

THE OPRAH  
MAGAZINE

LIVE YOUR BEST

**CAN I REALLY  
WEAR THAT?**  
Making the latest styles  
work...at any

**The Queue  
for Re**

Hint: Sk  
has noth  
to do wit

(Turn to pa



Dr. Katz's  
Top 10  
Food Rules  
(tape 'em to  
the fridge)

# Eat Better! Live Happier!

Delectable advice, easy meal makeovers, guilt-free food—*dinner is served*

## HOOKED ON PRAISE?

How to quit craving  
that constant approval

## The Male Brain

Mysteries solved!  
Toilet seat down!

AUGUST 2009 \$4



# BEAUTY GAZETTE

## WE TRIED IT... and You Might Want To



*CLICKETY-CLICK-CLICK-clickety-click.* That's the sound of my nails softly tapping my keyboard as I type this. They're strong and marble-smooth, with milky-white tips. Last week I (reluctantly, in the name of investigative journalism) glued ten **Kiss Everlasting French Nails** (\$6, drugstores) to my own. And, as a woman who generally eschews aesthetic enhancements that won't wash off, I'm shocked to tell you that I can't stop admiring my new look. That's right: I actually *like* wearing these plastic nails.

The kits come in flat (for women with flat nail beds) or regular (if your

beds are more curved), and "real short" or medium length; each box contains two dozen variously sized nails so you can find the perfect fit for each finger. (A mini nail file, tube of glue, and orange stick are also included.) Even the short length is significantly longer than I'm used to, and some maneuvers are definitely tricky with my new nails (slipping a credit card out of my wallet, zipping my pants, unzipping my pants)—but I'm adjusting. And unlike the chunky Lee Press-On generation of fakes, these nails are superthin; even my most eagle-eyed friends

haven't questioned their authenticity—just complimented my perfect manicure.

**UPDATE:** Kiss recommends removing the nails after seven days; although mine were holding up beautifully, I obliged. After soaking my fingertips in a tub of acetone (**Kiss All or One Artificial Nail Remover**, \$7, drugstores)—about 15 minutes for each hand—the plastic became gummy and I could wipe it off each nail. Though my fingers were pruny afterward, my nails appeared no worse for the wear. But I called Nia Terezakis, MD, clinical professor of medicine at

Tulane University School of Medicine, to make sure I didn't have any surprises in store: "If your skin is sensitive, it could become inflamed if it comes in contact with the glue, but otherwise, these nails shouldn't cause a problem," she assured me. "And the acetone you remove them with isn't permanently damaging to your nails. It's just drying, so you should moisturize a lot after using it." —J.B.

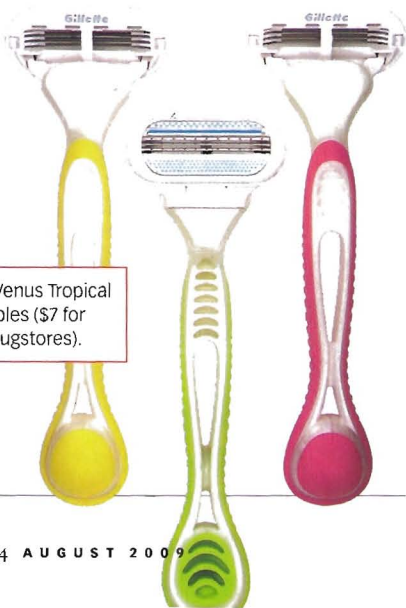
## STOP THAT!

**Don't shave your legs after a long soak in the tub.** "After 15 to 20 minutes, water causes skin to wrinkle and swell, which means that a razor can't glide as easily or reach the base of the hair," says Kristina Vanoosthuyze, senior scientist for Gillette's Venus razor brand. For the smoothest result: Shave within five to ten minutes after stepping into the shower, when the warm water has softened your skin and hair.



### It's About Time

"MANY SKINCARE PRODUCTS marketed to women of color may have an African-American face on the packaging, but the formulas haven't necessarily been designed for them, or tested on them," says David McDaniel, MD, director at the Hampton University Skin of Color Research Institute, the first center of its kind (opening this fall). Now that marketers have realized that ethnic skincare is a potential gold mine, however, that's changing. Beauty companies are particularly eager to offer new and better treatments for dark patches, a major skin concern for women of color. McDaniel is on the case: He plans to decode the genetic makeup of hyperpigmented skin in order to discover which ingredients most powerfully affect it. His findings will be useful in creating formulas for other skin tones, too. Which means that more of the products *marketed* to you will actually be *made* for you, a development we can all look forward to. —KATE SANDOVAL



Gillette Venus Tropical Disposables (\$7 for three, drugstores).



**At one recession-sensitive salon**, if your 401(k) is down, say, 43 percent, so is the cost of your haircut. First-time clients at the Jon Charles Salon in Minneapolis can receive a discount equal to the percentage (up to 50 percent) by which their retirement account has shrunk (no proof required)—and get at least one beautiful return on their investments this year. —J.B.