pair of oversize shades for a look that's street chic.

Allen B by Allen B Schwartz for JCPenney jacket, \$70. Nike tank, \$45. Lululemon Athletica capris, \$68. New Balance 410 shoes, \$75. Carrera sunglasses, \$120. LeSportsac bag, \$42

**Q** The colder the weather, the more my hair puffs. Why is that?

**A** You may think of frizz as a summer bummer, but it happens in the winter, too. "During dry, cold months, strands lack elasticity and moisture, causing fly-aways," says Nicholas Penna Jr., owner of SalonCapri in Newton, Massachusetts. Smooth over any situation by applying this cocktail to damp hair:

A dime-size drop of an oil-based serum, such as **Paul Mitchell Awapuhi Wild Ginger Styling Treatment Oil** (\$24.95, paulmitchell.com for salons)

A quarter-size dollop of smoothing curl cream, like **Pantene Pro-V Curly Hair Series Anti-Frizz Straightening Crème** (\$5.99, drugstores)

**Your sleekest style ever!**



E-mail your burning style questions to [getgorgeous@fitnessmagazine.com](mailto:getgorgeous@fitnessmagazine.com).