

fitness

ICED CAPPUCCINO
NAIL ENAMEL



As seen in Fitness
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ON FEET CND enamel in Iced Cappuccino

getgorgeous

pretty polish picks
Next time you're at the nail color wall, choose one of these mani-pedi combos.

▶ **Stick to one color family.**
With such rich hues, the lighter version is best on hands.
ON FINGERS: Jessica Custom Nail Color in Loving the Lilacs (\$7, jessicacosmetics.com)
ON FEET: Shades by Barielle in Grape Escape (\$8, barielle.com)

▼ **Try two brights.**
This pair, best for the beach, looks great when colors aren't matchy-matchy (go yellow and coral!).
ON FINGERS: OPI Nail Lacquer in Banana Blandiana (\$8.50, ulta.com)
ON FEET: Chanel Nail Colour in Orange Fizz (\$23, chanel.com)

▲ **Switch up the classics.**
Try the unexpected—red on your fingertips and a sheer on your toes.
ON FINGERS: Lippmann Collection in It's Raining Men (\$15, lippmanncollection.com)
ON FEET: Sally Hansen Insta-Dri Nail Color in Beige Blast (\$4.95, drugstores)

◆ **Go beyond barely there.**
A blush-toned pink and a copper-flecked taupe are modern ways to wear neutrals.
ON FINGERS: Essie Nail Color in Not Just a Pretty Face (\$8, essie.com)
ON FEET: CND enamel in Iced Cappuccino (see page 48, timetaps.com)

SAVE A MINUTE GENIUS
"Instead of a full-on application of self-tanner, I apply a glow lotion every day. By the end of the week, I'm just as dark as a tanner would make me, without the streaks or smudges."
—Lilie Williams, Charleston, South Carolina

"I paint a top coat on my nails every other day. My manicure lasts almost a month without chipping, saving me money and time at the salon!"
—Dorcas Johnson, Seattle

10 skin stumpers

	FACT	FICTION
• Waxing creates finer regrowth than shaving	✓	✗
• Facials are a waste of money	✗	✓
• Generico is a bigger ager than the sun	✗	✓
• Body lotion shouldn't go on your face	✓	✗
• Creams can cure stretch marks	✗	✓
• Sunscreen is unnecessary on cloudy days	✗	✓
• Non-soap cleansers are best for dry skin	✓	✗
• Toothpaste can clear up a pimple	✗	✓
• Eating oranges can prevent wrinkles	✓	✗
• Cellulite is a sign you're out of shape	✗	✓

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