

Lights, Camera, Cosmo!

Heard the advice "dress for the job you want"? Well, putting your best face forward is crucial too. The So Cosmo crew rocks the secret weapon for looking like a boss.

EYEING SUCCESS

On any given day, it's tempting to get ready for work by rolling out of bed and grabbing your least dirty blouse. But for the editors at *Cosmo*, there's no room for slacking. Our iCals are filled with high-stakes meetings, fashion shows, photo shoots (with shirtless guys, natch), and selfies—*all* the selfies. Of course, we all have those days when we struggle to pull it together (think: outfit covered in latte stains—not so chic). The easiest way to stand apart from the pack? An expertly applied swipe of mascara—serious lashes leave no doubt about who is in charge.



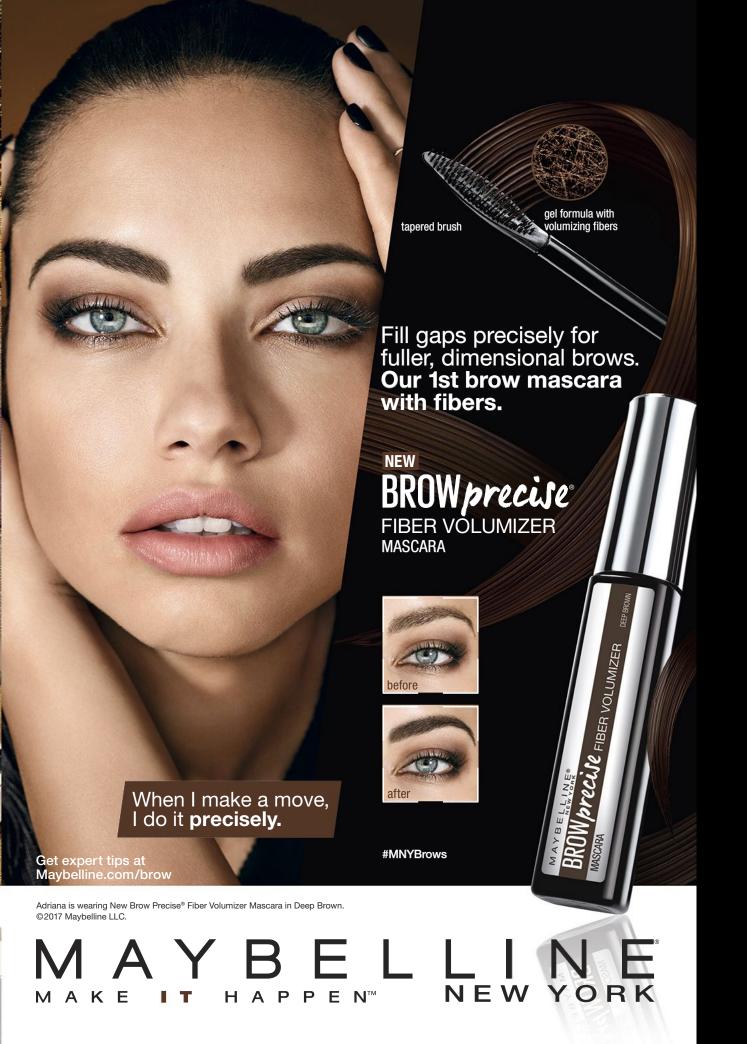


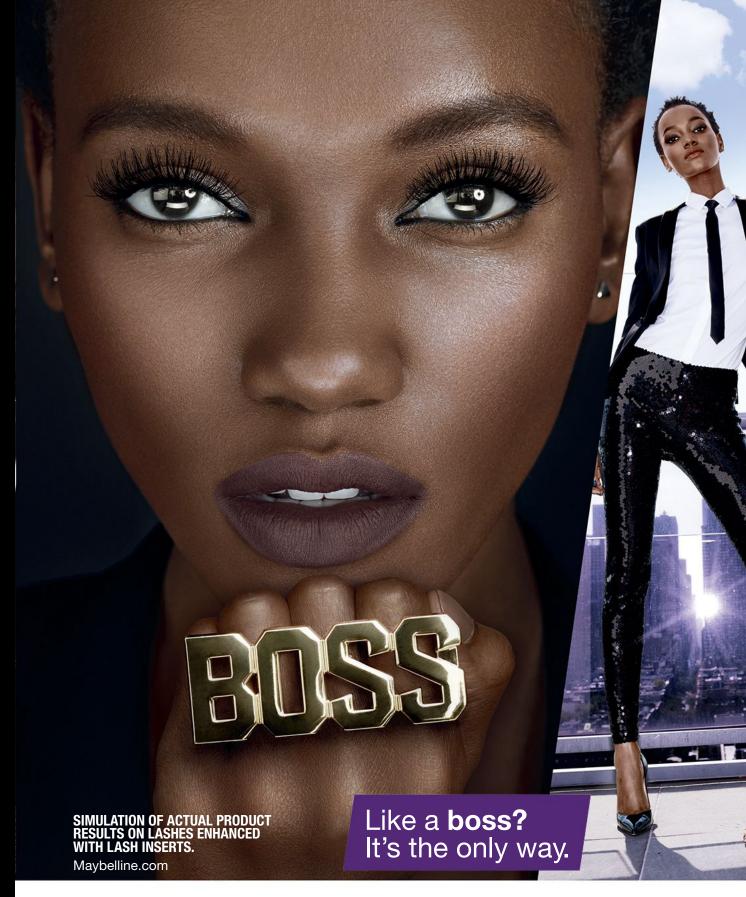




©2017 Maybelline LLC.







MAYBEL

MAKE IT HAPPEN"



I LIKE TO LOOK GOOD FOR YOU, BUT I LOVE TO LOOK GOOD FOR ME.

YOUR FIRST WAX IS ON US*

WAXCENTER.COM | europeanwax (f)(y)(g)

Over 600 locations nationwide



REVEALING YOU. REVEALING BEAUTIFUL SKIN™





*See waxcenter.com for complete details. Restrictions apply. © 2017 EWC Franchise, LLC. All rights reserved.



TRESemmé

HARIAN'S ALWAYS NEASHON

THE SIDE SWEPT LOOK

USED BACKSTAGE AT NEW YORK FASHION WEE

TRESemmé

EXTRA FIRM CONTROL RES TWO™ SPRAY

4 HAIR SPRAY

#TRESnyfw



COVER STORIES

MARCH 2017

- 30 Don't Miss Our New Show So Cosmo on E!
- 110 The #1 Way to Tell If He's Truly Into You
- 117 **Hot-Body Secrets** You're Gonna Love Being Naked!!
- 133 Is Your Face
 Aging Too Fast?
 Find Out in The
 Linda Wells
 Skin-Care Report
- 149 The Badass
 Babes Issue...
 Starring
 Ruby Rose
 Hollywood's Sexiest
 New Rule Breaker
- 177 Our Biggest
 Sex Q&A
 Answers to Your
 Most Private
 Questions!
- 182 Orgasms
 Made Easy!
 Enjoy One...Every.
 Single. Time.

FEATURES

- 158 **Hot Couples**Fresh makeup color combos to try
- 164 8 Ways to Stand
 Out This Spring
 Get noticed in these
 statement styles
- 172 Frat Boys 2.0 How some guys are combating sexual violence on campus

CORSET, TOP, SKIRT, Zimmermann. SHOES, Christian Louboutin. EARRINGS, Sonia Boyajian Jewelry

One drop. Endless possibilities.

Now, transform your favourite moisturizer into a BB, CC or fuller-coverage foundation. One drop of pure pigment creates sheer cover.
Two or three, a flawless finish. For daytime to datetime and everything in between.

New.
Clinique BIY™
Blend It Yourself
Pigment Drops
In 12 ready-to-mix shades.

clinique.com #myBIY







TOTALLY COSMO

- 19 Best. March. Ever.
- 26 Cover Star Quickie
- The Cosmo Guy 28
- 33 Confessions
- 36 Dates From Hell
- Fierce vs. Fail 39
- His Mom Did Whaaat?
- On My Mind Megyn Kelly's success strategies

STYLE

- **Rock Your Body** Flatter any asset
- Fun, Fearless Finds Under \$50 Slay casual Friday

- 58 **Look Hot** Toniaht Statement stripes
- 62 So-Hot Heels

BEAUTY

- **Get Pretty Filter Effects**
- Roll With It 70 Travel-size scents
- Sexy This Second
- 74 Know-It-All Guide to... Never, Ever Look Tired Again
- 78 Only \$10!
- 82 Does Your Hair Have a Split Personality?
- Girls Ink
- Selfie-Ready 24/7

"Just as he was about to kiss <mark>me, he be</mark>lched in my face..."

DATES FROM HELL

LOVE

- 99 The Surprising Keys to Compatibility
- 106 All About Men
- 112 **Dating &** Mating Keeping the Lust Alive
- 114 Ask Him Anything

BODY

- 120 Hangover Helpers Recovery foods
- 122 Gyno Info The Scary Thing You Can Catch by Kissing
- 124 Let's Talk About...Poop
- 130 **Body + Mind** Don't Worry, Be Unhappy

LIFE

- 185 Be My Guest! No-fail recipes that impress
- 192 Win Over Anyone at Work
- 194 4 Money Rules to Break

in every issue

- From the Editor
- 196 Horoscope
- 198 Bitch It Out!/ **Shopping** Information
- 200 Cosmo Quiz: What's Your Badass Superpower?



GET RUBY'S FIERCE LOOK

On Ruby: Jacket, jeans, top, Alexander Wang. To get Ruby's look, try Optical Illusion Complexion Primer, Eye Shadow in Chains, 24/7 Glide-On Eye Pencil in Perversion, Afterglow 8-Hour Powder Blush in Score, and Perversion Mascara, all by Urban Decay. Fashion director: Aya Kanai. Hair: Chris McMillan for SoloArtists.com. Makeup: Christian McCulloch at Streeters using Dior Addict. Manicure: Michina Koide using YSL La Laque Couture. Photographed by Ben Watts.

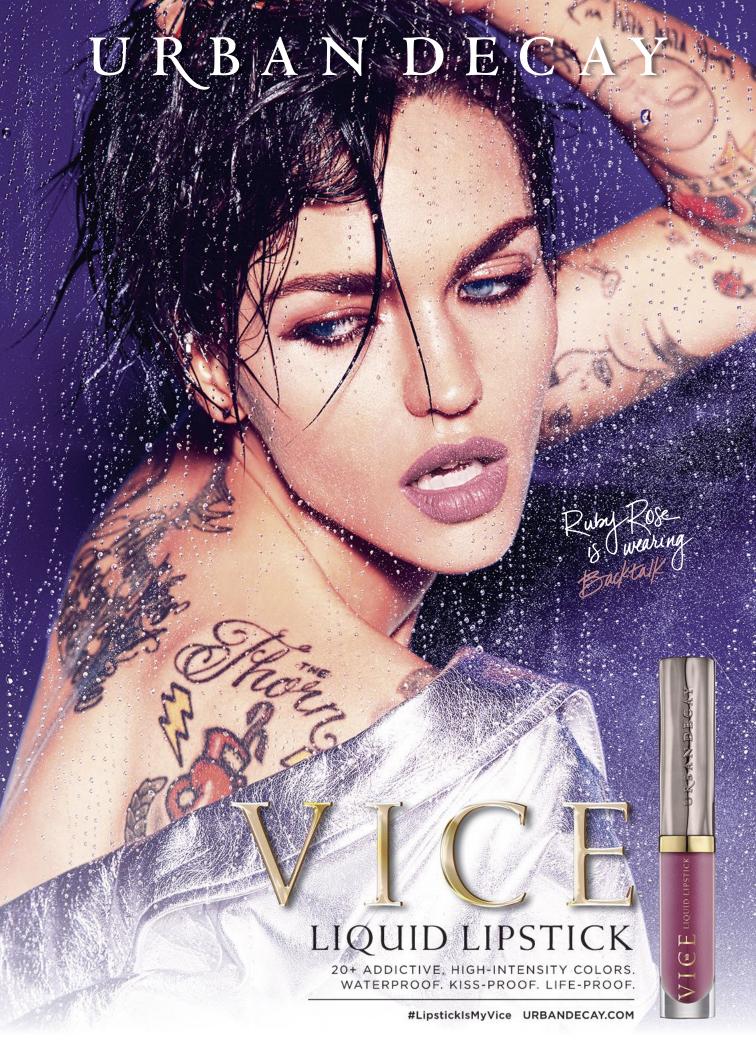


FNTFRTAINING

HIS PARENTS?

CRAFT THIS

COCKTAIL.



BIORÉ'S LASER FOCUSED ON DESTROYING



ONE PORE ATA TIME!



WITH THE POWER OF BAKING SODA AND CHARCOAL

Our baking soda product exfoliates and deep cleans to remove dry, flaky skin while our charcoal products act as a magnet to absorb excess oil...all with the added anti-acne power of salicylic acid.





Ideal scrub for combination skin to deep clean and gently exfoliate for clear skin.



Great for oily skin to deep clean or exfoliate while absorbing excess oil to help eliminate breakouts.

www.biore.com

Editor-in-Chief MICHELE PROMAULAYKO

CREATIVE DIRECTOR Theresa Griggs EXECUTIVE EDITOR Sascha de Gersdorff EXECUTIVE MANAGING EDITOR Maria Baugh EXECUTIVE FASHION DIRECTOR Aya Kanai EXECUTIVE BEAUTY DIRECTOR Leah Wyar EXECUTIVE PHOTOGRAPHY DIRECTOR Alix B. Campbell ENTERTAINMENT DIRECTOR Tracy Shaffer DIRECTOR OF STRATEGY AND COMMUNICATIONS Holly Whidden DEPUTY EDITOR, FEATURES AND BRAND EXTENSIONS

> DEPUTY EDITOR Katie L. Connor SPECIAL PROJECTS DIRECTOR Laura Brounstein DESIGN DIRECTOR Susannah Haesche

Marina Khidekel

DEPUTY MANAGING EDITOR Amy E. Grippo EDITOR-AT-LARGE John Searles SENIOR EDITORS Emily C. Johnson, Danielle McNally, Julie Vadnal ASSOCIATE EDITOR Judith Ohikuare ASSISTANT EDITOR Rachel Mosely ASSISTANT BRAND COORDINATOR Diandra Barnwell EDITORIAL ASSISTANTS Danielle Kam, Helen Zook EDITORIAL BUSINESS COORDINATOR Caryn Kanare EXECUTIVE ASSISTANT TO THE EDITOR-IN-CHIEF Maritza Medina CONTRIBUTORS Anna Breslaw; Mika Brzezinski; Logan Hill; Matthew Hussey; Ian Kerner, PhD; Esther Perel; Alexa von Tobel; Aurora Tower

FITNESS CONTRIBUTOR Evan Betts HEALTH ADVISORY BOARD Jennifer Ashton, MD; Whitney Bowe, MD; Mitchell Creinin, MD; David J. Leffell, MD; Stephanie Middleberg, RD; Holly Phillips, MD; Marisa Weiss, MD; Jennifer Wider, MD

FASHION

FASHION MARKET DIRECTOR Sarah Conly ACCESSORIES DIRECTOR Kathy Lee SENIOR MARKET EDITOR Tiffany Reid BOOKINGS DIRECTOR Steven Brown SENIOR FASHION EDITOR James Worthington DeMolet ACCESSORIES EDITOR Nicole Fineo FASHION EDITORS Aeyung Kim, Adam Mansuroglu ASSISTANT FASHION EDITOR Alysia De Maio ASSISTANT BOOKINGS AND ACCESSORIES EDITOR Sean McIntyre FASHION ASSISTANTS Shalaeya Brown, Tira A. Urquhart

BEAUTY

DEPUTY BEAUTY DIRECTOR Marta Topran BEAUTY EDITOR Lauren Balsamo ASSOCIATE BEALITY EDITOR Maddie Aberman ASSISTANT BEAUTY EDITOR Kate Foster BEAUTY ASSISTANT Erin Stovall

ART DIRECTOR Jose Fernandez DEPUTY ART DIRECTORS Betsy Halsey, Sarah Olin DIGITAL-IMAGING SPECIALIST Steve Fusco

PHOTOGRAPHY DIRECTOR Fabienne Le Roux DEPUTY PHOTO EDITOR Kristin Giametta SENIOR PHOTO EDITOR Allie Holloway PHOTO PRODUCTION COORDINATOR Naomi Nishi PHOTO ASSISTANT Sarah Eckinger

COPY AND RESEARCH

COPY DIRECTOR Ann Bacon Wright RESEARCH DIRECTOR Chris Moore DEPUTY COPY CHIEF Ester Brooke Friedman SENIOR RESEARCH EDITOR Lauren Dzubow COPY EDITOR Carlee Schepeler

COSMOPOLITAN.COM

EDITOR Amy Odell

PUBLIC RELATIONS

PUBLIC RELATIONS MANAGER Lauren Demitry

SVP/Publishing Director, Chief Revenue Officer DONNA KALAJIAN LAGANI

ASSOCIATE PUBLISHER/CHIEF REVENUE OFFICER Peter Medwid ASSOCIATE PUBLISHER/ADVERTISING Stacy Nathan ASSOCIATE PUBLISHER/MARKETING Jo Bray EXECUTIVE FINANCIAL DIRECTOR Peter Schmidt EXECUTIVE DIRECTOR, BRAND MARKETING SOLUTIONS Lindsay Leaf

INTEGRATED ADVERTISING SALES

 ${\tt EXECUTIVE\ BEAUTY\ DIRECTORS\ Andrea\ Foster,\ Meredith\ Kurland-Jeffery,\ Judy\ Sage}$ ACCOUNT DIRECTORS Michele Forman, Amy Lazar Pollack BUSINESS DEVELOPMENT DIRECTOR Terry Alvar ACCOUNT MANAGER Nicole Nannariello DIRECT RESPONSE ACCOUNT MANAGER Dawn Franco DIRECTOR OF MARKETING STRATEGY Vicki Dreyer-Fischer ADVERTISING SERVICES DIRECTOR Melissa Gart BUSINESS ANALYST Kathryn Wawrzonek MIDWEST DIRECTOR Alissa French MIDWEST ACCOUNT MANAGER Whitney Geller LOS ANGELES DIRECTOR Jee Ahn SAN FRANCISCO DIRECTOR Ellen Sullivan DALLAS REPRESENTATIVE Staci Ferber, Wisdom Media LLC DETROIT REPRESENTATIVE Colleen Maiorana, Maiorana + Partners EXECUTIVE ASSISTANT TO THE PUBLISHING DIRECTOR Lynn Goldstein-Garguilo ADVERTISING COORDINATORS Nicole Bramble, Nicole Guzman, Laney Kay

Aidan Macaluso, Frances Sisson RESEARCH MANAGER Emma Chapman CBS COORDINATOR Heidi Kaartinen

INTEGRATED MARKETING

SENIOR DIRECTOR Sara Schroeter DIRECTORS Kaitlin Morse Creedon, Morgan Thompson ASSOCIATE DIRECTOR Ariel Kaye SENIOR MANAGERS Meaghan Marks, Leah Paolino, Courtney Turnbull MANAGER Liznelia Peña-Marmol ASSOCIATE MANAGER Emma Tushman COORDINATOR Samantha Inzalaco

ASSISTANTS Caroline CasaNova, Samantha Colin, Seana Leen,

EVENTS AND SPECIAL PROJECTS

DIRECTOR Kim Grant MANAGER Jennifer Snyder ASSISTANT Emma Shapiro

CREATIVE DIRECTOR Lulu Zeitouneh ASSOCIATE DIRECTOR Gloria Tebelman DESIGNER Kaleel Munroe

PRODUCTION

PRODUCTION/OPERATIONS DIRECTOR Chuck Lodato OPERATIONS ACCOUNT MANAGER Lynn Scaglione PREMEDIA ACCOUNT MANAGER Deidra J. Robinson

CIRCULATION

GROUP CONSUMER MARKETING DIRECTOR Heather Plant

PUBLISHED BY HEARST COMMUNICATIONS, INC.

PRESIDENT & CHIEF EXECUTIVE OFFICER Steven R. Swartz CHAIRMAN William R. Hearst III EXECUTIVE VICE CHAIRMAN Frank A. Bennack, Jr. SECRETARY Catherine A. Bostron TREASURER Carlton Charles

HEARST MAGAZINES DIVISION

PRESIDENT David Carey PRESIDENT, MARKETING AND PUBLISHING DIRECTOR Michael Clinton

PRESIDENT, DIGITAL MEDIA Troy Young CHIEF CONTENT OFFICER Joanna Coles SENIOR VICE PRESIDENT, CHIEF FINANCIAL OFFICER Debi Chirichella PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller

INTERNATIONAL EDITIONS

Argentina, Australia, Brazil, Britain, Bulgaria, Chile, China, Croatia, Czech Republic, Finland, France, Germany Greece, Hong Kong, Hungary, India, Indonesia, Italy, Kazakhstan, Korea, Latin America, Latvia, Lithuania, Malaysia, Mexico, Middle East, Mongolia, Netherlands, Philippines, Poland, Portugal, Romania, Russia, Serbia, Slovenia, South Africa, Spain, Sri Lanka, Turkey, Ukraine

SVP/Editorial Director Kim St. Clair Bodden

PRINTED IN THE U.S.A. FOR SUBSCRIPTION-RELATED INQUIRIES, INCLUDING ADDRESS CHANGES, LOG ON TO SERVICE COSMOPOLITAN.COM OR WRITE TO *COSMOPOLITAN*, P.O. 80X 6000, HARLAN, IA 51593. FOR NEW SUBSCRIPTIONS, LOG ON TO SUBSCRIBE COSMOPOLITAN COM. PUBLISHED AT 300 WEST 57TH STREET, NEW YORK, NY 10019. COSMOPOLITAN.COM. FOR ADVERTISING-RELATED INQUIRIES, LOG ON TO COSMOMEDIAKIT.COM OR CALL 212-649-3303.

OUR 1ST ANTI-WRINKLE SKINCARE CREATED FOR EVERY AGE & EVERY STAGE

FOR YOUTHFUL LOOKING SKIN



WRINKLE **EXPERT**

3 ANTI-WRINKLE SOLUTIONS TAILORED TO YOUR AGE

35+

■ COLLAGEN

REDUCES FINE LINES, IMPROVES ELASTICITY, 24HR HYDRATION 45+

■ RETINO-PEPTIDES
REDUCES WRINKLES,
IMPROVES TONE,
24HR HYDRATION

55+

■ CALCIUM

REDUCES WRINKLES, DENSIFIES SKIN, REDEFINES CONTOURS, 24HR HYDRATION

THE SCIENCE OF BEAUTIFUL SKIN AT EVERY AGE



FROM THE EDITOR



GIVE AUGMENTED REALITY A GO!

Download and open the Cosmo Now app then point your phone's camera wherever you see this AR icon in this issue to unlock cool bonus content. Start by activating this icon right here—I have a message for you!

