

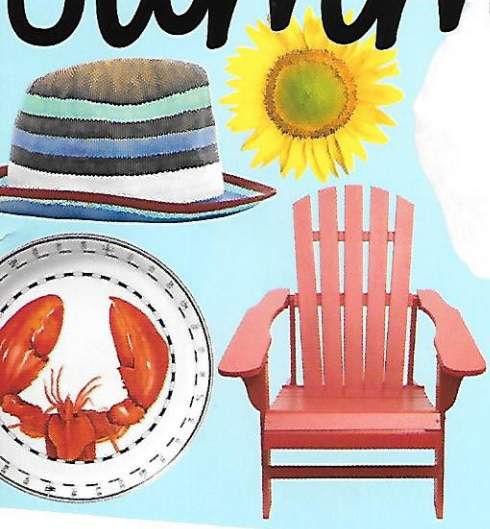
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86 NEW WAYS TO LOVE Summer

Melissa McCarthy

Stories about love & confidence she's never told before



plus...

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3/ *For evening, try on gold*

“Think of gold shadow as a basic neutral with extra oomph,” says L’Oréal Paris celebrity makeup artist Billy B, whose clients include Sharon Stone. “It works with almost any makeup look, but worn with only mascara and lip balm, it creates a beautiful, luminous effect.” Either a powder or cream will work; just choose a pale, champagne gold (go a little deeper and more yellow if you have dark skin) and apply it up to your crease—no higher. You can’t go wrong with CoverGirl Bombshell ShineShadow by LashBlast in Gold Goddess, \$8.99.

Three rules for great skin

- **Stash a broad-spectrum powdered sunscreen in your bag.**

“If you get caught in the sun, you can just dust it on and it won’t ruin your makeup,” says Elizabeth Callahan, M.D., medical director of SkinSmart Dermatology in Sarasota, FL. A translucent one like Peter Thomas Roth Instant Mineral Powder SPF 45, \$30, works on all skin tones.

- **Go light on face lotion.**

Summertime breakouts are often caused not by sweat or oil but by using a too-heavy moisturizer in hot weather. Swap anything with vitamin E, shea butter, or ceramides for a fluid or gel that contains lighter-weight panthenol or hyaluronic acid. Try Simple Ultra-Light Gel Moisturizer, \$10.99.

- **Load up on antioxidant-rich foods**

like blueberries, spinach, pomegranates, and açai. “Data suggests that ingesting antioxidants may help protect skin against free-radical damage,” says dermatologist Elizabeth Hale, M.D. One study shows that eating just half a pink grapefruit (which is packed with lycopene) per week ups your sun protection.

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