

A Fresh Way to Start the New Year



SKIN. Plump up sleep-deprived complexion with a base that glides smoothly and hydrates perfectly. Clinique Repairwear Anti-Aging Makeup SPF 15, packs in antioxidants and skin emollients to do just that.

EYES. Hold on to last year's rich plum tints--- but make room for chirpier hues, like those found in Lancôme's latest Color Focus Palette in Petite Fleur d'Occident. The chic compact houses vibrant (yet super sheer) shades that brighten your peepers with a fresh wash of color.

LIPS. Cushion creased and dry lips with a softening balm that has a tiny hint of color (Bonus: It will perk things up in the kissing arena). Try: Kiehl's SPF15 Lip Balm in 30G.

Beauty on a Budget

Spent your cash on all the holiday shopping and festivities? No fear—you can still look gorgeous for the New Year with these wallet- friendly tricks.

Brew a Refreshing Body Mist

To create a fresh-smelling skin treat, pull off the petals from about four roses, steep in hot water for 10 minutes, and pour the strained liquid into a spray bottle, says Tara Oolie, owner of Just Calm Down Spa in NYC. Then spritz all over.

Fix a Self-Tanner

If your fake-bake body looks streaky, orangey, or too dark, go for a swim in a pool, says Ryan Crabbe, spa director of the Ritz-Carlton Spa in Miami. "The chlorine will dissolve the self-tanner a bit so the mistakes aren't as obvious."

Get Ultrasmooth Skin

Brew a pot of coffee, then use the leftover warm grounds in the shower as an exfoliator. They'll slough your skin, making it smooth, plus caffeine has a temporary, mild firming effect.



The scent of rose petals!



Fresh ingredients for the fresh New Year!

Go Natural this New Year!

Try these natural, home-made treatments for sparkling eyes, shiny hair and glowing skin – with ingredients straight from your kitchen!

Nourishing Milk Bath

Keep skin baby smooth by adding milk to a warm bath. A truly luxurious and relaxing treat!

Exfoliating Face Mask

Here's a delicious way to banish dead skin cells: smooth fresh papaya pulp on your face and leave for 5 minutes, then wipe off with a damp towel.

Intensive Hair Repair

For smooth and super-shiny hair, blend 1 egg and ½ of an avocado. Massage mixture into hair and scalp, and leave on for 30 minutes. Rinse thoroughly.

Instant Eye Treatment

Place two chilled cucumber slices over your eyes. Rest for 15 minutes. Absolutely refreshing and soothes those puffy eyes!

Fashion in the New Year

Gauchos flatten, fatten, and never flatter.

There was once a season where women of all shapes and sizes could slip on a half-skirt, half-pant gaucho, draping themselves in a flowing material that looked classy and fit like sweatpants. Winter 2005 was a simpler time, but fashion trends move on, and gauchos have gone the way of capris. (You have gotten rid of your capris, right?) Fortunately for your working wardrobe, wool and other heavy fabrics in the gaucho cut still make for attractive and comfortable business wear.

Bug-eye sunglasses are only in if you're a bug—or Nicole Richie.

It's a baffling phenomenon: huge-framed sunglasses that cover most of the face, giving the wearer the impression that she is trapped behind a face-mask. Only Miss Richie, who has reason to conceal her identity, can pull off this strange, insectile fashion trend. For us non-celebrities, this wardrobe mistake only serves to shrink the facial features to hilariously tiny proportions. Save your oversized sunglasses for undercover missions on the set of "The Simple Life."

Tacky velour sweatpants bring casual wear to new lows.

Though it's the second sweatpants entry on a short list, velour still deserves a mention. While big, comfortable velour sweatpants may be acceptable for lounging about the house, walking the dog, and attending Dallas Cowboys cheerleading auditions, the skin-tight variety still found in public may be the biggest fashion trend faux pas in years.

This season, let's move into a brighter, more fashionable New Year. And no matter what fashion trends are in, designers and fashionistas must remember the goals of good style: Fit your wardrobe to your body type, and keep it comfortable.



Bug Eye Sunglasses
- so last season!