COSMO



Find Your Inner Badass

A NOTE FROM COSMOPOLITAN'S EDITOR-IN-CHIEF, MICHELE PROMAULAYKO. FOLLOW HER @MICHPROM. @ >

WELCOME TO our first-ever Badass Babes issue, featuring my new girl crush Ruby Rose. You may recognize her from her role as Piper's side piece on Orange Is the New Black. This month, Ruby steps out from the periphery and into the spotlight in three action flicks that have some celeb watchers comparing her to Angelina Jolie. IMO, she exemplifies what it means to be a badass babe-and it has zero to do with the mural of tattoos adorning her body. I'm talking about the honesty with which she lives her life. Because sometimes, the fiercest thing you can do is be unapologetic about who you are and what you want.

Throughout the issue, we're celebrating other women who have spoken up for what they believe in-like best-selling author and broadcast journalist Megyn Kelly, who recently left her post as a high-profile Fox News anchor for a new gig at NBC. Megyn has an awe-inspiring

ability to remain unflappable in difficult situations—from being the target of Trump's Twitter attacks to sexual harassment at work. Her take: To be successful, we have to set a standard of excellence for ourselves and then bust our butts living up to it. She certainly leads by example.

But finding your inner badass doesn't have to mean seeking a national platform or a big paycheck. It can simply be demonstrating small acts of courage every day-from breaking up with a dude who doesn't deserve you to asking for a raise to finally wearing that hot crop top that's been hanging in your closet. I want to hear what badass behavior you've displayed lately, so hit me up at Michele@Cosmopolitan.com.

Editor-in-Chief



I STOPPED BY OUR COVER SHOOT

TO MEET AUSSIE

ACTRESS RUBY ROSE, WHOSE BABY BLUES

AND BAZILLION-

© GUESS?, INC. 2017 PH: YU TSAI ART DIR: PAUL MARCIANO



THE NEW FRAGRANCE FOR MEN

GUESS DARE

Tell Frizz Bye However





SMOOTH BLOW DRY ANTI-FRIZZ CREAM

with Argan Oil helps you easily master smooth, long-lasting blowouts.

ANTI-FRIZZ CREAM

450F HEAT PROTECTION FASTER, SMOOTHER, LONGER LASTING BLOWOUTS

SLEEK WITH ARGAN OIL

100% Unretaiched







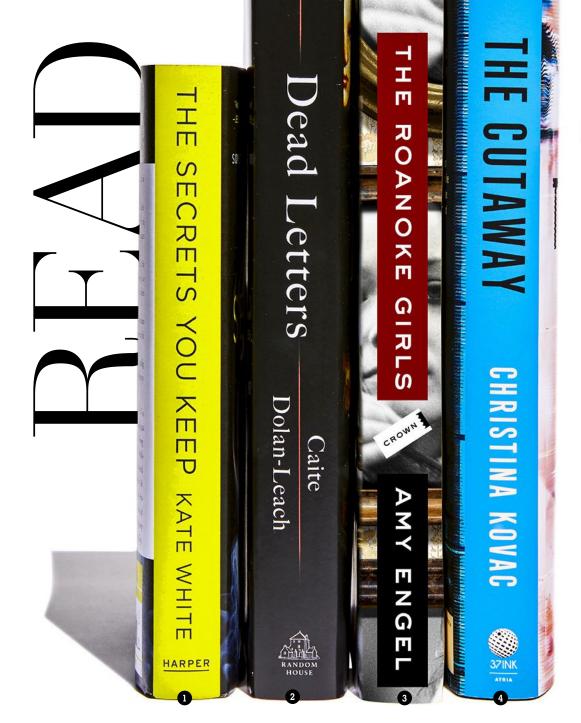
Welcome to a shower in the clouds. Pump. Spread. Enjoy!

Designed with a unique blend of gentle cleansers and NutriumMoistureTM Technology, this premium body wash instantly blooms into a weightless airy foam, gently cleansing your skin leaving it feeling light, nourished and cared for. Experience a shower like no other with new Dove Shower Foam.

Discover more at dove.com.







NAIL-BITERS

1. THE SECRETS **YOU KEEP**

by Kate White This can't-put-itdown murder mystery from the former editor of Cosmo follows an author pushed to the brink by escalating chaos. Crazy dreams guaranteed.

2. DEAD LETTERS

buCaiteDolan-Leach The disappearance of Ava's wild-child twin is just the beginning of this roller-coaster read that's as enthralling as it is WTF?!

3. THE ROANOKE **GIRLS**

byAmyEngelWith more twists than a bag of pretzels, this compelling family saga may make you question what you think you know about your own relatives.

4. THE CUTAWAY

 $by\,Christina\,Kovac$ The Newsroom meets Gone Girl in this thriller about a news producer who gets sucked in to a missing-person case.



THE ESSENTIAL DIDION

Sure, you've heard her name, but have you really delved into Joan Didion? Now's the perfect time to get hooked on the influential writer's blunt yet effortlessly cool voice: South and West, a chronicle of her trips taken to the Deep South and San Francisco, is out this month. But first. more Didion must-reads:

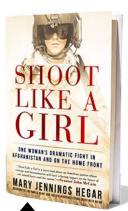
- Slouching Towards Bethlehem
- Play It As It Lays
- The Year of Magical Thinking



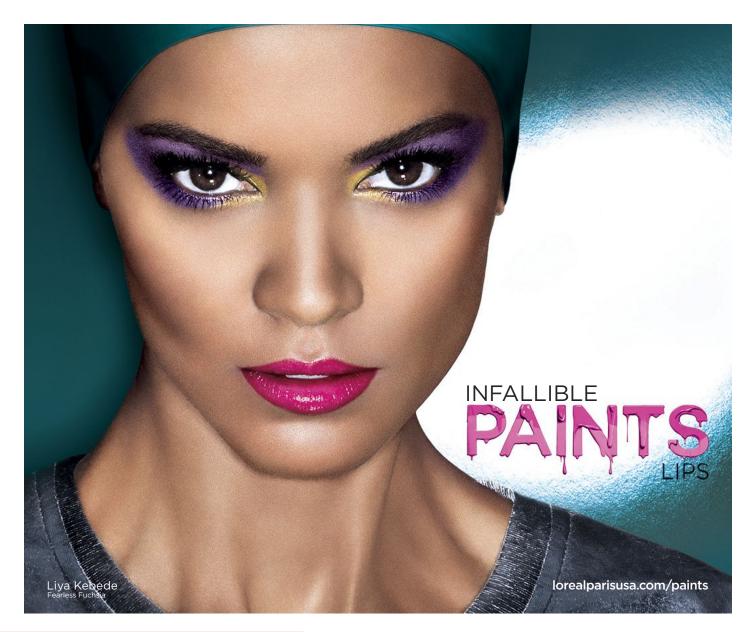
THE BIG LIFE

by Ann ShoketIn her new book, the former editor-inchief of Seventeen sees your 20something challengesfrom figuring out your life's purpose to mastering tricky work meetingsthen raises you to a whole new level of motivation.

-CHLOE CHASE



SHOOT LIKE A GIRL Devour Mary Jennings Hegar's gripping tale—a film with Angelina Jolie is in the works.







GO PAINT YOURSELF LACQUER UP LIPS IN HIGH IMPACT LIQUID COLOR



NEW VIBRANT FULL-COVERAGE COLOR







© LOREALMAKEUP © 2017 L'Oréal USA, Inc.





FOLLOW cool girl Sam as she pieces together clues about her own death in the drama Before I Fall (March 3).

Acne. Meet your mask.

Breakouts just won't back down?
Struggle no more. Now you can clear up your acne with
the clinically proven light therapy technology dermatologists use.
Neutrogena introduces the Light Therapy Acne Mask

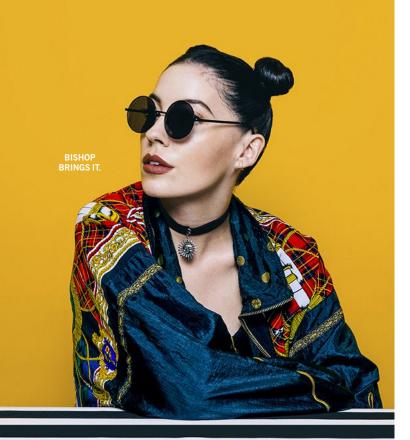
THESE COLORS WORK FOR YOU

Blue light penetrates just beneath the skin's surface to kill acne-causing bacteria, while red light goes deeper to reduce inflammation. (98% saw fewer breakouts!)



Olivia Holt

See what's possible. Explore more at acnemask.com



Q&A

BISHOP BRIGGS

The 24-year-old's major pipes (heard on soul-stirrers like "River") landed her on Coachella's lineup before her first album dropped.

LEVEL UP: "'River' came out of the first writing session I had with my producers. I sing that song through my gut and my soul. There's something very cathartic about singing that way. I was pushing the boundaries of what I thought I was capable of writing."

GUILTY PLEASURE: "Real Housewives. All of them."

WORLD TOUR: "I was born in London, I moved to Japan when I was 4 and lived there for six years, then in Hong Kong for eight. I was 18 when I moved to L.A., where I live now. I could've had

so many different accents, and I chose a Valley girl one!"

LOVE ON THE ROAD:

"I feel like there's no better place to date than on tour. You can head to the next town whether it goes well or not. I can get what I want when I want it!" -RACHEL MOSELY HOT PODCASTS



DTR Tinder and Gimlet Creative's podcast hosted by writer Jane Marie decodes the digital-dating landscape one dick pic at a time.



LADY PROBLEMS MTV's takedown of pop culture's treatment of females makes for choice programming this Women's History Month.

PLAY Ivanka Trump's audiobook, Women Who Work, on your commute for motivation.

CUE up "Larger Than Life": The Backstreet Boys' Vegas residency at Planet Hollywood kicks off March 1.





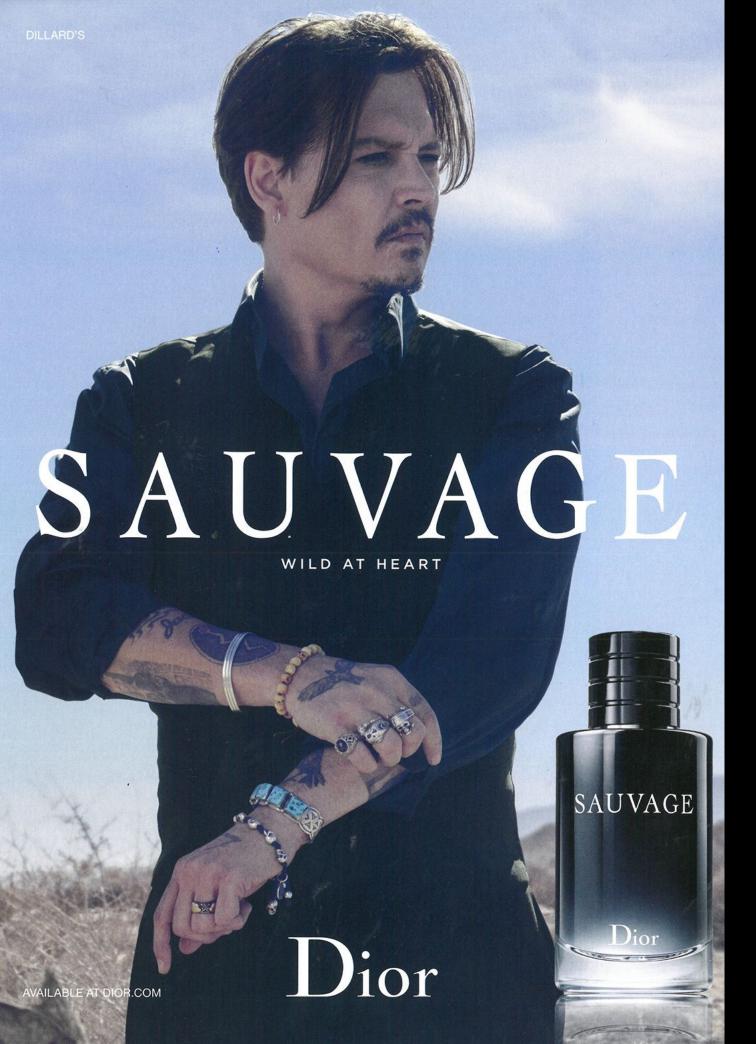
BIG SEAN He's already given us the ultimate breakup jam. On I Decided, it's all about the "Bounce Back."



LAUREN ALAINA The Idol runner-up again proves second's not so shabby with a triumphant sophomore album.



DOWNLOAD NOW. '90s flavor meets a 2017 attitude on rising R&B star Kehlani's debut, SweetSexySavage.



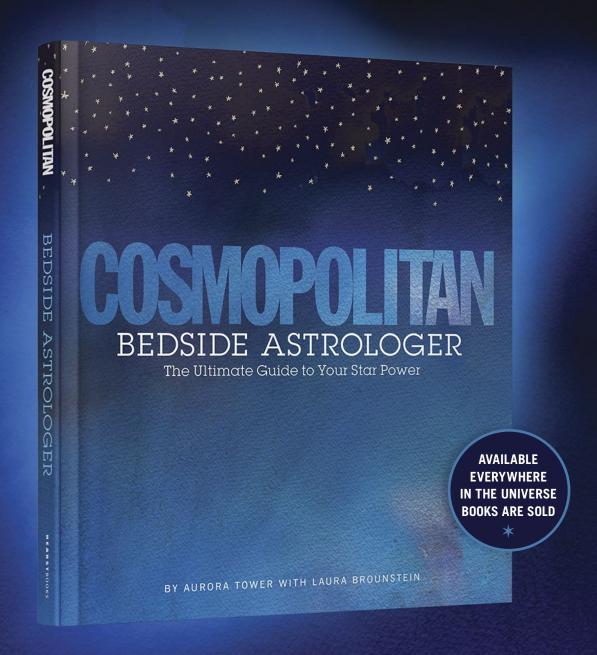
Dior



LIFT TO DISCOVER SAUVAGE "A BEAUTIFUL, INSPIRING, AND FUN WAY TO CONNECT WITH THE UNIVERSE AND YOUR OWN INNER WISDOM."

-Gabrielle Bernstein, New York Times best-selling author of Miracles Now

WHAT'S IN THE STARS FOR YOU, SUPERSTAR?



Work, love, men, sex . . . tap into your star power and fulfill your most intimate desires and goals with COSMO's gorgeous guide to astrology!





wholesome hair starts with

aloe juice first ingredient.

NO Silicones

NO Parabens

NO Sulfated Surfactants

YES Vegan

YES Pure Coconut Water

YES Pure Aloe
Juice

Mayi Moisture

Heal & Hydrate + Shea Butter SHAMPOO

For Dvy, Damaged Hair

often/Quench/Repair

amy Shea Butter th Coconut Oil Macadamia Oil

ATE-FREE SURFACT

385ml 13 fl. oz.

NO Miner
NO Silicon
NO Paral
NO Gluten
NO SLS
NO Sulface
Surfactan
NO Synth

MADE WITH ALOE

YES Pur Water



wholesome beauty ... for ALL hair types.





MEET THE SO COSMO CAST

In case you missed it, the biggest women's magazine brand in the world—that would be us (#SorryNotSorry)—is the focus of E!'s new show So Cosmo, premiering Feb. 8 at 8 p.m. Get to know some of the players.





Steven Brown

@Steven Brown1

@StevenBrown

@SBro911

TITLE: Bookings Director HOMETOWN: Providence, RI HOW I GOT MY START: Working at Italian Vogue SONG TITLE THAT BEST DESCRIBES

MY LIFE: "All of the Lights," by Kanye West

Adam Mansuroglu

@AdamMansuroglu

@AdamMans23

TITLE: Fashion Editor HOMETOWN: Brooklyn, NY **HOW I GOT MY START:** Internship after internship after internship. It's the only way! MOST SO COSMO MOMENT: Listening to Chrissy Teigen talk about the ridiculousness of men who text dick pics





@Ms_TReid @TiffanyReid

TITLE: Senior Fashion Market Editor

HOMETOWN: Bronx, NY
HOW I GOT MY START: Interning at

Allure. I commuted from Philadelphia to NYC for two semesters to finish school and do that internship. After that, I freelanced at W magazine in the accessories department.

IF I DIDN'T WORK AT COSMO, I'D BE: A Bikram yoga teacher, living my best Zen and fit life

Diandra Barnwell

✓ ◎ @DiandraBarnwellØ @MsDiandraB

TITLE: Brand Coordinator
HOMETOWN: Albuquerque, NM
PEOPLE SAY I REMIND THEM OF:
Martha Stewart. We have
the same vibe and love rappers. I'm Mocha Martha.
MOST SO COSMO MOMENT: Sneaking into a fashion show and

sitting in the front row

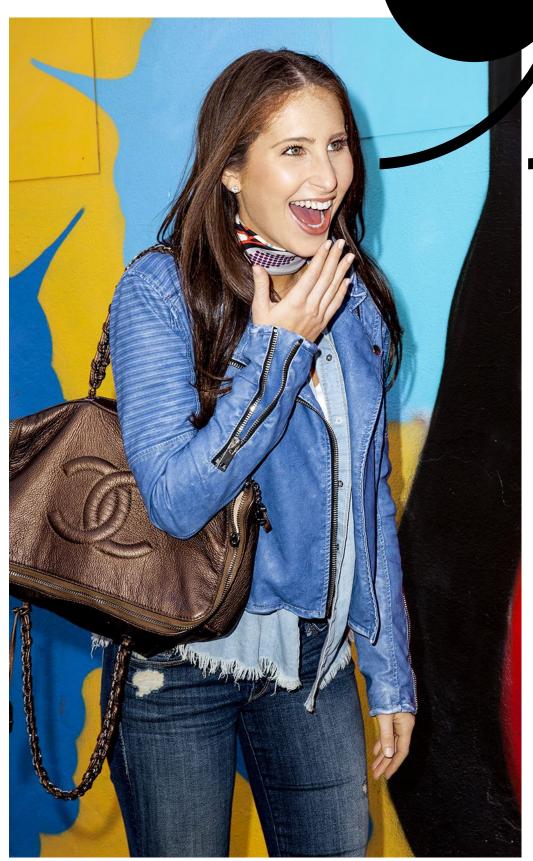


CLINICAL STRENGTH.

INVISIBLE SOLID | completely clean

DON'T PIT OUT WHEN YOU STRESS OUT.

CONFESS



Cosmo readers reveal their most embarrassing, ridiculous, what-was-Ithinking moments.

"I knew I was going to see this cute guy at dinner, so I picked out a verysexy V-neck bodysuit. Of course, there was absolutely no way to wear a bra with it. I took my chances, but during dessert, I had a major nip slip. It just popped out. I had no clue what had happened until he finally awkwardly pointed it out. I'd been sitting there, eating sorbet with my boob out."

-MICAELA M., 21, STUDENT, HAWORTH, NJ



WE KNOW YOU HAVE CONFESSIONS TO SHARE.... E-MAIL THE DIRTY DETAILS TO CONFESSIONS @COSMOPOLITAN.COM, OR TWEET YOUR TALES TO @COSMOPOLITAN!

CONFESSIONS

GUY CONFESSION

"I had just finished my lunch break and was heading back to work. I'd eaten some bad sushi. and my stomach was killing me. I tried to find a place to pull over, but I didn't make it. I pooped all over myself. I drove to the nearest store. waddled in, and picked up new underwear and khakis. Then I went to the bathroom to take off the soiled clothes and clean myself up. After I put the new stuff on. I ripped off the tags and handed them to the cashier on my way out. To whoever had to clean that bathroom: I'm sooo sorry."

—BOBBY S., 22

"I'm so obsessed with this one athleisure company that does flash sales on their website on Thursdays. I've become so loval that I've had my assistant block out that time on my work calendar. My colleagues all think I have an unmissable commitment on Thursdays at 11 and know not to interrupt. The truth is, for those few minutes, I'm in my office with my door closed, buying up more workout wear."







"I decided to bring my mom to a big awards ceremony because I thought she would love it. On our way to the after-party, there were tons of huge stars. My mom went up to so many of them, without shame, called them by their first names, and just started chatting them up. She talked to Nicole Kidman about the one other time they'd met....She complimented Helen Mirren on her hair. She even danced with Susan Sarandon at the party. I was pretty embarrassed—but she had the best time."

-COREY HAWKINS, 24: LEGACY, STRAIGHT OUTTA COMPTON, AND THE WAI KING DEAD

"My friend with benefits and I recently started | sending sexy pictures back and forth to each other over Snapchat. The other night, I accidentally sent an especially hot photo to another guy in my contacts list. I didn't even realize what I'd done until I got a Snap back from him, saying, 'Oh wow, I didn't know vou liked me like that!' I'm still so embarrassed that I haven't even told him that the whole thing was a mistake. I've just been avoiding him ever since.'

-GILLIAN C., 18



"My dad and I went to a football game, and I was wearing a hat that covered my eyes so I couldn't see well. We stopped by the gift shop and came across a manneguin in a jersey. I said, 'This is the most realistic manneauin I've ever seen!' as I rubbed its belly. I realized it wasn't a mannequin—it was a middle-aged man. He looked at me and said. 'Honey, I'm real!' I ran out of the store, mortified."

—KATHERINE S., 27



'After a couple of drinks I was going down on my boyfriend, and I fell asleep right in the middle of the act. His penis was just in my mouth—basically acting like a pacifier. To this day, he jokingly calls me Sleepy Head.

-TIARA R., 26

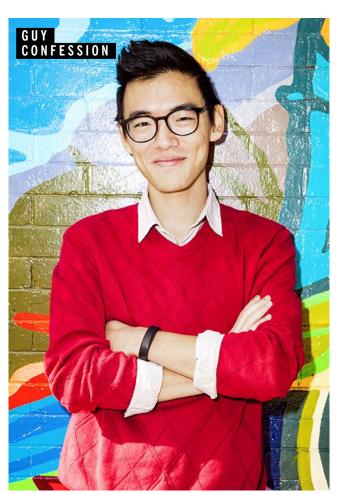
"My ex and I are huge baseball fans. I bought postseason tickets, but then something came up and I wasn't in | town to go to the game. I knew how jealous he would get if he found out I had gone, so I decided to give my tickets to a friend—on the condition that she would Snap my ex directly from my Snapchat account. My ex believed that I was there and got insanely jealous."

-RACHEL P., 21

GUY CONFESSION

"When I was 19, I was hitting on a woman who was older than me. I lied about my age and told her I was 25 and a film producer. She asked me what company I worked for, and I dropped the name of the company where I did work...as a new intern. Later, I found out that she was engaged to one of my bosses at the film-production company."

—JUSTIN K., 21



"I was studying abroad in Italy, and on the first day of classes, I was seriously feeling myself. I'd gotten all these new Italian clothes, I was drinking an espresso, and I was fitting in and looking really chic. Right when I was experiencing peak Italian cool, a pigeon pooped all over me. Dreams were shattered."

