

# REAL SIMPLE

LIFE MADE EASIER

90+  
PAGES OF  
INSPIRATION  
& IDEAS

## More Calm, Less Clutter

Pro Tips to Stay Organized All Year



**11 Easy  
Ways to  
Get Fitter  
& Happier**

**Delicious  
(& Healthy!)  
Weeknight  
Meals**

**Meet Your  
Money  
Goals**



JANUARY 2018

A close-up portrait of a woman with long, dark, straight hair that falls over her shoulders. She is smiling warmly at the camera. She is wearing a white, off-the-shoulder top. The background is a plain, light color.

## SLEEK HAIR

Wish you had a third arm to help tame your mane? Flip for the frizz-ending fix.

# ONE-STEP BEAUTY FIXES

You don't have to overhaul your whole routine to make a **BIG IMPACT**. These tiny tweaks will step up your look and **STREAMLINE** your mornings for good.

## MINIMIZE DARK CIRCLES

They've faced the best concealers. Yet there they are. When it comes to zombielike circles, Idriss says, "genetics plays a huge role." With age and sun exposure, fat and collagen in the area dwindle, causing hollows to deepen.

**PRO FIX:** Your derm can brighten and smooth your undereyes for a year or more using a delicate layer of hyaluronic acid (HA) filler—one of the more dilute formulas, like Juvederm Volbella or Belotero (\$800 and up). The process works by lifting skin up and away from bluish blood vessels and gently swelling the sunken area. But they should be used sparingly, to undetectable effect, so the undereye maintains some of its naturally concave appearance. To that end, dermatologists will often inject along the tops of the cheeks first, as "often, if you lift the cheeks just a bit, the undereyes will correct on their own," says Zeichner.

**DIY SOLUTION:** Tap on an HA-infused eye gel, like Dr. Dennis Gross Hyaluronic Marine Dew It All (\$48; sephora.com), which can help plump up hollows, temporarily diminishing darkness.

## FAKE FULLER BROWS

Raise your hand if you survived the '90s. Now raise your hand if your eyebrows did. But it's 2017—there's a better way to beef up anemic arches than pencil strokes and pomade.

**PRO FIX:** Microfeathering. It's a more authentic-looking take on microblading (in which semi-permanent pigment is deposited into the skin with a blade), pioneered by eyebrow expert Kristie Streicher, who tends to such A-listers as Mandy Moore at Striik, the Beverly Hills beauty studio she co-owns with her sisters. "My goal is to fill in only sparse areas of the brow with strokes that exactly mimic the natural hair and its growth pattern for a soft, natural effect," she explains. While microbladed brows tend to look solid and tattoo-like, microfeathered arches resemble fluffier, more youthful versions of your own. "You shouldn't be able to differentiate between the microfeather strokes and your real eyebrow hairs," says Streicher. The two-appointment process (\$1,000) begins with a test session, during which Streicher conceals a few flicks of color into brows to see how your skin responds. (Mild swelling, bruising, and discomfort are common.) Six weeks later, clients return for additional ink and final tweaks. Since pigment slowly fades, touch-ups are needed every six months, but in between, upkeep is super minimal—as in, clear brow gel only.

**DIY SOLUTION:** Brow-enhancing serums, like RevitaBrow Advanced (\$110; revitalsh.com) and GrandeBrow (\$80; sephora.com), aim to restore arches with prostaglandin analogs, which are "hormonelike lipids that act as chemical messengers, signaling follicles to rev up hair growth," says cosmetic chemist Kelly Dobos. Added conditioners, circulation boosters, and peptides help promote lushness by nourishing follicles and strengthening hairs.

## GET RID OF FUZZ

What's worse than constant plucking or razoring? The irritation left behind. Consider upgrading your method.

**PRO FIX:** Modern hair-removal lasers are less painful and quicker than waxing. They take aim at pigment, delivering a blast of heat to "disable the reproductive cycle of the hair within the follicle," says Christian Karavolas, a certified laser specialist and owner of Romeo & Juliette Laser Hair Removal in New York City. Thanks to built-in skin-cooling mechanisms, he says, the discomfort is about half that of waxing, and the upper lip or chin can be tackled in under five minutes. (Plus, no ingrowns!) In well-trained hands, these lasers are safe for all skin tones, but they work best on darker hair. Women can expect a 45 to 85 percent permanent hair reduction on the face, he adds—results vary based on age, hormones, and medical history. Figure 6 to 10 monthly visits (starting at about \$75 each), plus one or two touch-ups each year.

**DIY SOLUTION:** The Flawless Finishing Touch (\$20; amazon.com) has a spinning head that disappears hairs in seconds without yanking or redness. Beyond the usual uses (laser, mustache!), it makes for seamless foundation application by defuzzing a full face in a few seconds.

For the essential beauty products everyone needs, go to [realsimple.com/beautyforall](https://realsimple.com/beautyforall).