-LOGAN R., 21, MUSICIAN, DAYTON, OH

GUY CONFESSION

"This girl and I had sex, and I had to go to work the next morning, so I let her sleep in. The next night, I brought a different girl home. In the morning when she went to the bathroom. I noticed a huge red stain on my sheets. It was not from her but from the girl the night before. I had to strategically lie on the stained part of the sheets and pretend that nothing was wrong until she left." -ALEX O., 28

DATES FROM HELL



JUST CLUELESS UM. NO CHECK, PLEASE 50 OFFENSIVE EPIC FAIL LITERALLY

DERANGED

"For our third date, he invited me over and cooked dinner, although he was still living with his ex-girlfriend. She was supposed to be out of the house for the night but showed up unexpectedly. When she did, he had me hide in the closet—R. Kelly style. I am not in the habit of hiding in people's houses on dates, so when she went to use the bathroom, I sprinted out of the apartment without saying good-bye."

-QUIN T., 24

"We planned to have our first meeting at a fancy bar. He showed up late—wearing sneakers and a backpack—and his first question was, 'Do you want to just have a job right now, or do you want to work your whole life and have a career?" I said I wanted a job right now and a career, and he replied, 'Oh, my mom didn't work a day after I was born. That's not for me.' I said I had to go. A few months later, he messaged me on LinkedIn for a job at my company. Really?"

—DANI C., 24

"I went out with a guy who was incredibly insecure. He spent the entire time talking about how much better-looking his brother is-then repeatedly told me that if I met the dude, I'd choose him instead."

-MARY C., 23



"Just as he was about to kiss me, he belched in my face. It smelled like a dead pumpkin. I asked him to leave."

-KATIE H., 28



"On a double date, while we were all chilling after the meal, he started reading us passages from a book written by the leader of the Confederate army. Nope."

-KIRA H., 24



"My first date with a guy who was a single dad was going well...until he wanted to show me the video of his child being born. I politely passed... then ran for my car."

-KARI V., 30

PARAGARD° and keep going.

(intrauterine copper contraceptive)



Choose PARAGARD, the only 100% hormone-free IUD birth control



Over 99% effective and 100% hormone free



Helps prevent pregnancy for **up to 10 years**, but your healthcare professional can **remove it at any time**



Used by **millions of women** and FDA approved for over 30 years



Affordable-may cost \$0 under the Affordable Care Act*

*Check with your insurance provider.

Talk to your doctor about hormone-free PARAGARD.

WHAT IS PARAGARD?

PARAGARD is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years.

IMPORTANT SAFETY INFORMATION

Do not use PARAGARD if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or stomach pain, or if PARAGARD comes out, tell your healthcare professional. If it comes out, use back-up birth control. Occasionally, PARAGARD may attach to or in rare cases may go through the uterine wall and may also cause other problems. In some cases, surgical removal may be necessary. Although uncommon, pregnancy while using PARAGARD can be life threatening and may result in loss of pregnancy or fertility. Bleeding or spotting may increase at first but should decrease in 2 to 3 months. PARAGARD does not protect against HIV/ AIDS or sexually transmitted diseases (STDs).

Available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see the following page for a brief summary of Prescribing Information.

PARAGARD is a registered trademark of Teva Women's Health, Inc. ©2016 Teva Women's Health, Inc. PAR-41063 October 2016



Visit paragard.com

BRIEF SUMMARY

ParaGard® T380A

Intrauterine Copper Contraceptive

This brief summary does not take the place of talking to your doctor about your medical condition or your treatment.

ParaGard® T 380A Intrauterine Copper Contraceptive is used to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is ParaGard®?

ParaGard® (intrauterine copper contraceptive) is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years. ParaGard® is made of white plastic in the shape of a "T." Copper is wrapped around the stem and arms of the "T". Two white threads are attached to the stem of the "T". The threads are the only part of ParaGard® that you can feel when ParaGard® is in your uterus. ParaGard® and its components do not contain latex.

How long can I keep ParaGard® in place?

You can keep ParaGard® in your uterus for up to 10 years. After 10 years, you should have ParaGard® removed by your healthcare provider. If you wish and if it is still right for you, you may get a new ParaGard® during the same visit.

What if I change my mind and want to become pregnant?

Your healthcare provider can remove ParaGard® at any time. After discontinuation of ParaGard®, its contraceptive effect is reversed.

How does ParaGard® work?

Ideas about how ParaGard® works include preventing sperm from reaching the egg, preventing sperm from fertilizing the egg, and possibly preventing the egg from attaching (implanting) in the uterus. ParaGard® does not stop your ovaries from making an egg (ovulating) each month.

How well does ParaGard® work?

Fewer than 1 in 100 women become pregnant each year while using ParaGard®.

Who should not use ParaGard®?

You should not use ParaGard® if you

- · Might be pregnant
- · Have a uterus that is abnormally shaped inside
- Have a pelvic infection called pelvic inflammatory disease (PID) or have current behavior that puts you at high risk of PID (for example, because you are having sex with several men, or your partner is having sex with other women)
- Have had an infection in your uterus after a pregnancy or abortion in the past 3 months
- · Have cancer of the uterus or cervix
- Have unexplained bleeding from your vagina
- Have an infection in your cervix
- Have Wilson's disease (a disorder in how the body handles copper)
- Are allergic to anything in ParaGard®
- · Already have an intrauterine contraceptive in your uterus

How is ParaGard® placed in the uterus?

ParaGard® is placed in your uterus during an office visit. Your healthcare provider first examines you to find the position of your uterus. Next, he or she will cleanse your vagina and cervix, measure your uterus, and then slide a plastic tube containing ParaGard® into your uterus. The tube is removed, leaving ParaGard® inside your uterus. Two white threads extend into your vagina. The threads are trimmed so they are just long enough for you to feel with your ringers when doing a self-check. As ParaGard® goes in, you may feel cramping or pinching. Some women feel faint, nauseated, or dizzy for a few minutes afterwards. Your healthcare provider may ask you to lie down for a while and to get up slowly.

How do I check that ParaGard® is in my uterus?

Visit your healthcare provider for a check-up about one month after placement to make sure ParaGard® is still in your uterus.

You can also check to make sure that ParaGard® is still in your uterus by reaching up to the top of your vagina with clean fingers to feel the two threads. Do not pull on the threads.

If you cannot feel the threads, ask your healthcare provider to check if ParaGard® is in the right place. If you can feel more of ParaGard® than just the threads, ParaGard® is not in the right place. If you can't see your healthcare provider right away, use an additional birth control method. If ParaGard® is in the wrong place, your chances of getting pregnant are increased. It is a good habit for you to check that ParaGard® is in place once a month.

You may use tampons when you are using ParaGard®.

ParaGard® T 380A Intrauterine Copper Contraceptive

What if I become pregnant while using ParaGard®?

If you think you are pregnant, contact your healthcare professional *right away*. If you are pregnant and ParaGard® is in your uterus, you may get a severe infection or shock, have a miscarriage or premature labor and delivery, or even die. Because of these risks, your healthcare provider will recommend that you have ParaGard® removed, even though removal may cause miscarriage.

If you continue a pregnancy with ParaGard® in place, see your healthcare provider regularly. Contact your healthcare provider right away if you get fever, chills, cramping, pain, bleeding, flu-like symptoms, or an unusual, bad smelling vaginal discharge.

A pregnancy with ParaGard® in place has a greater than usual chance of being ectopic (outside your uterus). Ectopic pregnancy is an emergency that may require surgery. An ectopic pregnancy can cause internal bleeding, infertility, and death. Unusual vaginal bleeding or abdominal pain may be signs of an ectopic pregnancy.

Copper in ParaGard® does not seem to cause birth defects.

What side effects can I expect with ParaGard®?

The most common side effects of ParaGard® are heavier, longer periods and spotting between periods; most of these side effects diminish after 2-3 months. However, if your menstrual flow continues to be heavy or long, or spotting continues, contact your healthcare provider.

Infrequently, serious side effects may occur:

- Pelvic inflammatory disease (PID). Uncommonly, ParaGard® and other IUDs are associated with PID. PID is an infection of the uterus, tubes, and nearby organs. PID is most likely to occur in the first 20 days after placement. You have a higher chance of getting PID if you or your partner have sex with more than one person. PID is treated with antibiotics. However, PID can cause serious problems such as infertility, ectopic pregnancy, and chronic pelvic pain. Rarely, PID may even cause death. More serious cases of PID require surgery or a hysterectomy (removal of the uterus). Contact your healthcare provider right away if you have any of the signs of PID: abdominal or pelvic pain, painful sex, unusual or bad smelling vaginal discharge, chills, heavy bleeding, or fever.
- Difficult removals: Occasionally ParaGard® may be hard to remove because it is stuck in the uterus. Surgery may sometimes be needed to remove ParaGard®.
- Perforation: Rarely, ParaGard® goes through the wall of the uterus, especially
 during placement. This is called perforation. If ParaGard® perforates the
 uterus, it should be removed. Surgery may be needed. Perforation can cause
 infection, scarring, or damage to other organs. If ParaGard® perforates the
 uterus, you are not protected from pregnancy.
- tuterus, you are not protected from pregnancy.
 Expulsion: ParaGard® may partially or completely fall out of the uterus. This is called expulsion. Women who have never been pregnant may be more likely to expel ParaGard® than women who have been pregnant before. If you think that ParaGard® has partly or completely fallen out, use an additional birth control method, such as a condom and call your healthcare provider.

You may have other side effects with ParaGard[®]. For example, you may have anemia (low blood count), backache, pain during sex, menstrual cramps, allergic reaction, vaginal infection, vaginal discharge, faintness, or pain. This is not a complete list of possible side effects. If you have questions about a side effect, check with your healthcare provider.

When should I call my healthcare provider?

Call your healthcare provider if you have any concerns about ParaGard®. Be sure to call if you:

- Think you are pregnant
- Have pelvic pain or pain during sex
- · Have unusual vaginal discharge or genital sores
- · Have unexplained fever
- Might be exposed to sexually transmitted diseases (STDs)
- Cannot feel ParaGard®'s threads or can feel the threads are much longer
- Can feel any other part of the ParaGard® besides the threads
- Become HIV positive or your partner becomes HIV positive
 Have severe or prolonged vaginal bleeding
- Miss a menstrual period

Teva Women's Health, Inc.

A Subsidiary of Teva Pharmaceuticals USA, Inc. North Wales, PA 19454

This brief summary is based on ParaGard® FDA-approved patient labeling, Rev. 9/2014.

PAR-41072

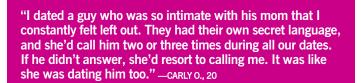
Wen

EEECE vs. FAIL



His Mom Did Whaaa

THE UMBILICAL CORD IS SUPPOSED TO BE CUT **IMMEDIATELY AFTER** BIRTH...BUT NOT SO WITH THESE MAMA'S BOYS. HERE. HILARIOUS TALES FROM READERS WHO HAVE DATED DUDES WAY TOO ATTACHED TO THEIR MOMMIES.



"My 30something ex asked me to help him scroll through Pinterest to pick out patches he could sew onto a vest for his mom. We spent hours studying the options, and he even bought an expensive sewing machine to make it." —ANN V., 32

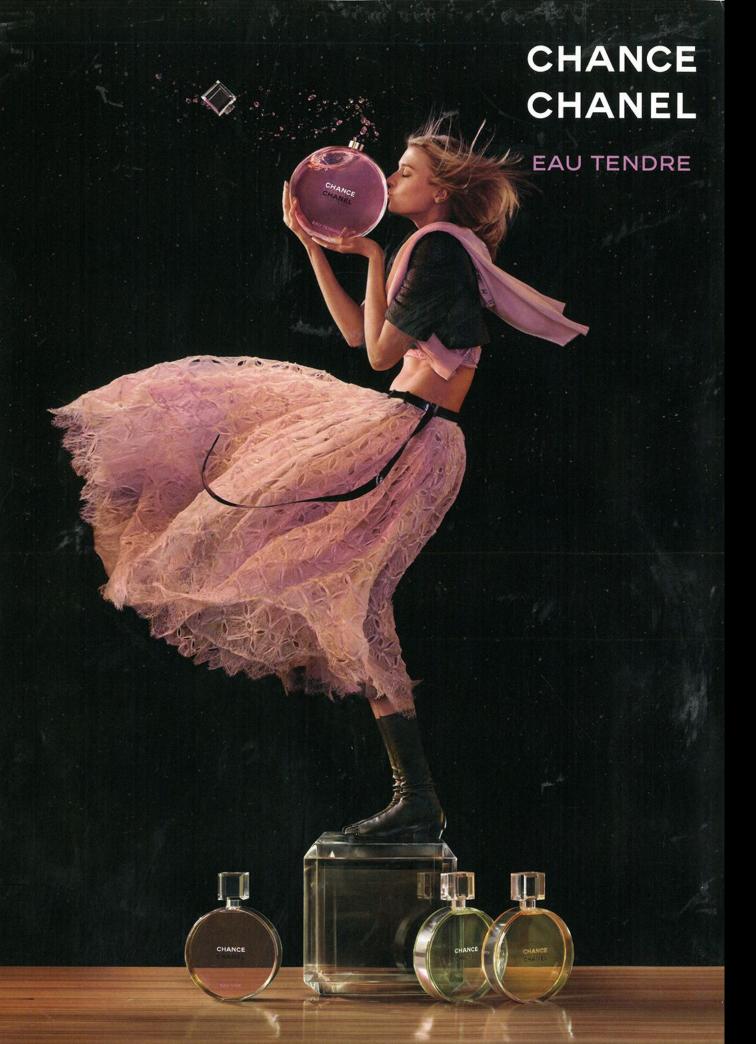
My boyfriend is the biggest mama's boy I know. He tells his mother everything, including the details of our fights, like what he said that made me yell or cry. He even tells her right away if my period is late!" -ISABELLA L., 21

YOUR PAIN, MINDY.



MINDY PROJECT: GETTY IMAGES. PATCH: TIM GAINEY/ALAMY. PHONE: CACTUS BLAI BAULES/STOCKSY

BLAH



CHANCE

EAU TENDRE



I started seeing this guy, and he had a bizarre sense of style. I kept wondering how he picked out all these odd pairings to make his eclectic look. When I asked, he said his mom works in fashion and buys all his clothes for him. He's almost 30." —EMMAJ, 28

"Whenever I'd call to see what he was up to when we weren't together, he'd tell me he was in bed with his mom, watching a movie. Really?" —ASHLEY G., 33

"I was dating a guy in college and went to visit him at his mom's house across the country. I thought I'd be the only one seeing him naked that trip, but it turns out that he walked around the house completely in the nude! At one point, he walked totally naked into his mom's room to borrow toothpaste. I asked him if he was really okay with her seeing him naked—at 20 years old—and he said yup. Weird." -NICOLE K., 24

"For our first trip together, he took me home to meet his family over Thanksgiving. We'd driven overnight to get there, so when we arrived, I was exhausted. His cousin offered me her bed to take a nap, and when I woke up, I found my BF was sleeping on one side of me—and his mom on the other side. They'd joined me in a creepy nap sandwich! Traumatizing." —YASMIN L., 21



One guy I dated had chosen a college that was only 25 minutes from home. just so his mother could visit him for an entire day once a week. In addition to their weekly visits, he called her every morning at 9 a.m. I'd wake up to their-hourslong!-convos whenever I stayed at his place. Insane."

—HANNAH L., 20

HOW TO DEAL WITH A GUY WHO IS WAY TOO TIGHT WITH THE WOMAN WHO CHANGED HIS DIAPERS

FIGURE OUT WHY

There are plenty of different reasons why your BF and his mom are close, explains JoAnn Magdoff, PhD, a psychotherapist in New York City. "They may have always been that way, or it could be recent and prompted by a specific event, like her getting a divorce or her friends retiring and moving away." Ask him questionsemphasizing that this will be a no-judgment zone—about how long they've had such a tight relationship. His answers will show you whether or not this is temporary.

TELL HIM HOW YOU FEEL

If you're at the point where his mom's calls are interrupting your sex life, it's only fair to let him know it bothers you. But tread carefully. "You and your partner may have different emotional rhythms," Magdoff points out. It could be that behavior you see as crazy seems to him very normal. Give specific suggestions for boundaries that you can set as a couple—he puts his phone on DND during dates, for example—so his relationship with his mom doesn't intrude.

KNOW WHEN TO WALK AWAY

If your boyfriend wasn't always a mama's boy, consider being patient and trusting that once she works through her stuff, she'll back off, Magdoff says. But if this is how their relationship has been since birth, think about cutting your losses. "If you're not on the same page about this, it may be time for you to reevaluate," says Magdoff.

—EMILY C. JOHNSON

SPRING STYLECAST:

A Hint of Skin

Supersoft skin will give you the confidence to simmer in the season's subtly sexy styles. Start with soft, glowing skin—your ultimate accessory—and dare to bare!

Silk Cami: Give a bold (silky smooth) shoulder in a flirty, feminine top.



Pretty Perfume: The finishing touch is your signature scent,

The finishing touch is your signature scent, boosting your comehither confidence.

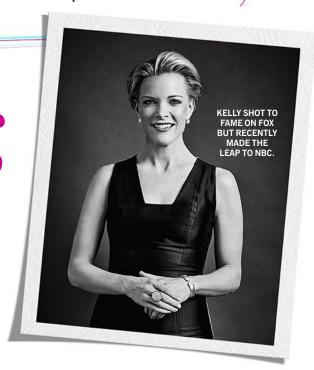
Bold Heel: A colorful, strappy heel will

brighten up any ensemble and draw attention to your silky smooth legs. Day Dress: A midi dress in spring's favorite hues will dance around your skin showing off just the right amount of leg.



Refusing to be lored

In this exclusive excerpt from her best-selling memoir, broadcast superstar Megyn Kelly tells why working hard trumps whining when you operate in a male-dominated world.



I HAVE BEEN ASKED many times how I managed to excel in a male-dominated industry. The truth is, every industry in which I've worked has been controlled by men-retail, restaurants, law, and now, television.

My feeling on women's equality is that it's better to show than tell. I believe in the Steve Martin mantra "Be so good, they can't ignore you."

In all the years I worked at Fox, I never had to ask for a promotion. Some lined up outside the boss's office, asking for this or that show. I spent my time working night and day, and opportunity came to me. My approach is "Just do better; be better." That's not to say there's no bias, no sexism. There is, and it's not good. It's just that for me, doing better is far more empowering than lamenting one's circumstances.

If you believe you are unappreciated in your place of business, ask yourself if you've worked as hard as possible, studied extensively, and made yourself invaluable. If you can't honestly say you have done all those things, quit complaining.

Many people choose to work less hard and prioritize something else. That's great. My point is simply, if your goal is to rise to the top and it's

not happening, look first at your own work ethic before assuming it's gender bias.

Like most American women, I've been interrupted frequently by male colleagues who don't do the same to men. I've been checked out physically by more than a few bosses. I've found myself excluded from the boys-only nights out at the bar at which bonding with a superior takes place. Do men sometimes get a leg up at work because they have access to male supervisors that women don't have? Absolutely. You cannot control that.

But you can control you. Employers want to improve the bottom line. You may not get invited to the bar. But do better, be better, and the odds are, the hungover boys will soon be asking themselves how you keep getting great opportunities.

When hitting a sexist glass ceiling, I try to crash right through it with stellar work. Bosses tend to be mercenary. If you're great, he'll likely promote you. If he doesn't because of sexism, things get tougher. Filing a legal complaint is an option, but gender-discrimination cases tend to be protracted and nasty. Some women choose to find a new job, unfair as that seems. The choices are

fraught with peril, which is why many women resign themselves to operating in a sexist workplace, hoping things will get better.

Interrupting you because you're a woman is one thing. Trying to shove a tongue down your throat is another. Unfortunately, I've been there too.

When I was 16, I took a job at a sporting-goods shop. The boss was a dirty old man. He used to look at my ass and say, "Are you sure you're only 16?" At the end of the day, he would watch porn on a TV in the back. I laughed at him. He was a joke to me. And eventually, I quit.

I know very few women who don't have stories like this. It happens all the time. And it needs to stop. Going to human resources or a lawyer are potential options, but many women are afraid of backlash (which is illegal but can happen). Another choice is to seek help directly from a person with power at your workplace. No matter what, be sure to document the behavior. And remember: No job is worth compromising your ethics.



From the book Settle for More, by Megyn Kelly. Copyright © 2016 by MK2.0, LLC. Reprinted by permission of Harper, an imprint of HarperCollins



INFINITE SHINE

Professional Long-Wear Lacquer System

#1 SALON BRAND WORLDWIDE

Professional, 3-Step System | Easy application and removal | No light curing needed Available in 120+ shades including 60 of the most iconic OPI Nail Lacquer shades







OUR PUREST, GENTLEST RESPECT FOR YOUR COLOR...EVER.

FULL OF WHAT HAIR WANTS:

KEEPS COLOR PURE FOR UP TO 4 WEEKS

- Quenches dryness with 2X more moisture*
 - Infused with Rosemary flower botanicals

NOT WHAT IT DOESN'T:

100% SULFATE-FREE

- Paraben-free Dye-free Vegan**
- No harsh salts No gluten ingredients†

PURE RESPECT FOR YOUR HAIR

Visit **SulfateFreeShampoo.com**

- * System of shampoo & conditioner vs. non-conditioning shampoo.
- *No animal-derived ingredients or byproducts. Formulas not tested on animals.

 † Made in a facility that also processes gluten.

 ©2017 L'Oréal USA, Inc.







OUR FIRST SULFATE-FREE ANTI-DANDRUFF SHAMPOO...EVER.



FULL OF WHAT HAIR WANTS:

FLAKE-FREE* AND GENTLE ON COLOR

- Controls dandruff with pyrithione zinc
 - Infused with Indian Lilac botanicals

NOT WHAT IT DOESN'T:

100% SULFATE-FREE

- Paraben-free Dye-free Vegan**
- No harsh salts No gluten ingredients[†]

PURE RESPECT FOR YOUR HAIR

Visit **SulfateFreeShampoo.com**

- * No visible flakes with regular use.
- ** No animal-derived ingredients or byproducts. Formulas not tested on animals.

 † Made in a facility that also processes gluten.

 ©2017 L'Oréal USA, Inc.





52_cosmopolitan_march 2017



GIVES HAIR LASTING SOFTNESS IN OUR MOST NOURISHING WAY...EVER.



FULL OF WHAT HAIR WANTS:

HAIR LOOKS HEALTHIER AFTER THE 1ST USE'

 Intensely nourishing formula with Apricot Oil • Softness that lasts

NOT WHAT IT DOESN'T:

100% SULFATE-FREE

- Paraben-free Dye-free Vegan**
- No harsh salts No gluten ingredients†

PURE RESPECT FOR YOUR HAIR

Visit **SulfateFreeShampoo.com**

- * System of shampoo and conditioner vs. non-conditioning shampoo.
 **No animal-derived ingredients or byproducts. Formulas not tested on animals.

† Made in a facility that also processes gluten. ©2017 L'Oréal USA, Inc.

HAIR EXPERT/PARIS





Get the facial of your dreams while you dream.

Introducing AVEENO® POSITIVELY RADIANT® Overnight Hydrating Facial with ACTIVE NATURALS° Soy. With the hydrating benefits of a spa facial, it works deeply through the night so you wake up to fresh, radiant skin. Overnight success!



calvinklein.com/fragrances

ETERNITY

Calvin Klein

the new fragrance for men



Calvin Klein

ETERNITY

Calvin Klein





HAS YOUR FOUNDATION PASSED THE

SELFIE TEST?

INTRODUCING

NEW SELFIE APPROVED***

PHOTO FOCUS™ FOUNDATION CAMERA READY MAKEUP

OUR 1ST FOUNDATION DEVELOPED TO HELP ELIMINATE FLASHBACK"



TESTED ON MULTIPLE SKINTONES:

- √ Under 7 Light Conditions
- **✓ With Top Smartphone Models**
- √ With & Without Flash

AVAILABLE IN 20 SHADES

- * Image shown is a digital simulation for illustration purposes only. Not an exact representation of actual product application.
- ** 'Flashback' occurs when white particles in face makeup reflect light released by flash photography, creating a white cast in photos.
- *** Based on panel test results. See full details details on our website: wetnwildbeauty.com

wet n wild®

photofocus™

FOUNDATION

GOLDEN BEIGE

MEDIUM WARM









Go Vertical

Elongate your shape with upand-down stripes on a bodycon dress. An off-the-shoulder sweater keeps things casual.

DRESS, Material Girl, \$60, macys.com. SWEATER, Loveculture .com, \$50, love culture.com.SHOES, I.N.C. International Concepts, \$90, macys.com. CLUTCH, Sam Edelman, \$128, same del man.com









Keep It Short

Petite frames will benefit from the curve-boosting illusion of horizontal stripes. Dial up the heat with a miniskirt and thigh-highs.

SWEATER, Lulu's, \$39, lulus.com. SKIRT, Ganni, \$185, revolve .com. BOOTS, ShoeDazzle, \$80, shoedazzle.com. CLUTCH, SoleSociety, \$60, solesociety.com







Think Thin

Skinny lines on mod silhouettes are ideal for flattering shapely figures.

TOP, Bisou Bisou, \$44, jcpenney.com. SKIRT, Vince Camuto, \$69, vincecamuto .com. PURSE, Karl Lagerfeld, \$248, karllagerfeldparis .com. SUNGLASSES, The 5th, \$150, the 5th.com







lorealparisusa.com ©2017 L'Oréal USA, Inc.

OUR 1ST ROOT CONCEALER SPRAY 3 SECONDS TO FLAWLESS ROOTS



- QUICK AND EASY GRAY COVERAGE.
- LIGHTWEIGHT, QUICK-DRY FORMULA NO RESIDUE OR STICKINESS.
- LASTS UNTIL YOUR NEXT SHAMPOO.

















GO-TO LENS

Flower Power

Why You Love It Blemishes and cracked lips? Boy, bye. This

Work It Swipe on a blurring stick before foundation to minimize pores, redness, and fine lines instantly, then give your lips a boost with a hydrating, hyaluronic acid-enriched balm.

GO-TO LENS

Bronzed **Butterfly**

Why You Love It

That glow. It's better than an actual weekend beach getaway.

Work It Mimic a real, dimensional tan by swirling on three sunkissed highlighters (not w just one): a light hue on cheekbones, a deeper shade in the hollows, and a medium tone anywhere else you want to look alive.



SHAY MITCHELL

URBAN DECAY 24/7 Waterline Eye Pencil in Walk of Shame, \$20, urbandecay.com

PHYSICIANS FORMULA Eye Booster FeatherBrow Fiber and Highlighter Duo $in\ Brunette, \$12,$

drugstores

Big-Eyed

Why You Love It Subtly defined brows and bright, baby-doll eyes put you at peak hotness.

Work It Amp up your arches by brushing tinted, hairlike fibers through them and popping brow bones with shimmer. To supersize your eyes, line inner rims with a nude-tone pencil.



48 hours of yogurt-enriched moisture. For your skin.

NEW AVEENO® Daily Moisturizing Body Yogurt with ACTIVE NATURALS® Oat immediately saturates skin with intense nourishment. Enriched with the moisturizing nutrients found in Greek yogurt, its delicious vanilla oat fragrance and creamy texture deliver healthy-looking, velvety soft skin for 48 beautiful hours.

COVERGIR

SOFIA VERGARA

SOLD SEXY LASHES FOR ALL

COX WHITEHOUSE





Sofia Vergara is wearing So Lashy! in Extreme Black. **Sofia is wearing lash inserts.**

TRANSFORMS ALL LASH TYPES

Now even short, sparse, shy or straight lashes can become dark, bold and sexy.

The So Lashy! brush loads on the deep, dark formula.

Then the LASH FINDER tip discovers, covers and finesses even your littlest lash.

Try using the finder tip vertically as well as horizontally for sexiest results.

EASY BREEZY BEAUTIFUL









TRANSFORMS SHORT LASHES



VOLUMIZES SPARSE LASHES



MAXIMIZES STRAIGHT LASHES

DKNY Be Tempted Eau de Parfum Rollerball, \$26, Macy's 2. NEST FRAGRANCES Black Tulip Eau de Parfum Rollerball, \$25, sephora.com CHLOÉ Fleur de Parfum Rollerball, \$28, sephora.com 4. CLEAN Lovegrass Eau de Parfum Rollerball, \$20, sephora.com KATE SPADE NEW YORK Live Colorfully Eau de Parfum Rollerball, \$25, katespade.com 6. ELIZABETH AND JAMES Nirvana Rose Eau de Parfum Rollerball, \$25, sephora.com 7. CALVIN KLEIN Deep Euphoria Eau de Parfum Rollerball, \$24, Macy's

a flirty mix of rose and vetiver.

FOR...DINNER WITH BAE

One whiff of this sexy patchouli and jasmine blend and he'll be begging for the check.



BEAUTY

WHIP IT GOOD

Make your shower more sensual with this silky cleansing mousse. It feels super luxe on your bod and moisturizes with vitamin B5.



FRENCH KISS

Besides making touch-ups so chic, this tube delivers the perfect punch of sheer, buildable color. And that gorge lip-shaped core isn't just for show. Its macadamia butter and jojoba oil nix chap.



OUAI HAIRCARE Dry Shampoo Foam, \$28,

theouai.com

HAIR NECESSITY

Want your dry shampoo without the stiff side effects? This groundbreaking foam sops up dirt and oil with natural silica, then releases softening panthenol. Just massage in...no rinsing required.

SEXY THIS SECOND

The latest and greatest in beauty



GLOW ALL OUT

It's 4 p.m....Is your face Flake City? Swap your one-speed moisturizer for this. Its microdroplets gradually release hydrating, skin-strengthening camellia oil extract for 24 hours.



NIGHT LIGHT

The dreamiest runway trend this season: sky-inspired eyes. Get the look with Mary Kay's quad, complete with four flattering shades that'll make you look as pretty as twilight.

MARY KAY Limited-Edition Eye Color Palette in Glistening Horizon, \$24, marykay.com NAIN IMAGE: ADAM FRANZINO. CLOCKWISE FROM TOP RIGHT. JEFFREY WESTBROOK/STUDIO D; OURTESY BRAND (2); MATTEO SCARPELLIN /IMAXTREE.COM: JEFFREY WESTBROOK/STUDIO D (4).





Gel-Cream

SPF 30 Lotion

HOW OUR ANTIOXIDANT MOISTURIZERS HELP WITH HYDRATION

Our lightweight formulas with Antioxidant Goji Berry and Hyaluronic Acid help to strengthen the moisture barrier to keep your skin hydrated and healthier-looking all day.

off any one Garnier® SkinActive® Moisturizer

MANUFACTURER'S COUPON EXPIRES 12/31/17

REDEEMABLE AT DRUG, FOOD AND MASS MERCHANDISE STORES

CONSUMER: THIS COUPON GOOD ONLY ON PURCHASE OF PRODUCT INDICATED ANY OTHER USE CONSTITUTES FRAUD. LIMIT ONE COUPON PER PURCHASE. ANY OTHER USE CONSTITUTES PHADD. LIMIT DUE OUTPORT PER PURCHASE. RETAILER: L'Oréal USA, Inc. will reimburse you for the face value of this coupon plus 8e if submitted in compliance with L'Oréal USA, Inc. Coupon Redemption Policy. This coupon is good only when redeemed by you from the consumer at the time of purchasing product indicated. Any other use constitutes fraud. Coupon is void if reproduced or if prohibited, taxed or restricted by law. Good only in the Continental USA, Alaska, Hawaii and Puerto Rico. Cash value 1/20 of 1c. Mail to: L'Oréal USA, Inc., Box Number 880379, El Paso TX 88588-0379.

INGREDIENTS: 919052 6 AQUA/WATER, GLYCERIN, DIMETHICONE, CETEARYL ETHYLHEXANOATE. ALCOHOL DENAT, ALOE BARBADENSIS LEAF JUICE, HYDROXYETHYLPIPERAZINE ETHANE SULFONIC ACID, AMMONIUM POLYACRYLOYLDIMETHYL TAURATE, PHENOXYETHANOL, CAPRYLYL GLYCOL, ISOPROPYL MYRISTATE, TOCOPHEROL, ASCORBYL GLUCOSIDE, DIMETHICONOL, BISABOLOL, PARFUM/FRAGRANCE, SODIUM HYALURONATE, XANTHAN GUM, DISODIUM EDTA, T-BUTYL ALCOHOL, LYCIUM BARBARUM FRUIT EXTRACT, SODIUM HYDROXIDE, LIMONENE, FARNESOL, SODIUM BENZOATE, LINALOOL, LACTIC ACID, CETEARETH-25, CITRONELLOL, POTASSIUM SORBATE, GERANIOL, CETYL ALCOHOL, BENZYL ALCOHOL, CERAMIDE NP. BEHENIC ACID, PUNICA GRANATUM EXTRACT, CHOLESTEROL, CERAMIDE NS. ETHYLHEXYLGLYCERIN, CI 42090/BLUE 1, CERAMIDE AP, CERAMIDE EOP, CERAMIDE EOS, CAPROOYL PHYTOSPHINGOSINE, CAPROOYL SPHINGOSINE, ASCORBYL PALMITATE. F.I.L.# D191175/1

Questions or Comments: 1-800-370-1925

garnierUSA.com
GARNIER LLC, NEW YORK, NY 10001
Made in USA of US and/or Imported Ingredients

NOT FOR SALE. FOR AESTHETIC PURPOSES ONLY.

Sample contains less than one application.









P.M.

Commit to Two Steps

1. CLEANSE

If you do nothing else before bed, take off your eye makeup. Sleep in it on the reg and you can expect redness and swelling the next day, says Jaimie Glick, MD, a dermatologist at NYC's Sadick Dermatology. The fastest way to remove all formulas (even waterproof): this oil-based remover.



YSL Top Secrets Expert Makeup Remover Gentle Biphase, \$34, yslbeautyus.com

2. TREAT

Try retinol. It's the only ingredient proven to smooth lines and minimize dark circles by prompting skin to produce more elastin and collagen, says Howard Sobel, MD, a derm in NYC and founder of DDF Skin Care. Toss on these eye patches too. They're infused with hyaluronic acid to plump skin.

> NERIUM Eye-V Moisture Boost Hydrogel Patches, \$55 for 5 sets, nerium.com AVÈNE RetrinAL Eyes,







DEEP HAIR HYDRATION FOR 24HR LASTING MOISTURE

NEXXUS THERAPPE & HUMECTRESS

SALON CRAFTED WITH CAVIAR & PROTEIN COMPLEX

Inspired by nature. Perfected by science. Our ultimate moisture system with caviar & protein complex offers deep hair hydration that lasts. Lock in 24-hour moisture and unleash your hair's natural smoothness all day long.

BEAUTY

WHY YOU LOOK SO DAMN BEAT

Weirdly, logging a solid seven or eight hours isn't always the answer. Compared to the rest of your face, the skin around your eyes has fewer (and less concentrated) oil glands, which keep skin plump and bright. Since it's 40 percent thinner in that area, your blood vessels are more obvious and read as dark circles.

P.M. Bonus Points

Here's how to target bags and the bloodshot look.



SKIP THE SALT...AND BOOZE Sodium and alcohol cause you to retain fluids, which make you look and feel bloated, says Whitney Bowe, MD, a celeb dermatologist in NYC.



GET DOWN WITH DROPS

"I tell patients to use preservative-free eye drops [check the label] before bed to preempt redness the next day," says Dr. Sobel.



PROP UP YOUR PILLOW

Elevate yourself to a 45-degree angle (a great hack: Use an airplane neck pillow on top of your regular one) to keep fluids flowing downward, explains Dr. Bowe.

A.M.

Start With Eye Cream



...DARK CIRCLES

Look for *illuminating* on labels—code for shadownixing ingredients like mica or, in this case, diamond dust. Apply, then hands off! "Rubbing your eyes can trigger inflammation, which contributes to dark circles," says Dr. Glick.

TATA HARPER Illuminating Eye Crème, \$95, Sephora

WHEN A CREAM **WON'T CUT IT**

If your daily routine isn't delivering the results you want, don't panic. That's what the pros are for!

STUBBORN SITCH

Crow's-Feet

DERM SOLUTION: Botox or Dysport injections. These neurotoxins temporarily relax the muscles around the eye, softening lines for about four months, explains Dr. Bowe. COST: about \$450/treatment

STUBBORN SITCH

Crepe-y Skin

DERM SOLUTION: PicoSure laser. It jump-starts collagen production to firm and plump paper-thin eye skin, says Dr. Engelman. Most women see results after three 10-minute treatments.

COST: about \$300/treatment

STUBBORN SITCH

Hollowness

DERM SOLUTION: Restylane injections. This hyaluronic-acid filler supplements the natural loss of collagen, which can start in your 30s, says Paul Jarrod Frank, MD, a cosmetic derm. One treatment lasts about a year.

COST: about \$500/treatment



Mask an **All-Nighter**

Everyday tricks for giving vour eves extra oomph

CONCEAL ANY DEAL

Dab a peach-colored corrector on dark areas to neutralize blue tones, says Lauren Andersen, celebrity makeup artist for Avon. Top with a hydrating concealer, which won't settle into fine lines.

1. BOBBI BROWN Corrector, \$25, bobbibrowncosmetics .com 2. NEUTROGENA Hydro Boost Hydrating Concealer, \$15, drugstores

BRIGHTEN UP

Use an illuminating pen on inner corners and brow bones to make the eye area appear bigger and more awake, says Andersen. Another trick: Trace inner rims with off-white liner to negate redness.

3. DIOR Flash Luminizer Radiance Booster Pen in Pearly Pink #800, \$40, dior.com 4. WANDER BEAUTY Secret Weapon Pencil, \$23, wanderbeauty.com

LASH OUT

A lash curler does wonders to open up the eye area. As for mascara, "stick to top lashes," says Andersen. Anything dark on bottom lashes can create shadows and emphasize circles.

5. SHU UEMURA Eyelash Curler, \$20, shuuemurausa.com 6. AVON True Color Wide Awake Mascara, \$8,



Starting at the tear duct, use your ring finger to gently press (never pull) your eye cream up along the brow bone (a), down to the outer corner (b), and finally under the eye along the bone (c), says Cecilia Wong, a celeb facialist in Manhattan.



Colored Mascara in Blue, \$10, sephora.com



Perfectly Clean. Timelessly Beautiful. Since 1907.

cold cream cleanser

INSIDE:

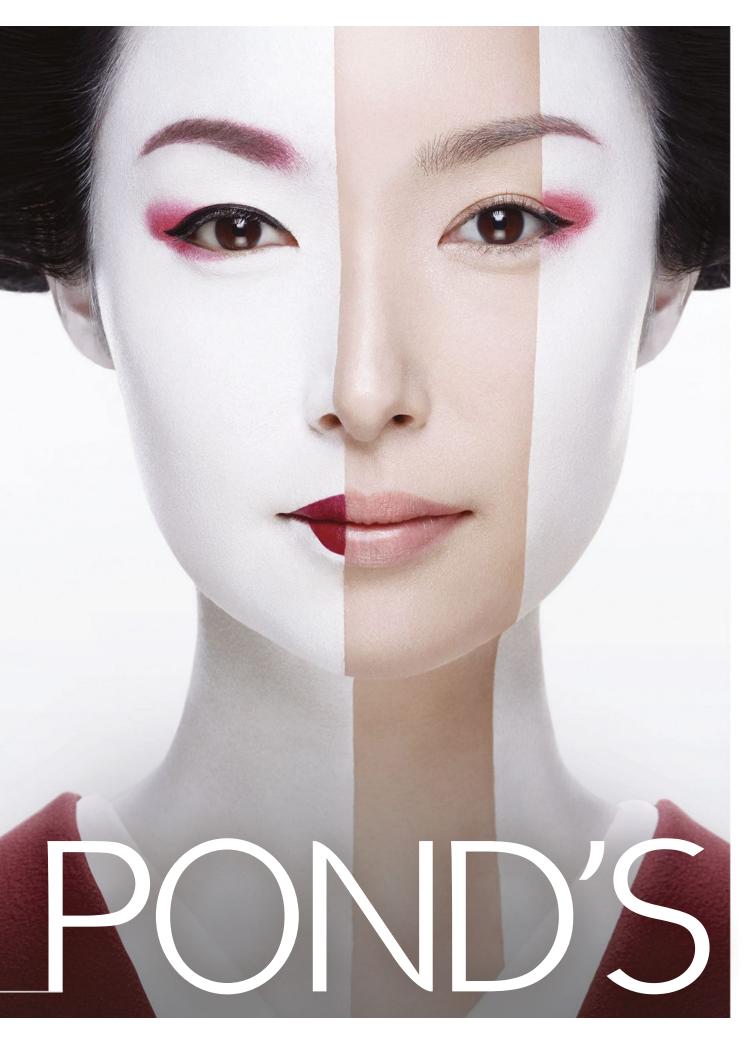
Infuses skin with vital moisture, keeping it soft & supple.

OUTSIDE:

Easily lifts away makeup, even waterproof mascara.
No rinsing. No harsh rubbing.







Does Your Hair Have a Split Personality?

Easy ways to end the oily roots, dry ends struggle—for good.

BY MADDIE ABERMAN

RAISE YOUR HAND if you haven't shampooed in a few days. Whether you love the bedhead look, are aiming to preserve your color, or just don't have enough time, "people are shampooing less—and that can mean scalp buildup and brittle ends that aren't being regularly conditioned," says Jennifer Chwalek, MD, a dermatologist at Union Square Laser Dermatology. When your hair can't make up its mind, here's how to deal.

Apply a Primer Mask

You know the clay masks you can't stop slathering on your T-zone? There's also a version for hair. L'Oréal's preshampoo treatment goes on dry tresses and contains three different clays that soak up excess sebum and impurities on your scalp to lessen the load for your shampoo. It's like using a stain remover before washing your clothes.

Try the Two-Minute Brush-Out

Before your next shower, hairstylist and Bio Ionic brand ambassador Joel



1. L'ORÉAL PARIS Advanced Haircare Extraordinary Clay Pre-Shampoo Mask, \$7, drugstores 2. BIO IONIC SilverClassic Sculpting Brush, \$25, bioionic.com 3. HERBAL ESSENCES Rosemary & Herbs Naked Moisture Shampoo and Argan Oil of Morocco Conditioner, \$6 each, drugstores 4. CATWALK BY TIGI Transforming Dry Shampoo, \$22, catwalkbytigi.com for retailers 5. ORIBE Soft Dry Conditioner Spray, \$36, oribe.com

Calfee suggests running a paddle brush through hair for two minutes. The bristles break up clingy scalp residue and help distribute built-up oils (they add protection during the cleansing process) to thirsty ends. Plus, it feels like a straight-up head massage.

Create a Shampoo-Conditioner Cocktail

You don't need a matching set. Target your roots with a silicone-free shampoo that's lightweight (look for one that is clear or says *volumizing*), and quench ends with an extra-hydrating conditioner (key words: *rich*, *oil*, and *nourishing*) from the ears down.

Style With Dry Conditioner

Dry shampoo is a can't-live-without for oily roots. But the moisture-sucking powders can stop natural oils from traveling down and leave your already dry ends crispy. Mist dry conditioner (a hydrator that—unlike shine sprays or straight-up oils—won't weigh hair down) over lengths each day you skip a wash.



WE ALL NEED DANDRUFF SHAMPOO

We're a little obsessed with dry shampoo, but its overuse can lead to itchy scalp buildup or even more oil as your body seeks balance (it's a vicious cycle!). Get back on track with Head & **Shoulders 3 Action** Formula Shampoo (\$6, drugstores). More than a flake defender, it reduces sebum, inflammation, and Malassezia, a yeastlike fungus that can overgrow with infrequent washing to cause dandruff.





— UNCAP FLAVOR™—

From Pomegranate to the original Beeswax with Peppermint, discover all the naturally moisturizing flavors of Burt's Bees® Lip Balm.



Tattoos have never been less taboo—nearly half of millennials have at least one. If you're thinking of going under the needle, consult this pre-parlor guide.

BY KATE FOSTER

THINK BEFORE YOU INK

FOR A DESIGN YOU'LL LOVE FOREVER...

- → Scroll Instagram for inspo (two of our favorites: @Tattoos_Of_Instagram and @TattooInkspiration). Ditto Tattoodo.com, a media hub that could be Pinterest's rebellious cousin.
- → Make it meaningful. "The more purpose a tattoo has, the less likely you'll be to regret it," says tattoo artist Keith "Bang Bang" McCurdy (Rihanna and Cara Delevingne are among his clients).
- → Test-drive a tat with Inkbox (right). The kit offers a plant-based ink that stains the epidermis (real tats go deeper, to the dermis) for 12 to 15 days. Rock a premade design or freestyle it.
- → Find your spirit artist: Most publish their portfolios online, but McCurdy suggests doing a drive-by. "Ask to see their unfiltered, healed work—ideally in person, not in a picture."



INKBOX Tattoos in (from top) Eres Divina, \$21, and Mtn. Tiza, \$19, inkhox com

SAFETY, FIRST!

When you arrive at a parlor, you should be asked to sign a release form. Artists should be using single-use needles (or those sterilized in autoclaves) and disposable gloves. Plus, all surfaces, like tattoo tables and soap bottles, should be covered to prevent contamination. If your state requires a license or certification (search NIOSH.gov for body art), request to see it.

ARE YOU REALLY READY?

Take a beat if you check one or more boxes.

☐ Is this a spontaneous decision? ☐ Are you

☐ Are you afraid of pain or needles? ☐ Will tats be unprofessional at

☐ Will tats be unprofessional at work? (Some will be hard to cover.) feel peer pressure to get one?

Are you unsure about the design or placement?

Can you see wanting to have it removed?

☐ Do you



IT'S GO TIME!

DAY-OF DOS AND DON'TS

DO wear loose, dark clothes for easy access...and to avoid stains.

DON'T consume NSAIDs (like aspirin or ibuprofen) or alcohol beforehand. Both can cause heavier bleeding. DO expect pain. The hardest areas: anywhere close to bones (like the ribs) or joints (the knees and elbows) or with lots of nerve endings (the palms). The least sensitive? Fleshier areas like your thighs and upper outer arms. **DON'T** bring your crew. It could distract your artist or cause you to move too much. DO tip. An additional 15 to 20 percent is standard. **DON'T** remove bandage for at least two hours after. DO check in with your artist after the tattoo's healed to see if it needs a touch-up. It's normal for some ink to seep out during the healing process.

SOURCE: MEGAN MASSACRE, TATTOO ARTIST AT GRIT N GLORY IN NEW YORK CITY

ARE TATS ADDICTIVE?

A reported 32 percent of those with ink say yes. "The process releases endorphins and adrenaline. If you're sensitive to their effects, you could get hooked," says addiction psychiatrist Howard Forman, MD. Braving a tat can also make you feel more alive—a feeling you may want to recapture.

TATTOO TLC

FOR THE FIRST TWO WEEKS...

- → Wash it with a fragrancefree, antibacterial soap several times a day.
- → Let skin air-dry, then apply a thin layer of a healing balm (Skinfix's, below, has coconut oil and antioxidants).
- → After two to three days, swap the balm for an unscented moisturizer (like Aveeno Skin Relief Hand Cream, \$8, drugstores).
- → No matter how much your tattoo scabs, don't pick. It might peel away some color and cause scars, which can warp the design.
- → Avoid soaking in water (baths, pools, hot tubs), which can expose your tat to bacteria or cause scabs to fall off prematurely. (Quick showers are fine.)

AFTER THAT...

→ Moisturize daily with unscented lotion. Dry skin can make colors look dull. → The sun can cause ink to fade. Use SPF 30 (like

Neutrogena Sheer Zinc Dry-Touch Sunscreen Broad-Spectrum SPF 30, \$11, drugstores) whenever vou're exposed.

\$19, target.com



blue ink with an orange concealer (like Smashbox's, above left). Then tap on a body concealer (try Dermablend's, left), and finish with setting powder (like Kryolan's, above).

OVER

YOUR TAT?

CONCEAL IT IN

Neutralize black or

THREE STEPS

RYOLAN

Dermacolor Fixing Powder, \$15, us.kryolan

GET INKED...AGAIN

Depending on your current piece, you may be able to cover it with new ink. A cover-up artist can give you options.

LASER REMOVAL

Ask a derm or cosmetic surgeon about PicoSure. It fires powerful bursts of energy into the skin, breaking ink into fragments that your body eliminates as waste, says Andrew Miller, MD, a facial plastic surgeon and laser specialist. The price and number of sessions vary, but he says a 2- by 2-inch tattoo needs around six sessions (about \$250 each). Keep in mind the laser doesn't always remove the entire tattoo.

COVER STAR Kuby Rose has no commit-

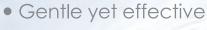


JEFFREY WESTBROOOK/STUDIO D. RUBY: PHOTOGRAPHED BY BEN WATTS. ALL OTHERS: COURTESY BRANDS.





Sensitive skin deserves an award-winning cleanser



- Removes make-up
- Instantly hydrates
- Unclogs pores
- No need to rinse



Simple micellar water is especially designed to give a gentle yet effective cleanse. Its clever micelles actively work together to attract make-up, lift up impurities, leaving skin thoroughly cleansed, refreshed and hydrated.

For cleansers that #MakeUp4Makeup visit SimpleSkincare.com







HAPPEN

MAKE

IT HAPPEN

NEW LIQUID FOUNDATION

MAYBELLINE" LIQUID FOUNDATION ON-THE-GO



NEW BRIGHTENING CREAMY CONCEALER

MAYBE

MANUFACTURER'S COUPON EXPIRES 12/31/2017

REDEEMABLE AT DRUG, FOOD ANDMASS MERCHANDISE STORES

CONSUMER: THIS COUPON GOOD ONLY TOWARDS PURCHASE OF PRODUCTIS INDICATED, NO MORE THAN FOUR (4) IDENTICAL
COUPONS CAN BE USED FOR THE GAME PRODUCT PER HOUSEHOLD, PER DAY, ANY THAN FURCHING THAN FOUR (4) IDENTICAL
COUPON FER REACHES CONSUMERING ANY SALES ANY COOP TS.CLD DEDWASDO OF TRANSFERRED.

RETAILER: U'Creal USA, Ib., c. will reimburse in accordance with the L'Oreal USA. Coupon Redemption Policy, to obtain visit
www.chrandering.com. This coupon good only when nedemend by you from the consumer at the fine of junchasing product indicated.

As well of the coupon good of the probable date of residencity for Coop only in the couponing or continuers of the Image. Coop of the Toward Cooper and Cooper





SO WHAT EXACTLY IS A CUSHION COMPACT?

THE LATEST IN LIQUID FOUNDATION!

Love liquid foundation? See how we put it in an innovative cushion compact! In just a few taps you'll get complete coverage with a luminous, flawless finish.



Maybelline.com





Cleans & Conditions In One Step



SELFIE-READY 24/7

The cast of E!'s new So Cosmo docuseries has mad skills when it comes to prepping for the camera in a flash. Find the signature look that matches your beauty vibe (glowy, party, or glam), then crib these tips for getting picture-perfect.

DOWNLOAD THE COSMO NOW APP AND SCAN THIS



FOR VIDEO HOW-TOS AND TO SHOP THESE LOOKS.







MEET

BRAND

Powder Player

Shiny skin can ruin a selfie, which makes an oil-absorbing powder foundation a necessity. Use a fluffy brush to buff it into skin for a sexy, matte finish that lasts all night long.

Arch Support

Bold brows are supertrendy and easy to create. A crayon formula pulls double duty as a pencil and gel so you can fill in gaps and tint baby hairs simultaneously, explains Dali.

Throw Shade

A smoky eye makes your stare pop in pics. Start with a palette that offers a range of shimmery neutrals. "Using the darkest shadow, blend from the lash line up toward the crease," says Dali. Add depth by diffusing lighter shades up to the brow bone and out to the corners. And don't forget two (or three!) coats of volumizing mascara.

MAYBELLINE NEW YORK The Colossal Big Shot, \$8.50, drugstores



MAYBELLINE NEW YORK Color Sensational Shaping LipLinerin RichWine, \$8,

BALANCE A MOODY LIP WITH A BIG SMILE.

MEET TIFFANY

@TIFFANYREID

SENIOR FASHION MARKET EDITOR

#QUEEN

Take Cover

Hide evidence of late nights and early mornings with concealer—one made with brightening mica minimizes under-eye shadows in seconds.

Pucker Up

The secret to a long-lasting, oh-so-glam lip: liner that prevents color from migrating onto skin, says Dali (who swears by the liner above). To ensure a personalized lipstick color, create your own cocktail. Dali blended the three you see here (first merlot, then black, followed by red), creating a custom, multidimensional effect.

Hello, Kitty

Winged lines pull the look together. A liquid version that has an angled tip creates a crisp, clean line.

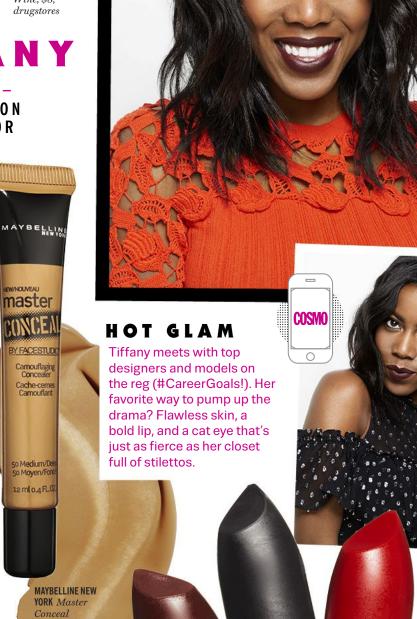
Camouflaging

Medium/Deep,

\$9, drugstores

Concealer in

MAYBELLINE NEW YORK Master Precise Curvy Liquid Liner, \$8, drugstores



PRESENTED BY MAYBELLINE NEW YORK

MAYBELLINE

NEW YORK Color

The Loaded Bolds

Sensational

in Midnight

Merlot, Pitch

Black, and Dynamite Red.

\$7.50 each, drugstores

YOU don't know retinoids

BUT IF YOU STILL HAVE ACNE, YOU SHOULD.

cne as an adult? It shouldn't happen, right?
Well, it does. Over 50 million Americans suffer from it annually. So...you're not alone.
But before you head into that board meeting sporting your three-piece suit and your latest breakout, there's one acne-fighting ingredient that you should try (that you most likely haven't yet): RETINOIDS.

YOU'RE PROBABLY ASKING YOURSELF, "WHAT IN THE WORLD ARE RETINOIDS?"

Well, retinoids work like vitamin A, which is an important building block for healthy skin, so they've become the basis for many acne medications.

WAIT A SEC, ARE RETINOIDS THE SAME THING AS RETINOL?

The names sound familiar, so they're easy to mix up. But here's the scoop: retinol is a type of retinoid, but isn't really used to treat acne, unlike the much more powerful retinoids.

WHAT WILL THEY DO FOR MY ACNE? AND HOW ARE THEY DIFFERENT FROM THE OTHER ACNE STUFF I'VE TRIED??

First off, almost every other product on the shelf has been made with the same stuff: benzoyl peroxide and salicylic acid. So not only are retinoids a different ingredient, they work completely differently. Retinoids, like that in new



Differin® Gel (the FIRST and ONLY retinoid acne product to be available over the counter!), target two of the primary causes of acne. They regulate skin cell turnover AND reduce inflammation deep in the skin to prevent pimples, blackheads and clogged pores before they occur. So they're working at the source!

SO HOW DO I USE THEM?

Unlike spot treatments, retinoids should be applied to your entire face on a daily basis. Use a moisturizer to minimize dryness, and if you're in the sun, apply sunscreen. Think of it as your new routine, because even after your skin looks clearer, it's important to continue use to keep those breakouts away.

OK, BE HONEST. WHAT CAN I EXPECT??

Retinoids take a few weeks to start to work, and during this time, you might experience some dryness and irritation while your skin gets used to them. So, it could feel like it's getting a little worse before it gets better. But, like your old track coach used to say, "You just gotta push through it!" And for those who don't get any of these pesky side effects, it doesn't mean that the retinoids aren't doing their job.

THE BIGGEST NEWS IN ACNE IN 30 YEARS

new

DIFFERIN

ADAPALENE GEL 0.1% ACNE TREATMENT

- PREVIOUSLY AVAILABLE ONLY BY PRESCRIPTION
- ONCE DAILY
 TOPICAL RETINOID

"THIS IS A MASSIVE GAME-CHANGER IF YOU HAVE ACNE."



Finally, there's a new acne-fighting ingredient on the shelf. One that you could only get from a doctor...until now. New Differin® Gel has a multi-benefit RETINOID called adapalene that clears your acne where it starts and prevents future breakouts to restore your skin's tone and texture.

DO THINGS

DIFFERIN





LOVE

Admit it:

You have some kind of list in mind when deciding whether or not a guy has potential to be The One. It probably goes something like: must be tall, confident but not cocky, have his sh*t together, share your love for alpacas... whatever. It's easy to think that if he checks off on enough items, you'll be #SoulMates, right? Actually, not so fast.

Even if someone seems like your perfect match—on an app or after several dates—new studies suggest the crucial factors for compatibility are way less obvious than, say, a shared taste in music or bonding over being outdoorsy. Here's what you need to look for to determine that a mate is really right for you and some less important details you can let slide.

THE SURPRISING THINGS THAT REALLY MATTER

Your Fighting MO

The way you and he argue is one of the most crucial predictors of whether you'll make it as a couple, says John Gottman, PhD, author of *What Makes Love Last?* and cofounder of the Gottman Institute in Seattle. People usually fall into three basic categories: Vol-

atiles get fired up in heated debates, Engagers dive in and process why each person feels the way they do, and Avoiders maintain a Let's agree to disagree attitude. "An Engager and an Avoider...that's a potential recipe for a lot of pain," warns Carrie Cole, director of research at the Gottman Institute. On the other hand, two Volatiles can be unexpectedly copacetic (think of that couple you know who scream at each other, then kiss and make up minutes later). Two Engagers will also do

well together, and even two Avoiders can endure, although they have to be careful not to let unspoken resentment fester.

Speaking of which, also take note of how your BF responds when something's bothering him: Does he attack or blame you? And in turn, do you respond by hitting him where it hurts or shutting down completely? These are all clues that your relationship may get rockier over time.

How You Share

As in, feelings. Take a hard look at how each of you approaches expressingand reacting to-emotions. "If one person thinks negative feelings should be buried at all costs and the other thinks it's important to explore every last sentiment, you'll have a lot of trouble," says Gottman. In fact, his research on married couples has found that such a mismatch can predict divorce with 80 percent accuracy. Bottom line: It's better to be with someone who weighs feelings just as heavily (or lightly) as you do.

Your Attachment Styles

Surprise! There are again three types of people, says Amir Levine, MD, coauthor of Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love. Anxious attachers tend to need a lot of reassurance from their partners (e.g., they won't stop wondering what's wrong until they hear "I'm not mad at you, babe.

I'm just in a bad mood"). Avoiders may say they want to get close—but then react like you're a Stage Five Clinger when you ask for a good-night Snap. And then there's the secure type those who aren't afraid to load up on couple's selfies but are also totally okay with giving their S.O. some space. Not surprisingly, everyone does well with a secure partner. But other combinations don't fare so well. The worst? Avoiders dating anxious types. "They set each other off, constantly pushing and pulling, and are the least satisfied," says Dr. Levine.

Getting and Giving Attention

A bid (a couples-therapy term coined by Gottman) is a moment when you're looking for attention from your partner—it can be small, like starting an innocent convo about the weather, or something deeper, like telling him about that ongoing drama with your sister. No shocker here: Duos who routinely respond to each other's bids and make each other feel heard are much likelier to stay together long term than those who dismiss them. "Couples often say, 'We don't have stuff in common anymore.' But often, the real problem is that they've been ignoring each other's bids and failed to stay connected," explains Cole. (Sometimes, this can be easy to suss out early on. If, on your first date, he actually yawns when you share your favorite childhood memory, odds are, he's not right for you.)



NEED IT, WANT IT, GET IT!

WHAT'S HOT



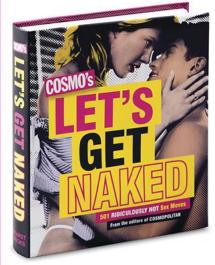
SHOWER, STEAM, CLEAN!

Give yourself a minute to be naturally radiant. New AVEENO® POSITIVELY RADIANT® 60 Second In-Shower Facial works with the steam of your shower to deeply but gently exfoliate skin, leaving it brighter and velvety soft in record time.*

*Based on comparison of time needed to apply, use, and wash off other at-home masks and peels.

available at
target.com/aveeno

take your bedroom moves from hot to hotter to HOTTEST!



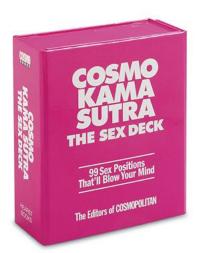
Get the **STEAMIEST**, most rev-it-up sex advice ever! With everything from warm-up moves to daring erotic techniques and steamy sex positions—**COSMO**'s lusty collection helps readers **BOLDLY** go where they may never have gone before!

From the Editors of COSMOPOLITAN

THE KINKY SEX GAMES EDITION

Why settle for **50** when you can get **69** shades... of **COSMO**! Whether you're all about adventure or just want to spice things up for the night, you'll love these sexy little games. Just pick a card from the deck—like Finish the Fantasy or Naughty Sex Dates—and get your kinky on.

BONUS! BONDAGE CORD INCLUDED!



A sexy favorite is now in a sizzling card deck with **99 POSITIONS**—plus 12 "lust lessons!" Every position's illustrated in detail with precise and tantalizing instructions. So pick a card, any card—whichever you get, the results will be **HOT!**



AVAILABLE WHEREVER BOOKS ARE SOLD!





Your **Differences**

Instead of getting louder about your own opinion, ask him to explain his so you can better understand him.

Be Open to Change

"If you yell and it upsets your partner, find it within yourself to say, 'I'm sorry," says Schwartz, then try a different tactic next time.

Learn the **Magic Phrase**

Ahem, repeat: "I was wrong. I share some of the blame here." Trust us, it works wonders.

Your Supporting Roles

This is a biggie! You want a partner to be your cheerleader-someone who hears your 10-year plan to girl-boss status and keeps asking, "How can we make this happen for you?"-even if your ambitions aren't something that excites him personally. "Your dreams can be different, but if you don't see any merit in each other's big life goals, you're not going to do well together," warns Cole. After all, who wants to date a guy who goes on and on about the website he's been working on but tunes out as soon as you start talking about the cross-country trip you've been saving for? Correct answer: No one.

THESE **MATTER-BUT MAYBE NOT AS MUCH AS** YOU THINK...

Chemistry

Sure, attraction is crucial at the beginning of any relationship. You have to be turned on by the way he looks, smells, tastes, and kisses. But even if sparks aren't blazing between you two, he can still end up being someone who is reliable, contributes his fair share, and makes you laugh for years to come. So it's worth trying to bounce back from an initial so-so vibe by giving him a fair chance and seeing where things go.

Sex

"Having the best sex ever with someone doesn't necessarily mean they're definitely the one for you," says Jenny Taitz, PsyD, a psychologist in Los Angeles. Tons of other elements, like communication, for instance, can become even more powerful than sexespecially over time, says Helen Fisher, PhD, a biological anthropologist and author of Why Him? Why Her? How to Find and Keep Lasting Love. A great example: Remember that one guy who hit all the right buttons for you in bed but stopped returning your texts? Well, your perfect match will keep the orgasms and daily check-ins coming. ■



LIFT TO EXPERIENCE VIVA LA JUICY SUCRÉ Juicy Couture THE FRAGRANCE COLLECTION TO EXPERIENCE #EATDESSERTFIRST VIVA LA JUICY

Dermatologist Recommended for Scars and Stretch Marks.

GfK 2014



"I struggled with acne for many years. Finally it has passed, but now I have acne scars. I saw an ad in a magazine about Bio-Oil and how a woman tried it on her face. I went to the drug store and got the small Bio-Oil bottle and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! I have honestly tried anything and everything for my acne scars and who knew this might be the answer. Thank you so much, I feel so much more confident than I have ever been before."

Brenna Denexter

all-about-men

a must for me."

THE MALE BRAIN EXPLAINED



0.D.ING 0N F00D
"On a first date, I got
a double cheeseburger
and onion rings. When
I eat, it's gross. Food
flies everywhere. I even
ate her fries! Not good."

RAMBLING ON AND ON

"I'd tell stories that I'd set up by saying 'This is so funny!' When you oversell a joke from the get-go, it's always a letdown."

MIXING MESSAGES

"I texted a friend's prospective girlfriend Rachel, not my crush Rachel. But when you're Jewish, all the girls you date are Rachel. I had a Nokia full of Rachels!"

PAST (IM)PERFECT

IF HE COULD TURN BACK TIME...

Sometimes, it takes a while like, a decade—to regret romantic blunders. Adam Pally, star of Fox's new time-travel comedy Making History, revisits the eff-ups he'd change.

> DATING TWO WOMEN AT ONCE (JK!)

"God, I wish
I was that much of
a cocksman.
No, I never did
that. If I could go
back in time
and change something, that
would be number
one!"

POWER PLAYERS

WHY GUYS REALLY LOVE BADASS BABES

Dudes reveal why a woman who's in control is a total turn-on.

- ► "The badass women I've met don't take any BS, know what they want, and aren't afraid to grasp it. I love that—it's so attractive." —DAVE S., 29
- ▶ "Princess Leia [may she RIP] was the first woman a lot of us fell in love with—and she was the ultimate badass, blasting away at stormtroopers. Finding a fierce woman like that in the real world is the dream."
 —MATT G., 30
- ▶ "I married my wife because she's a strong-willed, intelligent woman who just happens to be a totally badass energy engineer." —CHRIS V., 34



THE LOVE COACH

FEEL HIM PULLING AWAY? WHAT TO DO

You started out strong. but lately, he's been distant. If you're not ready to write him off just yet, dating coach Matthew Hussey has a few tactics to try.

Be Less Available...

If he calls at 9 p.m. to ask if he can come over, don't take the bait. Tell him you're in for the night and let him schedule real plans later. Most women make themselves more accessible when they feel a guy fading away, but that only gives him a pass to treat you with less respect.

... But Be Great Company

It's easy to act annoyed when you don't know where a person stands, but that only creates more distance. Instead, when vou do see him. bring your A-game, He'll start to question why he's letting a woman so charming potentially slip away.

Want more from Matthew? Get his free guide for *Cosmo* readers, "5 Compliments That Will Get Him Addicted to You," at SayThis ToHim.com/Cosmo.

Let Him Know You're **Doing Fun** Things

There's no harm in mentioning your cool plans. He'll feel a little left out-and wonder who might hit on you while he's not there.

Say You're Okay With It Being Over-and Mean It

Go with, "I'm feeling some confusion. which is fine, but I'm going to take some space so I don't get close to someone who's not sure what he wants." Now you have your power back.

COMMITMENT-VILLE, USA

WHERE MONOGAMY RULES

For anyone looking to get serious, consider shacking up in one of these cities, says a new survey from matchmaking site EliteSingles. Men who live here agree that staying oneon-one is "essential in a relationship." Sooo... who's down for a trip to Arizona?

BY JULIE VADNAL

SCOTTSDALE, AZ A Southwest spa meccacouples massage, anyone? TUCSON, AZ All you really need to know: sunshine for an average 310 days a year. JACKSONVILLE, FL The beach brings the boys to the yard.

PORTLAND, OR

all-about-men

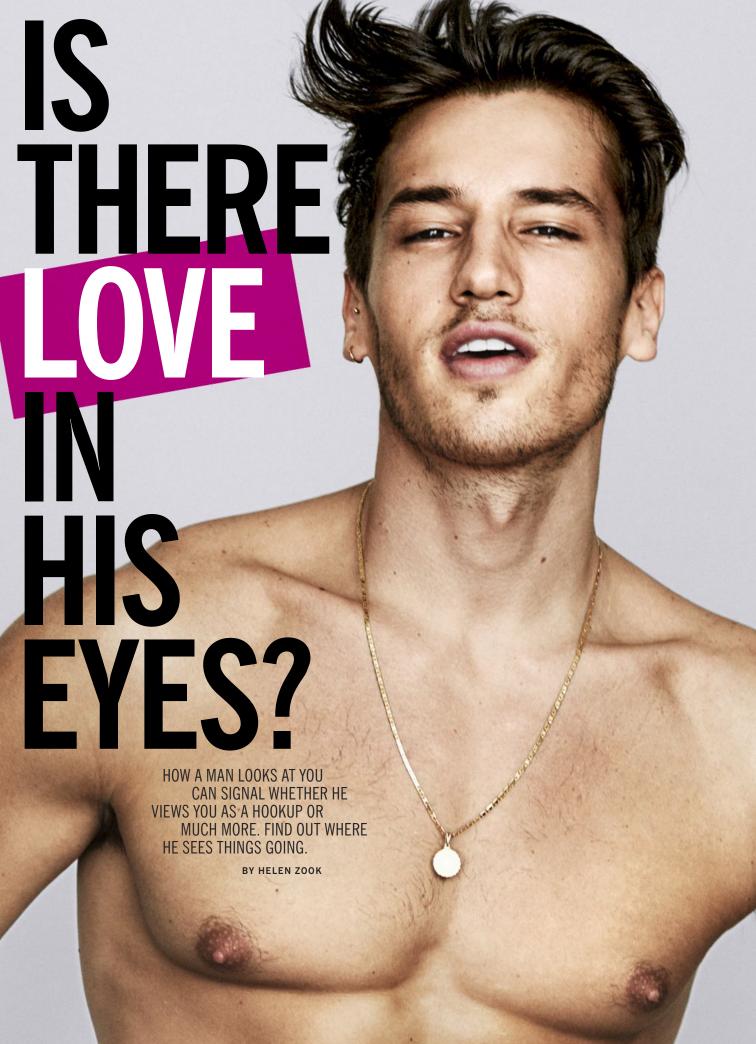
Have a thing for microbrews and dudes in plaid? Welcome to heaven.

SPRINGFIELD, OR Find the Homer to your Marge in the place that inspired The Simpsons' hometown.



THE PERCENTAGE OF GUYS WHO THINK PERIOD SEX IS "NATURAL" OR "AWESOME." IT'S NOT THE TABOO IT USED TO BE, SO GO WITH THE FLOW!

SOURCE: 2016 THE FLEX COMPANY SURVEY



YEAH, WE ALL WANT the guy in our life to willingly (and profusely) confess how he feels—without any prompting whatsoever. But most men don't seem to give it up that easily. Luckily, the number one way to tell if a dude is into you doesn't even require words. "Checking out where someone's looking is one of the best ways to measure subconscious responses," says Stephanie Cacioppo, PhD, an assistant professor of psychiatry and behavioral neuroscience at the University of Chicago. Her research found that when a guy spends the majority of the time with his partner looking her in the face, he's likely falling in love. But when he spends more time staring at her body (beware the unashamed cleavage gazer!), he's probably driven simply by lust. To save yourself hours of analyzing his every word, use these eve-scanning tricks to figure out what's really going on in his heart.

See How Long He Lasts

The duration of his eye contact is important. If he has super tunnel vision that's aimed straight at your face (and it's not broken by any distractions), he's interested in a future with you. "When you look at someone for a long, uninterrupted period of time, you start to release chemicals like oxytocin, which heightens feelings of intimacy," says Tonya Reiman, author of The Power of Body Language. Even a dude who's holding eye contact with you from across the bar can be signaling that he's interested in a deeper connection. In fact, psychologist Arthur Aron, PhD, staged an experiment at the State University of New York at Stony Brook, part of which consisted of asking strangers to gaze into each other's eyes for four minutes straight (awkward, we know). Six months later, one couple from the study made it all the way to the altar!

Watch His Pupils

Another major indicator of attraction? Pupil dilation. When you're in a room with stable lighting (so don't try this while swapping glances in the middle of an underground EDM rager...unless you want a misleading result), pay attention to the center of your guy's iris: If it widens (an involuntary reaction to arousal), then

WHAT THE REST OF HIS BOD SAYS

HIS HANDS

Intertwining his fingers with yours shows passion, whereas a palm-to-palm handhold isn't as intimate.

HIS HEAD

Is he leaning it toward you as he listens? Yep, then he's intrigued.

HIS FEET

Shoes pointed your way suggests affection.

HIS CHEEKS

If he blushes and drops eye contact, he's just a little bit insecure, not uninterested.

HIS THUMBS

If he has his power digits pointing at his genitals (like when his hands are in his pockets), his brain is in bang mode.



he's got that loving feeling-or at least something close to it. If his pupils are constricting or remain unchanged, that's a sign that he's still making up his mind or might not be worth your undivided romantic attention, says Reiman.

Check for "The Sweep"

You've been dating for six months and he's still giving you a horny, head-to-toe once-over whenever he sees you. True, this does mean that he's craving to touch you (probably everywhere). But his deeper feelings may not be far behind. According to a Concordia University study, there can be overlap between sexual desire and emotional attachment in the brainso it is possible for love and affection to develop after a long period of just lust. To find out if your guy is migrating away from the latter, observe his eyes immediately after he gives your body that lengthy up-anddown scan. If they morph into a more loving gaze—like how they look when he gives you a big smile-he's likely experiencing all the feels for you.

Master the Art of Eye Sex This flirty game with a rando—or your BF—can be intensely hot foreplay.

Stop and Stare

Usually, direct eye contact lasts two to three seconds, but you'll want to hold his gaze for eight. It creates a more intense bond, says Tonya Reiman, and there's no questioning your interest.

Do a Double Take

After you've lasted eight seconds (phew!), quickly look away. Pause for a beat, then lift your eyes up to his again. At this point, he'll know that your attraction is definitely sexual, Reiman says.

Glance Back at Him

Find a reason to change your location. As you turn around to walk away, take another peek over your shoulder. "It's a way to reconnect and let him know you're still thinking about him," says Reiman.

Work the Head Tilt

Back to your original spot? Catch his eye one last time, and tilt your head slowly (like the way your dog looks at you). Instead of giving sad puppy eyes, offer a cheeky grin, and he'll know it's on.

DATING & MATING with Esther Perel

Keeping the Lust Alive

LEARN TO ESCAPE THE SEXUAL FADE-OUT THAT FELLS MANY LONG-TERM UNIONS.

Sure, plenty of couples start off in a state of unbridled passion. You know: extra-hot, extra-often sex. After all, this is when you're both willing to do all kinds of things to present your very best side in the bedroom. Sadly, there's a general rule that after about two years, the physiological changes that accompany passionate love start to diminish. And I actually think that for most people, this unsexy slowdown can happen much sooner. In our culture, we're so used to instant gratification and always having something new. When you get tired of your phone, for example, you get a new one. You don't see many people reimagining uses for their dated iPhones. The same ennui can befall romantic partners—gone is the erotic anticipation that used to surround sex. Instead of planning a special date

beforehand, you just look at each other like, "Wanna do it?" Or he'll give you two little shoulder squeezes, cluelessly think that counts as a full-blown back rub, and assume that you're now ready to get it on.

Okay, the bright spot: It is possible to reenergize your relationship and create new sparks. Here's how:

Stay Playful

Flirting doesn't have to end once you're official and beyond. Keep it up!
Sext him. Make jokes. Act frisky. The goal isn't just about getting him to want to sleep with you—it's to remind you both what it's like to have fun with each other. Think of playfulness as a lubricant for your relationship. When you have a great time outside

the bedroom, that carries over into more—and more pleasurable—sex.

Explore New Spots

Your couch does not count. Your local bar does not count. Find somewhere neither of you has been, and make a date to go together. Experiencing something for the first time as a couple is key and helps your relationship stay vibrant. You'll have new things to talk about: How good was this restaurant? OMG, rock climbing was sofun! This lets you recapture the titillating, spontaneous feeling of dating.

Visit His Turf

When you first got together, you were both totally engaged—listening closely to what the other person said about work or upcoming milestones. Recapture that intrigue by, say, sneaking in to watch him lead a work presentation or a class at school. When he's in his element, the confidence you can see in him is deeply attractive. It'll remind you how desirable he is. (And vice versa, when he watches you doing your thing.)

Hit Rewind

While it's BS to think you can totally revisit your earliest dates (and steamiest nights!), you can take a page from the seduction playbook that worked for you when you first started seeing each other. Get that blowout you used to make sure you had before a date. Talk to each other about what you want more of in bed, the way you used to. For couples, playing it



totally same-old is almost always a trap—you both should re-create a bit of excitement and mystery.

Pay Compliments

It sounds simple, but when he's heading out the door, say, "Stop—let me just look at you." Telling your partner how you cherish and adore him will make him appreciate your relationship, and he'll likely start reciprocating. This can help build back your wells of desire.

Take Control

Be proactive and suggest a couple's bath, or read a risqué novel out loud. Try



to make your fantasies part of your real-life erotic plot. For example, instead of following your normal bedtime routine (getting undressed, brushing your teeth), introduce something different. Stop him before he walks over to his closet, and make out with him first, telling him to keep his clothes on...for now. Even a small change can make sex feel a little different. You want to create scenarios where you don't know all of each other's moves before you even make them. Rebuild excitement by continuing to find ways to switch things up.

The ideal is balancing a new type of erotic seduction with the knowledge that your partner is someone you deeply love."

Know Yourself

That said, don't force it. There's no benefit to role-playing a bad, bad girl if that's just not your thing or acting out a scene from porn if you don't find that hot. Spend some time thinking about what you do find seductive, then pursue that. Taking risks can revive your sex drive, for sure, but you still want to feel safe. The ideal is balancing a new type of erotic seduction with the knowledge that your partner is someone you deeply love.

Take (a Little) Space

It's hard to spice up your sex life-and rekindle your attraction to each other-if you don't feel sexy yourself. Prioritize doing a few things that make you feel good on your own. It could be a regular night out with your friends or a standing gym session. Then, when you reunite with your partner, you'll have stories to share and discussand since taking care of vourself makes vou feel more confident and attractive, you'll appear even hotter to him. ■



Q/ MY GUY'S BEST FRIEND HAS BEEN WITH HIS GIRLFRIEND FOR YEARS, BUT HE ALWAYS CHEATS ON HER. IT MAKES ME QUESTION THE DUDE I'M DATING. ARE MOST MEN LIKE HIS FRIEND? DO THEY SEE STRAYING AS A NBD THING?

A Cheating is common and complicated. I've known some guys, like your BF's friend, who cheat all the time like it's no big deal. I've also known men who cheat rarely—and it's a very big deal—and those who've never been unfaithful. Don't judge all men by his friend's behavior, but be practical. Since some dudes think like him, you have to set ground rules. Early on, be clear that cheating is not acceptable. If you'd dump any guy who cheats, say so. What most men do with most women doesn't really matter, anyway. What matters is how a man treats you.



DUDE, PUT YOUR EYES BACK IN YOUR HEAD.

Q/ I've been dating a new guy, and when we started seeing each other more regularly, he told me he's been in an open relationship with another woman for more than a year. He was honest and I like him, but do I have to share him?

A If he's been involved with her for that long, it sounds like she's most likely his primary relationship, which could make you his...secondary. So ask yourself how being number two makes vou feel. It might mean his sleeping with you one night and her the next or spending holidays with her and not you. If you're not bothered by those ideas (and certain this dude's being honest about his situation instead of using it as an excuse to cheat), talk things through with him. Brace yourself though, because open relationships involve a lot of talking and rule setting. Ask how he sees the situation playing out, and tell him all your concerns. You may wind up feeling like he's getting to have his cake and eat it too. So think it over, and decide what you want, whether it's this guy or someone who thinks that you (and only you) are enough.



Q/ WHILE HELP-ING MY BOY-FRIEND UPDATE HIS COMPUTER, I NOTICED BOOK-MARKS OF HIS FAVORITE PORN VIDEOS. ALL THE WOMEN IN THEM ARE BLONDE AND SKINNY...AND LOOK NOTHING LIKE ME! I ASKED ABOUT IT, AND HE SAID THAT'S THE POINT-HE WANTS VARIETY. SHOULD I BE INSULTED?

A Close your eyes. Picture the hottest men you can imagine. Do any of them look exactly like your BF? I've never known anyone who craves one type. Our sexual fantasies reflect that variety, and it's especially true for guys since they're so visual. Most men I know watch porn with all kinds of women, but those choices don't reflect who they date. Your BF may fantasize about any number of things, but he chooses you in real life.

Q/ MY BOYFRIEND IS AWESOME, BUT I CAN'T STAND HIS FAMILY. THEY ALWAYS CRITICIZE MY OPINIONS, AND WHEN THEY DO, MY GUY WILL JUST CHANGE THE SUBJECT. I WANT HIM TO HAVE MY BACK, BUT HE HATES CONFLICT AND WON'T DO ANYTHING. WHY WON'T HE TAKE MY SIDE?

A When it comes to fights, your boyfriend may just be a pacifist. Some people prefer to avoid conflict, especially when it means picking a side between loved ones. Remember that his family has been together for a lifetime, and your BF may have a better idea than you do about what works with them and what doesn't. In many families, taking sides escalates into big fights, so he may have decided that diplomacy (or at least, deflecting) is the best option. That said, he owes it to you to explain his take on the situation. Bring up how you're feeling, and give him the chance to share his perspective. If he knows there's a problem and is ignoring it, time for this guy to tell his family to cut the crap.

Q/ I got a new job with a killer commute, so my husband volunteered to take on the cooking. I'm grateful, but the truth is, he sucks in the kitchen! I've let it slide for months, but if I eat one more bad meal, I might just puke. Help!

A Maybe you should puke since that would get the message across loud and clear! Seriously, though, I see two approaches. First, you could just flat out critique the next flavorless slop he serves up. Yeah, it'll be a blow to his ego and likely lead to eating frozen pizza every night, but at least your immediate problem would be solved. A far

gentler approach, if you have the patience, would be to offer subtle hints and suggestions. Assuming you have some skill in the kitchen, try to find time on weekends when you can cook together and he can learn from your example. Finally, make a point to tell him you've been craving a particular dish and e-mail him easy, doable recipes. When he does get it right, compliment the chef... and hey, it probably wouldn't hurt to kiss the cook too. ■



Hill is a contributing writer for *Cosmopolitan* and Cosmopolitan .com.

CHEATER IN DISGUISE = A SERIOUSLY BUMPY RIDE.

FROM LEFT: LICKERISH/KATE BELLM; GETTY IMAGES; MARLEY KATE.



Don't let Irritating Lens Face crash your wedding.

Irritating contact lenses can ruin a perfect memory of your perfect day. Fight Irritating Lens Face (ILF) with the all-day comfort and long-lasting moisture of OPTI-FREE® Puremoist® Contact Lens Solution, so even on your longest days, your lenses say "I do."

pure*moist*



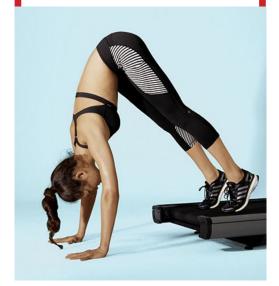
THERE'S A REASON it's been dubbed the *dread* mill: Moving in one direction at a steady speed can be...zzz—not to mention, bring you to a fitness standstill. "Most people get on a treadmill, and within five minutes, they are so bored," says David Siik, creator of Equinox's Precision Running program, "but having a plan can change everything." Especially one that combines calorie-torching cardio with muscle-defining strength training.

Enter this routine, created exclusively for *Cosmo* by Siik; certified trainer Kira Stokes, founder of the Stoked Method training technique; and certified trainer Anna Kaiser, founder of AKT fitness. "I tend *not* to look at pieces of equipment as having boundaries," says Stokes. A treadmill can be a step, a platform, a mat, a reformer—you get the idea. Hop on and get head-to-toe hot.

HOW-TO

Complete the cardio plan outlined in our chart, below. Then immediately turn off the treadmill, and perform 8 to 10 reps of each strength-training exercise, at right. They're seriously hard, so beginners can start with just one set. More advanced exercisers can try 2 or 3 sets, resting 1 minute between each.

Strength Training



PIKE-UPS Get in high-plank position behind the treadmill, hands on the floor with wrists slightly wider than shoulder-width apart and feet on the conveyor belt about midway up the treadmill. Lift hips high [shown] as you use feet to pull the belt toward hands. Pause for 2 seconds, then jump or step feet back to starting position. That's one rep.

PRO TIP "This is like a jackknife on crack!" says Kaiser. It requires serious core strength to pull off. If you're struggling, keep your hips up but bend your knees. "You'll still engage all the same muscles, but you'll decrease the load on your abs."

DO EVERY RUN INTERVAL
AT THE SAME SPEED. IT
SHOULD BE MEDIUM-FAST,
ABOUT 2 MPH SLOWER THAN
THE FASTEST YOU COULD
RUN FOR 1 MINUTE. AFTER A
FEW WEEKS, ADD 0.5 MPH.
SAYS SIK: "ONE SMALL
CHANGE IN THIS WORKOUT
ADDS UP TO A BIG CHANGE
BY THE END."

HANDLEBAR ▶ **DIPS** Stand facing away from the console, hands gripping handlebars on either side of your body, palms facing in. Straighten arms, and bend knees to lift feet off belt behind you. Bend elbows, lowering until upper arms are parallel to the handlebars (or as close as possible) [shown]. Straighten. That's one rep. Continue without touching feet to belt.

PRO TIP "If you need more support, put one foot down for a couple of reps, lift it up, then switch to the other side," suggests Kaiser. It's better to bend elbows all the way with a toe touching than to do baby dips with no help. Dipping pro? Tuck your knees up in front of you for extra core engagement.

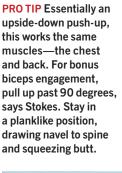
The

TIME (min)	0:00- 1:59	2:00- 2:59	3:00- 3:59	4:00- 4:59	5:00- 5:29	5:30- 5:59	6:00- 6:29	6:30– 6:59	7:00– 7:59	8:00- 8:59
WHAT TO DO	Warm up	Run	Walk	Run ←	Walk	Side shuffle, right	Side shuffle, left	Walk	Run	Walk
SPEED (mph)	3	5 to 8	3 to 4	5 to 8	3 to 4	3 to 4	3 to 4	3 to 4	5 to 8	3 to 4
INCLINE (%)	0	2	2	3	3	3	3	3	4	4

BODY



HANDLEBAR ▶ **ROWS** Crouch down, facing away from console. Reach arms up to grip handlebars on either side of your body, palms facing in. Extend legs in front of you, feet flat on the floor, arms straight, and body aligned from head to toe. Bend elbows, lifting body toward handlebars until upper arms are parallel to floor [shown]. Pause for 2 seconds. then straighten arms to lower. That's one rep.









WALKING PLANK Get in high-plank position behind the treadmill, wrists below shoulders at the end of the conveyor belt and feet on floor. Keeping hips and shoulders level, lift right hand, reach it as far forward as possible, set it down on belt [shown], and pull belt toward you. Repeat with left hand. That's one rep. Continue, alternating hands.

PRO TIP Because your hands are higher than your feet, you may feel a lot of tension in your neck and shoulders. If stress becomes pain, Stokes offers two adjustments: Either drop to a modified plank and pull the belt with your forearms or set your feet on a riser that's level with the treadmill. ■

9:00- 9:59	10:00- 10:29	10:30- 11:29	11:30- 11:59	12:00- 12:59	13:00- 13:59	14:00- 14:59	15:00- 15:29	15:30- 16:29	16:30- 16:59	17:00- 17:59	18:00- 20:00
Run	Walk	Walk/ run backward	Walk	Run	Walk	Run	Walk	Walking lunges	Walk	Run	Cool down
5 to 8	3 to 4	3 to 5	3 to 4	5 to 8	3 to 4	5 to 8	3 to 4	1 to 2	3 to 4	5 to 8	3
5	5	5	5	6	6	7	7	7	7	8	0



TEMPTING TO **GIVE IN TO GREASY** GRUB, DON'T DO IT-YOU'LL HATE YOURSELF LATER. FEEL BETTER FASTER BY ORDERING ONE OF THESE DISHES INSTEAD, SAYS BRIGITTE ZEITLIN, RD. FOUNDER OF BZ NUTRITION.

BY DANIELLE KAM

Avocado Toast

The 'grammable dish is full of biotin and vitamin B6—nutrients your post-party bod craves since alcohol wiped them out, leaving you sluggish. Choose whole-grain or rye bread, packed with niacin, thiamine, and folic acid (more B vitamins). And get an egg topper. It contains riboflavin, a headache fighter.

Whole-Wheat Bagel With Lox

Salmon's omega-3 fatty acids help battle brain fog, and the combo of fiber from the bagel and protein from the fish will fill you up so you won't crave seconds (or thirds). Cream cheese gets a bad rap, but in this case, it redeems itself with nearly a quarter of your daily skin-brightening, vitamin-A needs.

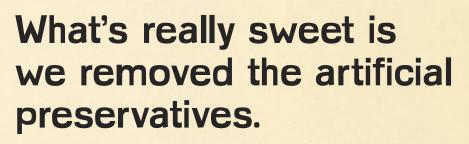
American **Breakfast**

Order your eggs (protein!) however you like. On the side: potatoes. Yes, they're a veggie. Opt for baked or roasted instead of fried. Too much fat will make you feel worse. Add a slice or two of turkey bacon. Its sodium helps replenish electrolytes your overindulging destroyed.

Pancakes

If you can't resist something sweet, get a whole-grain short stack for the table. Sharing ensures you'll snag some fiber without overloading on sugar and calories. Sprinkle on strawberries and blueberries for a burst of vitamin C or bananas for potassium, another electrolyte you lost last night.

WHAT TO DRINK That whole hair-of-the-dog thing? Sadly, B.S. "Alcohol is dehydrating—more of it makes you *more* dehydrated," says Brigitte Zeitlin. Plus, our bodies interpret thirst as hunger, causing the entire menu to look enticing. So drink plenty of water, tea, or coffee before ordering an adult bev. (And BTW, juice isn't ideal—it spikes, then crashes your blood sugar, aggravating your hangover. If you crave OJ, add a splash to some club soda.)



Now, all Deli Fresh Ham is free from artificial preservatives, and added nitrates and nitrites.* So you can enjoy the great taste you want without the stuff you don't.



COUPLE: SHIRLEY YU/THELICENSINGPROJECT.COM. BIRTH CONTROL: GETTY IMAGES (2)

SMOOCH SAFETY • VITAMIN FIX • CONVENIENT CONTRACEPTION



REPORT

THE SCARY THING YOU CAN CATCH BY KISSING

It's not just mono—you could get lifethreatening meningitis from making out.

TERRIFYING AS IT SOUNDS, you could be carrying the germs that lead to full-blown bacterial meningitis right now—even if you're not coming off a steamy hookup. That's because

they camp out in the noses and throats of about 10 percent of all adults and 24 percent of 19-year-olds. In most cases, the bacteria never cause a problem. But they can infiltrate the blood stream and attack the meninges (membranes that protect the brain and spinal cord), potentially leading to seizures, coma, or—for up to 15 percent of infected people—death. What?!

Okay, deep breaths. Whether or not the bacteria spread could be a result of how virulent the strain is or your own DNA. But one factor is certain: College students are especially at risk. In the past three years, five U.S. campuses reported outbreaks.

That's not entirely surprising, says Susan Even, MD, chair of the Vaccine-Preventable Diseases Advisory Committee of the American College Health Association. Swapping spit with someone harboring the bacteria is a top way to catch it, she says, and "heavy partying may increase saliva-exchanging behaviors like kissing and sharing drinks, cigarettes, or drugs." Compounding the issue, college kids often skimp on sleep, eat unhealthy food, and binge-drink—all of which hobble the immune system.

Just living in cramped quarters, like a dorm, can raise your risk.

Cryptic Symptoms

During her first year at Middle Tennessee State, Caitlin Brison started feeling fluish. She was just back from spring break in Panama City, Florida, when it hit her—nausea, fatigue, vomiting, a high fever. Ugh. But when a rash (a telltale sign) spread across her body, her

mom rushed her to the ER. Doctors made the shocking diagnosis: bacterial meningitis.

Caitlin, now 27, spent weeks in the hospital. Her kidneys shut down, leaving her on dialysis. Eventually, she received a kidney transplant. Still, she considers herself lucky. Many patients understandably don't get diagnosed in time-bacterial meningitis can cause additional murky symptoms like headache, stiff neck, confusion, and sensitivity to light—and up to one-fifth of survivors are left with severe impairments.

While at least 80 percent of sufferers make full recoveries with intense antibiotic treatment, serious fallout can include brain damage, hearing loss, and learning disabilities, says Jessica MacNeil, an epidemiologist with the CDC's Meningitis and Vaccine Preventable Diseases Branch. Jamie Schanbaum, now 28, was a sophomore at the University of Texas at Austin when the bacteria infected her blood. She was hospitalized for seven months and had to have her fingers and lower legs amputated.

How to Stay Safe

It's effing frightening, we know, but you don't need to kick your roommates to the curb or drop out of school. There are steps you can take to slash your chances of coming down with the illness—and they don't

TIMES

MORE LIKELY THAT A FRESHMAN LIVING IN A **DORM WILL BECOME INFECTED** BY THE **BACTERIA** THAT CAUSE MENINGITIS. COMPARED WITH OTHER STUDENTS.

SOURCE: JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

involve living like a nun. First, get your shots. Although they aren't failproof, there are three types of meningococcal-disease vaccines (like the flu, meningitis comes in different iterations).

Many schools now require students to get a vaccine that protects against four common groups, says MacNeil. It comes in two doses, so don't skip the second, as an estimated two in three patients do. (Caitlin and Jamie were never vaccinated.) Then, ask your doc about a new type of vaccine that helps block a fifth strain called serogroup B. the source of about one-third of meningococcal-disease cases in the U.S., including the recent college outbreaks.

Just as important: Keep your immune system in fighting shape with healthy habits, says Dr. Even. Don't smoke, get seven to eight hours of sleep a night, load up on nutrients, and exercise on the reg. Avoid sharing cups and utensils. And be smart when you go out-don't swap drinks and try not to kiss strangers. If you can't resist a sloppy smooch, be supervigilant about symptoms, since the disease can get serious fast.

Never brush off flu-y feelings, and always run concerning symptoms by a physician. "It's important to take charge," says Jamie. "Don't think, Meningitis can't happen to me. I thought that. And it did." ■



HEALTH HACK

THE FASTEST WAY TO GET BIRTH

Your gyno's booked solid, but your Pill pack runs out tomorrow. Don't freak. CVS recently added birthcontrol services at all its walk-in clinics. Here's how it works: Go to your store, and meet with a nurse practitioner or physician assistant, no appointment needed. He or she will review your medical history and explain your options, then write you a 'script for a Pill, patch, or ring or give you a shot. (You can't get an IUD or implant.) Hand your Rx to the pharmacist-and voilà. The convenience is awesome and a totally safe way to stock up. In fact, 76 percent of docs support expanding birthcontrol access at pharmacies, so look for similar services at other drugstores soon. But remember: You still need an annual checkup with your ob-gyn for STI testing and, if you're due, a Pap smear (usually every three years).

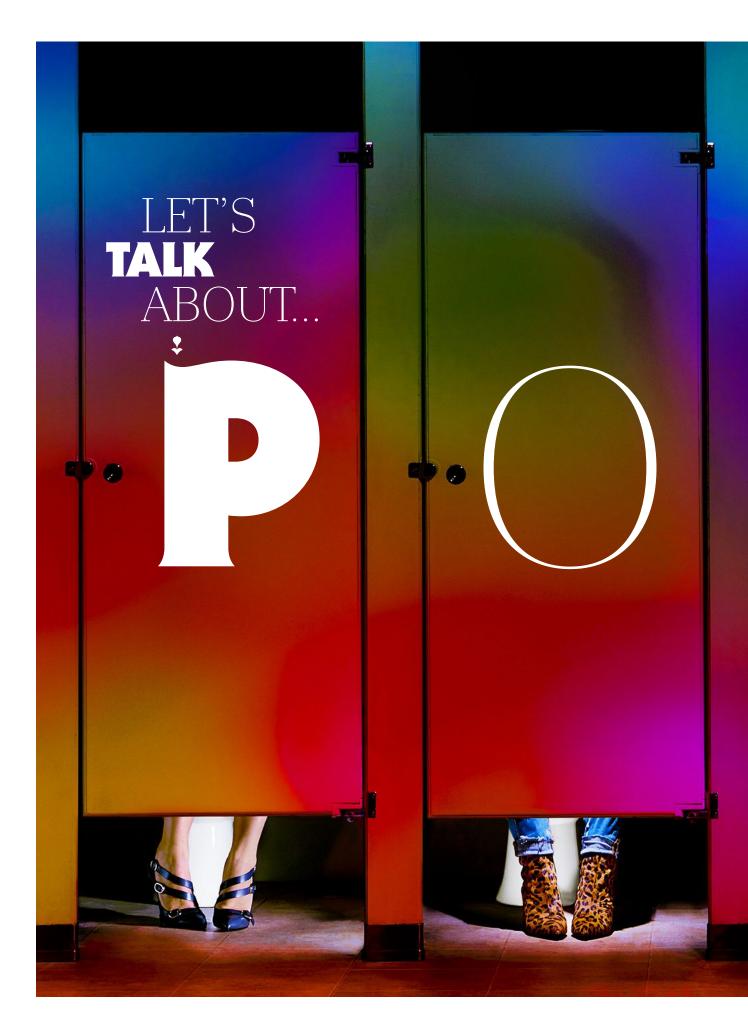
—DANIELLE KAM

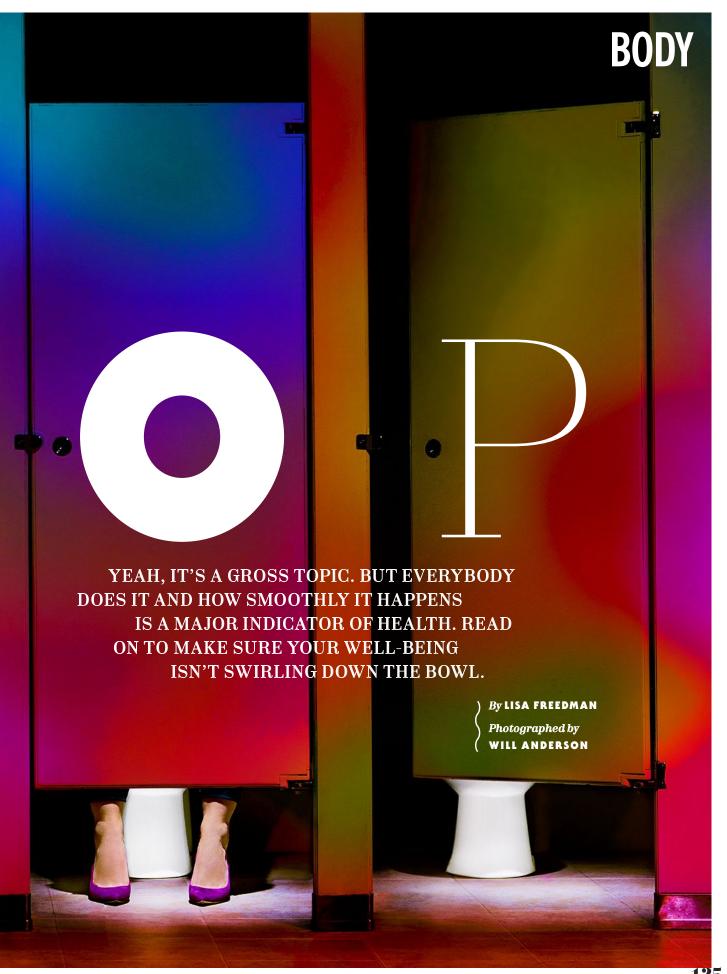


Are there any benefits to taking prenatal vitamins if I'm not pregnant?

Tons! First off, all sexually active young women should take one, just in case. Nearly half of all pregnancies in the U.S. are unplanned, and the folic acid in these tablets is crucial for protecting against birth defects that can happen very soon after conception (i.e., before you realize you're preggers). Even if you don't want kids or never get knocked up, prenatals pack micronutrients that many people are deficient in, such as iron, calcium, and B and D vitamins. I take one myself and recommend them for most patients.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND ABC NEWS CHIEF WOMEN'S HEALTH CORRESPONDENT







coworker and I were 40 minutes into a business road trip when it hit me: I was about to, um, crap my pants. "I totally have to pee"—I lied, starting to sweat—"like, urgently."

This wasn't my first bathroom emergency. It's happened on the subway, at Bloomingdale's, during brunch. With so much experience, I can read my audience. This woman got squeamish when I said spicy food makes me perspire, so I knew she couldn't handle the truth. Thankfully, we made it to a McDonald's.

I'm grateful I didn't soil myself, but why couldn't I have just said I might? *Everybody* poops....Why do we pretend otherwise? I know plenty of gals who talk openly about sex-including embarrassing incidents—but are tight-lipped about their time on the toilet, as if they've never been in a crappy situation. In fact, women are on average twice as likely as men to endure chronic constipation, and up to 1 in 5 Americans suffers from irritable bowel syndrome (IBS) and its hallmark symptoms, including diarrhea.

"There is a basic disgust associated with poop," says Nick Haslam, PhD, author of Psychology in the Bathroom. He points out that feces has always been linked to disease and infection (truth: it's not as nasty as you think; it's 75 percent water). And now some candid celebs are loosening up the conversation. Cameron Diaz writes in The Body Book about inspecting your poo to monitor your health. And J.Law said on *The Late Show* that she sh*t her pants while dealing with a possible ulcer. Is shame getting flushed away?

"Reducing stigma is a good thing," says Rose George, author of The Big Necessity: The Unmentionable World of Human Waste and Why It Matters. Talking about defecation—especially with doctors—could help diagnose medical issues more quickly. Here, some back-end background for your next exchange.

HOW TO DEAL

With toilet trouble on a date

"Don't overthink it," says Cosmo columnist Logan Hill. Just say you'll brb. "Guys often assume girls are in there doing their makeup. Let him wait." If things get clogged, keep calm and find a plunger. No luck? Fill a trash can with hot water, then pour it quickly into the bowl. The sudden weight and rush of H₂O might break up the backup. Then light a match (from the book you keep in your purse, natch) to release sulfur dioxide. which can mask odor.

WHY SH*T **GOES CRAZY**

The many things that can mess with your regularity

YOUR PERIOD

Hormonal fluctuations (mainly, a drop in estrogen and progesterone) may cause changes in your GI tract. Some people become constipated; others get diarrhea. The Pill can help regulate hormones and your BMs. Otherwise, managing your waste is about being proactive: "If you tend to get constipation, increase your fiber and water intake," suggests Laura Raffals, MD, a gastroenterologist at the Mayo Clinic. OTC meds can help diarrhea.

STRESS

Ever get the runs before a presentation or performance? That's because your gut senses your anxiety. "Stress causes cross talk between the brain and bowels," says Dr. Raffals. Neuropeptides fire up the gut, contracting the large intestine. The result: diarrhea or cramping. Try relaxation techniques like deep belly breathing or positive visualization.

LACK OF PRIVACY

"Shy bowel" is a real thing. Exhibit A: There's someone in the stall next to you, and you can't produce, even though you feel the urge. It's important that you do, though, so find another loo. "Miss your window and it can become harder to go later," says Beth Manoogian, MD, a gastroenterologist at the University of Michigan Health System. When stool sits in your colon, it gets harder, making it, well, harder to pass.

A HANGOVER

Alcohol, especially wine and beer, increases the motility of your gut, making everything move faster. This means less time for the colon to absorb water from the stool, resulting in the crass-butaccurate "beer shits." Your best cure? Imodium.







GET THINGS MOVING

This stuff will help you seamlessly answer the call of doody.

FIBER

Via veggies, fruits, legumes, nuts, and whole grains, fiber works to bulk up stool. Eat 25 grams per day (about a cup of bran cereal, a pear, and half a cup of black beans)—gradually. "Too much, too soon can cause bloating and gas," says Kristi King, RDN, a spokesperson for the Academy of Nutrition and Dietetics.

WATER

H₂O is essential for avoiding constipation. Besides plain old agua, broths and many fruits and vegetables are hydrating. Even coffee and tea count!

PROBIOTICS

Our gut is filled with trillions of bacteria. Probiotics fight the bad ones and help replenish the good ones. Yogurt, miso, sourdough bread, and some cheeses are solid sources. They may be more effective when taken with *pre*biotics (found in onions, bananas, asparagus, and garlic).



HOW TO DEAL

When you are traveling but wish you were camped out on a toilet Antidiarrheal meds can slow things—but may not kick in for hours. Until then, do diaphragmatic breathing: "With a straight back, inhale through the nose, expanding the abdomen," says Laurie Keefer, PhD, an associate professor of psychiatry at the Icahn School of Medicine. "Exhale through the mouth. Repeat." As oxygen hits the gut, gotta-go muscles should spasm less.

HOW TO ID YOUR BM

Sorry, but you're gonna have to look. What to know if your poop is...

BLACK

You could be bleeding in your upper GI tract, warns Jeanetta Frye, MD, an assistant professor of gastroenterology at the University of Virginia. Unless you took a pill that causes discoloration (like iron supplements), call a doc.

Your body is likely not absorbing fat well because of an issue with your pancreas or small intestine, says Renee Williams, MD, a gastroenterologist at NYU Langone Medical Center. Make an MD appointment, stat.

GREENISH

It could be that your food went through your intestines too quickly, before bile was able to break it down completely, explains Kristi King. NBD. "It may also mean you are eating plenty of green veggies," she adds. Definitely NBD!

Pay attention to how long it lasts. If your diarrhea persists for more than two weeks, see a doctor, says Dr. Williams. You could have a condition such as inflammatory bowel disease or celiac disease.

WATERY

Are you #1 when it comes to #2? Find out.

You just had lunch. How long should it take before it comes back out?

- □ a. 1 hour \Box **b.** 6 to 8
- hours □ **c.** 1 to 3
- days

Which toilet position is best?

- **a.** A proper, chairlike sit
- ☐ **b.** A squat with knees up
- □ c. Reversecowgirl (facing the tank)
- d. Crosslegged

True or false: lf you eat healthfully, your BMs will smell less noxious.

- If your could be a sign that there's in your digestive
- **a.** Too much dairy

tract:

- □ **b.** A lot of veggies
- \Box **c.** Not enough bacteria ☐ **d.** Gas

How often should you poop?

- a. Once a dav
- ☐ **b.** Several times a day
- **C.** A few times a week
- \prod **d.** Any of the above

What does the ideal stool look like?

- □a. Hard pellets
- \Box b. A lumpy log
- \Box **c.** A smooth, thick snake
- ☐ **d.** Small, fluffy pieces

or false:

constipation.

Exercise

can ease

- Coffee can make some people go. How soon after you sip does its motilityboosting effect kick in?
- □a. Within 4 minutes
- П**b.** Within 17 minutes
- C. Within 30 minutes
- □**d.** Within 1 hour

ANSWERS

- 1. C. It typically takes 24 to 72 hours to digest a meal. During the first 6 to 8, food passes through your stomach and small intestine. Then it enters your large intestine. After that...excretion.
- 2. B. Research has found that BMs. made in a squatting position take less effort and time—this straightens out the rectum, allowing excrement to slide out more easily.
- 3. False. Poop smells bad because of its bacteria content, which produces stinky sulfur- and nitrogenrich compounds. It's supposed to smell bad—so that we don't want to touch or eat it!
- 4. D. But floating stool is not usually cause for alarm.
- **5.** D. Some people need to go three times a day and some hit the throne every few days. Only be concerned if your frequency changes drastically and stays that way for weeks.
- **6. C.** If you're seeing pellets or a lumpy sausage, you're probably constipated. Small, fluffy pieces are usually normal, but if they occur suddenly for weeks at a time, it could indicate celiac disease, inflammatory bowel disease, or IBS. See a doctor.
- **7.** True. Working out can lessen the time it takes food to move through the GI tract.
- 8. A. Coffee boosts levels of two hormones that stimulate digestive activity. As those rise, so skyrockets your urge to poop. Order that venti to-go at your own risk. ■

Don't Worry, Be Unhappy

Nowadays, there is a weird pressure to be cheery all the time (insert smiley-face emoji). Here's why you should own your sucky feelings. BY JESSICA CASSITY

FACEBOOK RECENTLY

took major flak for letting phony news stories slide-but most of your friends' feeds are probably just as bogus. Bursting with love, job wins, and best-timeever group photos, social media is a happy place. And by happy, we mean really happy—on purpose. Chances are, you too get pulled into this online ruse: "Presenting yourself as upbeat to others is a way of subconsciously elevating your social standing," says psychologist Randy Paterson, PhD, author of How to Be Miserable: 40 Strategies You Already Use. "It also helps you protect yourself from people who could judge you as a downer."

The farce is perpetuated IRL as well. Think: every time someone asks how it's going and you respond "Great!" when you really want to lie on the floor in the fetal position. "When someone

admires your buoyant response, you know they're not admiring your reality," says Paterson. "This reinforces the sense that if they knew the real you, they would reject you." It also encourages you to curate out the bad stuff—breakups, financial woes, bad hair days—leaving behind a lot of insincere smiles.

But self-propelled positivity isn't always advantageous in a fake-it-till-youmake-it kind of way. It can actually make you feel worse overall. When you mask or deny feelings of sadness, fear, anger, anxiety, or disappointment, you're missing out on a behavioral guidance system that could spur action. For example, that feeling in the pit of your stomach each morning could be a subtle clue that it's time to change careers;

being lonely in a relationship could offer important hints as to what you want from a partner.

To learn from negative emotions, you have to first recognize what you're feeling, says Kayleigh Pleas, a positivepsychology coach in New York City. "If you can name it, you can tame it," she says. By breaking the endlessly upbeat cycle, you're doing everyone a favor. Says Paterson: "It takes courage to say, 'Actually, things aren't so great right now.' Presenting both positive and negative elements shows other people your genuine self-and gives them permission to be human too." ■

BREAK OUT OF THE FALSE-POSITIVE TRAP

Someone asks "How are you?" and you feel icky.

"Acknowledge the negative—and that the state is temporary," says Michelle Gielan, author of Broadcasting Happiness. "Something like, 'I'm nervous about finals. But I made a study guide, so I bet I'll feel better soon.' Successful responses move quickly from venting to action plan."

You are at a wedding but don't feel celebratory.

Vent, but set a limit, like talking to one person for five minutes, says Kayleigh Pleas. Be honest: "It's hard to be here because it reminds me of good days with my ex Josh." Then thank her for listening. (Want to skip the event? Don't. "Social support is the best predictor of happiness," says Gielan.)

You're on Facebook...right after a layoff.

Post what makes you feel good. Research says whether social media helps or hurts someone's mood depends on how they feel when using it. If sending an "I'm bummed" snap is cathartic, do it. If not, phone a friend instead







THE LINDA WELLS REPORT



The coolest new creams: (from top row, left to right) GLAMGLOW Volcasmic Matte Glow Moisturizer; BURT'S BEES Skin Nourishment Night Cream; FRESH Black Tea Firming Corset Cream; L'ORÉAL PARIS Age Perfect Cell Renewal Rosy Tone Moisturizer; AVEENO Positively Radiant Overnight Hydrating Facial; DR. BRANDT DNA Time Reversing Cream; NEUTROGENA Rapid Wrinkle Repair Regenerating Cream; CLINIQUE Pep-Start Hydrorush Daily UV Protector; CLARINS Hydra-Essentiel Cooling Gel; OLAY Regenerist Micro-Sculpting Cream; OLAY Luminous Tone Perfecting Cream; GLOSSIER Priming Moisturizer Rich.





he first time I made any money of my own, I took it straight to the beauty counter and bought myself a lemon-scented cleanser and a skin-scrubbing brush. I was a 13-year-old babysitting machine, and I was on a mission. A few years later, I moved on to Clinique's efficient three-step system, which in my mind is skin care's gateway drug.¹ From there, it was Erno Laszlo black sea-mud soap and Mario Badescu facials, upping the ante with each new treatment and each new paycheck.

Hello, my name is Linda, and I am a skin-care addict.

While makeup is getting all the millennial love in beauty today—with contouring creams, highlighting compacts, eye-shadow palettes, and lip kits selling like mad—I'm here on the other side of the divide to celebrate skin care. Remember skin care? It is the basis of all things right in beauty. My affection for it is proof alone that I'm not a millennial—and let's please not discuss my birth certificate. I

could actually document my life by skin-care milestones: I know exactly where I was when I learned that Retin-A was approved by the FDA. I remember seeing my first wrinkle in the rearview mirror of a cab² and feeling the prick of my first shot of Botox in a dermatologist's office in Paris. I don't just like skin care; I love skin care.

Yet as much as everyone knows that skin health is essential to beauty, it just seems a little, well, boring at the moment. No one gets 1,000-plus likes on Instagram for posts of their daily SPF 30 moisturizer. That may explain the soaring popularity of masks, which look great in photos. Many also originate in Korea, the hotbed of skin-care trends, and give fast, visible results. Women are using them as preparation for makeup, to perk up their skin before a big day at work or a big evening out. The overwhelming drive in beauty for these women is, "I want what I want when I want it," says Karen Grant, the global beauty industry analyst for the NPD Group, a market research firm. "It's almost Machiavellian."

Linda
Evangelista
told me it
was her first
beauty
product
too, so we
have that in
common

I actually kind of liked it





DNA or OLAY?

Olay discovered that almost 10% of women naturally look years younger. Now every woman can be ageless. We've newly engineered our products through decades of research with only the best ingredients, helping take years off your skin age in weeks.

Who needs DNA when you have Olay?



hese women are also diving deep into cleansers, perhaps to wash off all the layers of makeup. Many have adopted the Asian habit of double cleansing, first with an oil and then with a more traditional face wash. The new cleansing oils smell like exotic flowers, and they provide something unusual for cleansers: a feeling of comfort and pampering.

To convert this generation to moisturizers, hydrators,3 and even active ingredients, there's a whole army of stealth skin-care products that make skin look better mere minutes after they're smeared on. "Lack of hydration is one of the top issues that can cause something to look older," says Grant. "That's even true with a shoe or a bag." The best of the bunch have an ulterior motive, sneaking anti-aging ingredients in the formula for longterm benefits. The fact that they're designed to appeal on beauty's favorite social-media platform is also a key factor. They're a photogenic icy blue (Neutrogena Hydro Boost Water Gel and Clarins Hydra-Essentiel Cooling Gel), pale pink (Olay Luminous Tone Perfecting Cream), or deep pink (L'Oréal Paris Age Perfect Rosy Tone Moisturizer). "In this skeptical market for skin care, products have to be Instagram-worthy and a delight to use," says Stephanie Guggenheim, the senior marketing director at Neutrogena, where Hydro Boost has been a wild success for those exact reasons.

Women, especially millennial women, want their skin to look flawless—a word that was freighted with judgment for previous generations. They turn more to makeup for this, not to slow and steady skin care. But now, skin care looks more like makeup, and makeup has skin-care ingredients like antioxidants, peptides, moisturizers, and sunscreen tucked inside. "It's funny," says Artemis Patrick, the senior vice president of merchandising at Sephora. "If you ask millennials if they use skin care, they say no, even though they really do. The lines between —

Moisturizers and hydrators are designed to make skin look better instantly. And some even sneak in anti-aging benefits.

Moisturizers
hold moisture
on skin.
Hydrators
deliver moisture
beneath
the skin

4

But remember, the tortoise won the race





skin care and makeup are being crossed." To that end, Olay's Ultimate Eye Cream is tinted. Hydro Boost has blossomed into a whole line of products that includes a foundation and a concealer laced with hydrators. It Cosmetics' best-seller is a CC cream that's rich in pigments and in vitamins, moisturizers, hydrators, and SPF 50. Shiseido's new White Lucent OnMakeup Spot Correcting Serum covers dark spots while it treats them, functioning as either "the last step in skin care or the first step in makeup," says Gisela Ballard, the company's executive director of marketing.

fall the unappreciated areas of skin care today, the least appreciated is anti-aging skin care. I get it. It let us down, overpromising and underdelivering like a slick politician. Antiaging skin care requires diligence and patience. It isn't sexy. Sometimes it also seems to demand an advanced degree in biochemistry. No wonder so many people tuned out. But really, how hard is it to slap on a serum and a cream? "The most important time to take care of the skin is in your twenties and

5 Not so hard



PRO-RETINOL EYE TREATMENT





ILLUMINATING EYE CREAM



SAGGING SKIN

EYE LIFTING SERUM



EYES THAT WON'T SHOW YOUR AGE

Olay Eyes. A collection to fight the look of every eye concern: Brighten, Depuff, Lift, Smooth, or Ultimately, all of it.

#AGELESS



The most important time to take care of the skin is in your twenties and thirties.... Most women don't act until they see the first wrinkle.



thirties, because the consequences show in the future," says Rosemarie Osborne, Ph.D., a scientist and research fellow at Procter & Gamble. "But that's when you can't see the changes in your skin. And most women don't act until they see the first wrinkle."

Skin-care marketers have gotten wise to this need to deliver instant gratification, and they also know they have to seduce us into using their products day and night so the ingredients can actually work their magic. Even the big players in the skin-care world recognize the problem and are eager to fix it. "We want to make skin care fun again, removing those things that have made it not fun," says Alex Keith, president of global skin and personal care at Procter & Gamble, which makes Olay.

The researchers at Procter & Gamble focused on studies about women who are exceptional at aging in order to help the rest of us look a little younger. Okay, that doesn't immediately sound like fun, but when they showed me photographs of two 44-year-old women, I snapped to attention. One looked all of 29 while the other had the lines and sagging of a 57-year-old—a full 30-year span. The Olay experts studied the unusually young-looking ones—called super-

agers—even taking punch samples of their skin⁶ to determine its structure down to their genetic activity. Duplicating that hearty young skin became the goal for Olay's reformulated skin-care products.

The biggest behavioral differences of the superagers: 1) They spent little time in the sun; 2) they protected themselves when they did venture outdoors; 3) they never had dry skin; and 4) they had a positive attitude about life. What didn't seem to make a lick of difference, regardless of what we've all read: stress, fast food, carbs, sugar, or drinking eight glasses of water a day. The news made me suddenly crave doughnuts.

o mimic superagers' fresh, plump, even-toned, dewy (should I go on?) skin, Olay looked for ingredients that would boost skin's natural antioxidants and its microcirculation. "If you can improve the circulation under the skin," says cosmetic chemist Jim Hammer, "you have a greater likelihood of having a rejuvenating effect." Olay's new Regenerist Miracle Boost Concentrate and Micro-Sculpting Cream—my personal favorites—contain, among other things,

A sharp cookie-cutterlike tool removes a circle of skin for analysis. In other words not that fun

6

_____ ...and I've written

And I don't even like doughnuts







DNA or OLAY?

Olay discovered that almost 10% of women naturally look years younger. Now every woman can be ageless. We engineered New Olay Regenerist to dramatically reduce the look of wrinkles. See results on day 1, and years off your skin age by day 28.

Who needs DNA when you have Olay?







peptides, niacinamide, an olive-oil derivative, and a carob-seed extract, all proven to work all the way to the genomic level.

aybe to get the next wave of women to use anti-agers, marketers will have to convince them that skin care is an aspect of wellness. If you've ever sipped a green juice, downloaded a meditation app,9 or squeezed the sweat from your hair after SoulCycle, then you sure as hell should own an antioxidant serum and apply it every day. Skin-care products may not yield the dramatic before-and-afters that win likes, but they're truly what make the difference in your appearance in the long haul known as life.

Perhaps one way to look at skin care right now is as a spectrum of treatments, from simple and sweet (cleansers, moisturizers, and hydrators) to complicated and painful (Botox, wrinkle fillers, and lasers). Facial salons have moved from the simple end to the more intense side and now come right before dermatologists with places like Skin Laundry offering 15-minute laser and light sessions in a friendly, breezy setting. And while the simple and sweet are getting all the love at the moment, that's bound to change as the years march steadily on. We will all look in the rearview mirror one day and realize it's time to act. ■

l like Headspace and I've used it exactly

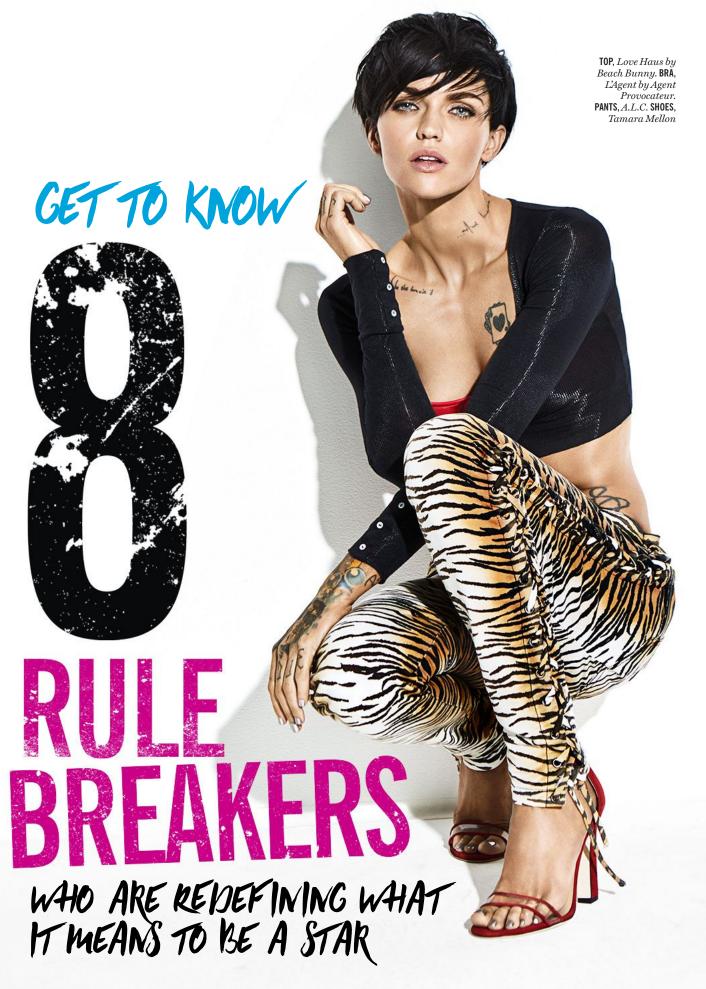
OLAY

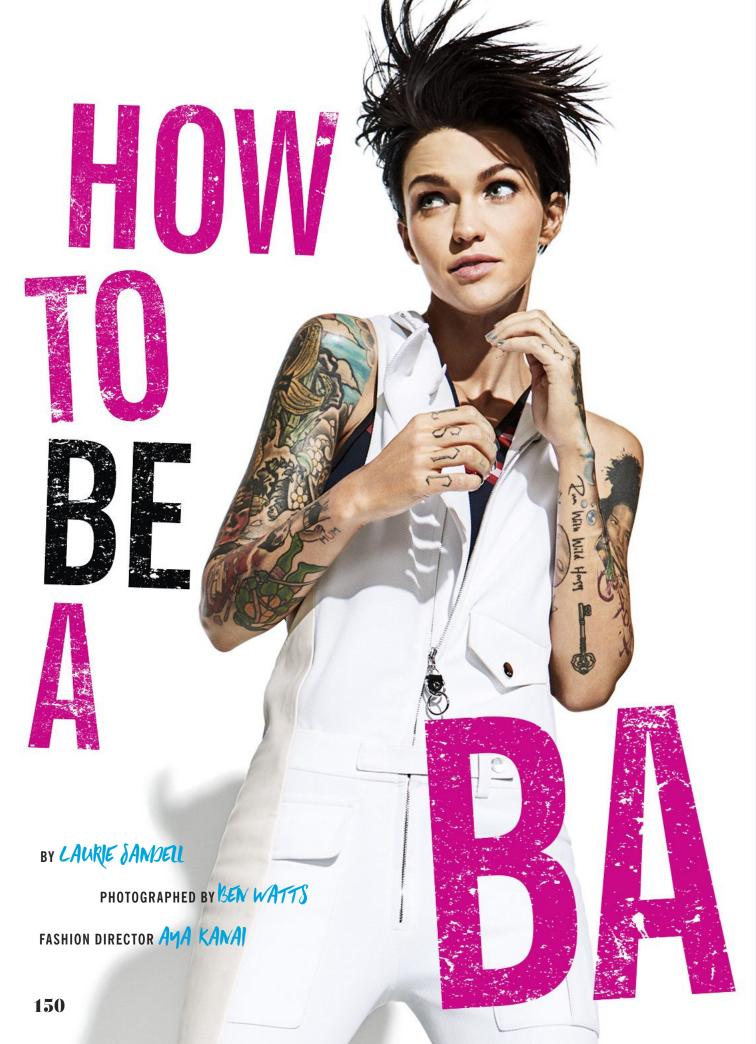
DNA or OLAY?

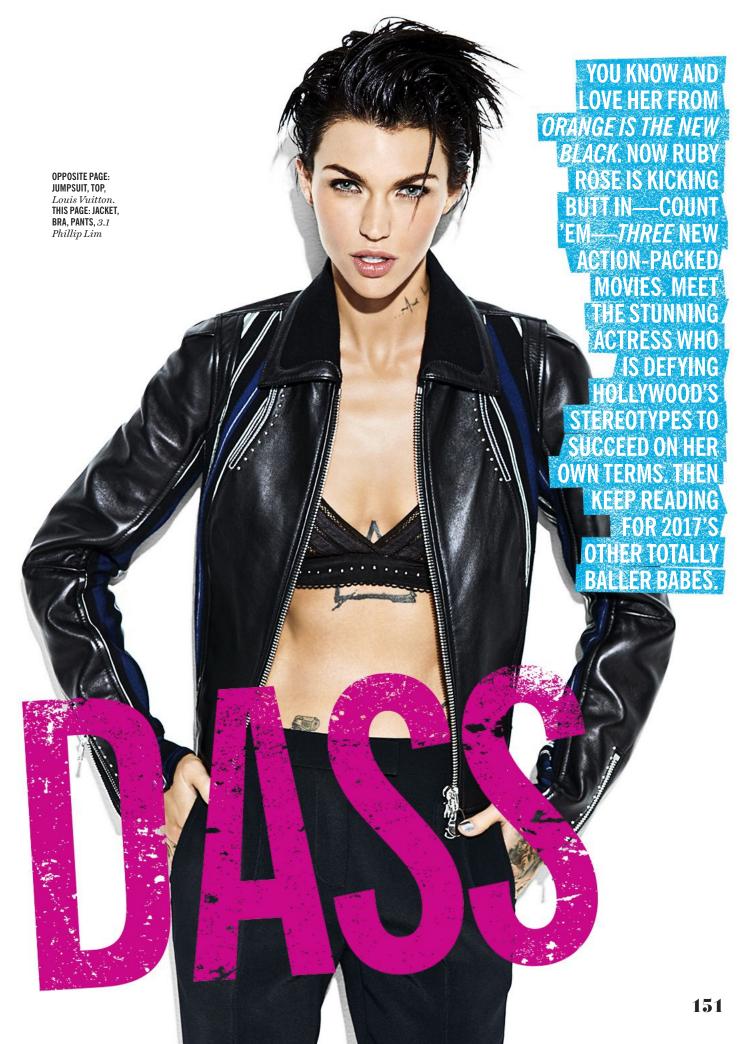


Olay discovered that almost 10% of women naturally look years younger. Now every woman can be ageless. We engineered New Olay Luminous to give your skin a remarkably radiant glow. See results on day 1, and years off your skin age by day 28.

Who needs DNA when you have Olay?









are their rebellious streaks. And as some have pointed out, when Angelina's image was recast as a do-gooding mother and activist, she left a bad-girl void in Hollywood. Until now.

Ruby considers herself gender fluid, meaning she doesn't conform to male or female constructs. But growing up in Melbourne—long before transgender rights were even at a whisper—she identified as male. "When I realized I was going to develop breasts, I started saving for a sex change," she says. "I thought I would save five cents a week to turn into a boy. Clearly, I didn't know how intense the process would be. I was too young to understand the ramifications."

While she says she wasn't bullied in elementary school, strangers found it hard to place her. "One time, people came up to my mom and me and were like, 'Sorry, we can't figure out if your child is a beautiful girl or a handsome boy," she recalls. "My mom was so open-minded. She looked at me and was like, 'What do you think?' I said, 'I'm a handsome boy, but I can be a pretty girl, too, if I want to be."

High school was a different story. Some girls thought Ruby was trying to steal their boyfriends, but in reality, she just wanted to play football with them. When word got out that Ruby was a lesbian ("I told one friend, and it just spread"), she was actually a little relieved. She thought it would eliminate any notion that she was boy-crazy, but nope: "Instead girls started saying, 'Oh, you're obsessed with us!' I was like, 'Not even."

It was at a Pink concert that Ruby's life changed. A modeling

BEAUTY TIP

Put your strongest face forward with a quick spritz of Urban Decay Quick Fix Hydra-Charged Complexion Prep Priming Spray, \$31 it sets the scene for epically glowy skin. agent approached her and asked for a photo. "I was such a little rebel," she remembers. "I was like 'No, I'm here to see Pink!' But the woman was persistent." Ruby would go on to model, DJ, and work as a VJ and presenter for MTV Australia.

In 2014, she released the short film Break Freewhich she wrote, produced. codirected, and starred in-on YouTube. The roughly fiveminute video exploring gender fluidity went viral (to date, it's been viewed more than 24 million times), and she speculates it's how the team behind Orange Is the New Black discovered her. Ruby's part as inmate Stella on the hit Netflix series blew up her fan base, making her the most Googled actress of 2015. She now has millions of followers across Twitter and Instagram.

The attention has been great-except when it comes to her love life. Her high-profile engagement to designer Phoebe Dahl ended in 2015. "The hardest thing is to go through a public breakup," she tells me. "I don't wish it upon anyone." She initially kept her current relationship with The Veronicas singer Jessica Origliasso under wraps. The two fell in love while filming the steamy music video for the pop duo's single "On Your Side"-which Ruby also wrote and directed. "I wasn't going to ask Jess to lie about it [in interviews]," she says.

It's easier for Ruby to talk about her newfound famous friends. She says she and Gigi Hadid connected via Twitter when Gigi tweeted about her. And Taylor Swift reached out after Ruby was quoted saying she loved Taylor's 1989. "She was like, 'I can't believe you

listened to my album," Ruby recalls Taylor saying. "She's so humble. We've become really good friends. Now I have this awesome network of badass female chicks by my side. It's nice." It takes one to know one. Here's how to join the club....

DARE TO DO SOMETHING DRASTIC WITH YOUR LOOK

"When I was 16, I shaved my head. I had long blonde hair and was getting a lot of attention I didn't want. I told my mom I was going to do it. She told me to wait for her to get home. But I couldn't wait, so I got the dog clippers and did this botch job with bald patches. I looked like the Bride of Chuckie! But it grew very fast, and it looked like 'me.' I felt so free."

BE OPEN TO NEW— AND OLD—LOVES

"I wasn't dating Jess when I did our music video. It happened as we were shooting it. I've known her for 10 years. We actually dated in 2009, and we've been best friends for a long time. It was the last thing I expected to happen. But when you're involved in something you're both passionate about, it's not unusual to become attracted. We're now who we wish we would have been back then."

DISPLAY AFFECTION— DISCREETLY

"In general, I'm not a huge PDA person—but I'm not against it either. I'm more likely to hold hands and have a snuggle waiting for a car than I am to put my tongue down someone's throat. And I would never have sex at a party. In fact, I don't even know the last time I went to a party."



RESIST THE COMPARATHON

"If I get short-listed for a part, I don't look at the list and think, Who are these people? Oh, she's been doing this longer and knows the director. She's prettier. I just think, Oh, she'd be great. She'd be interesting. In my 20s, if I didn't get a role I wanted, I would find where all my flaws were instead of realizing the part was better suited for the person who got it."

STRESS LESS ABOUT SOCIAL MEDIA

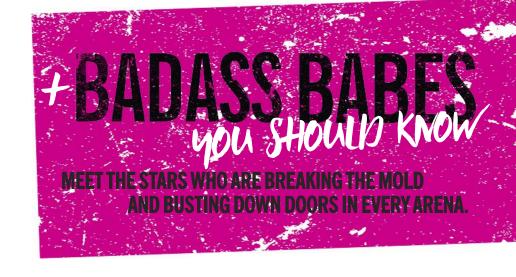
"There are things that I'm always going to be very vocal about, like LGBTQ and animal rights. I have a platform and I can open up a dialogue, but I also know that I'm just an actor. I'm just another person with an opinion no better than anyone else's opinion. I don't overanalyze. I just write from the heart, post it, and hope for the best. Then I move on."

KNOW WHAT YOU WANT IN BED

"I'm very confident and in tune with my sexuality. I feel very blessed for that, because in different places around the world, people can't be. I'm lucky I can explore. I have a very healthy sex life, and there's something very empowering, strong, and feminist about being open and comfortable in that world."

DEFY EXPECTATIONS

"There's a softness and geekiness to me. Some of Hollywood goes, okay, lesbian, tattoos, short hair, we know the role for her. They're not going to see



me as the girl next door or girlfriend. You have to disarm people. So many times in meetings, people are like, 'God, you're adorable! You're not scary at all!' I'm like, 'Scary? Who said I was scary?'"

CRUSADE FOR LOVE

"According to the news, I've been engaged five times. For me, marriage is more about equal rights than the act of getting married. When you don't have equal rights, it trickles down to kids who think, My aunt's gay so she can't get married, or I'm weird because I feel the same way. So it's important to break down that barrier. I'm more interested in having a loving, healthy, long-term relationship with someone I might want to have kids with someday. The idea of family is more important to me than the idea of paperwork and a big party to celebrate love, although that also sounds fun!"

BE GOOD TO YOUR MIND AND BODY

"I've worked out the kind of life that I need to live: I don't drink, I eat organic and vegan, I exercise, I see my childhood friends, I speak to my mom every day, I love animals, I surround myself with all the things that bring out the best in me—and I avoid the things that don't."

THE FITNESS BADASS JEN WIDERSTROM

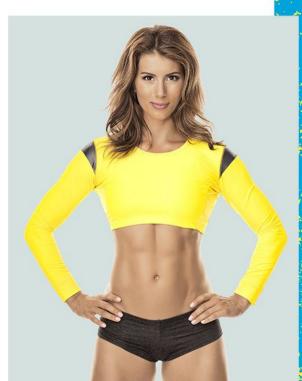
From her new book, *Diet Right* for Your Personality Type, to her fitspo-packed social feeds, the *Biggest Loser* trainer, 34, is all business when it comes to delivering healthy, hot results.

I CAN'T LIVE WITHOUT: My nutritional jumper cables: water, almonds, and edible seaweed.

MY CONFIDENCE ADVICE: Never forget—no one can ever do what you do, feel what you feel, or be what you can be.

HOW I DEAL WITH HATERS: Ghost them. Nothing makes someone feel more foolish than not getting a response after being rude.

YOU CAN GET AHEAD BY: Being a pleasure to be around. People will work with your shortcomings because they enjoy you.



THE HIT-MAKING BADASS

TOVE LO ->

The Swedish sensation's radio smashes ("Habits," "Talking Body," "Cool Girl") have earned as much buzz for their sound as for their subject matter: Drug trips, sex clubs, and female boners—Tove's not afraid to go there. Currently on tour for her second album, Lady Wood, the 29-year-old often performs barefoot and has been known to flash the crowd. Freeing the nipple is so rock and roll.

MOST FEARLESS MOMENT: Writing, shooting, and putting all I

had into my short film, Fairy Dust. It was revealing in many ways, and I had to confront a lot of my demons while making it.

MY CONFIDENCE ADVICE: If you've found something you love to do, listen to your heart, not to judgmental idiots who are too scared to chase their dreams.

HOW I DEAL WITH HATERS:

They're allowed to think whatever they want—but I can't see them 'cause I've got my love glasses on!

BESTLOVETIPI'VE GOTTEN: It's the calm, not the storm.







THE INDIE BADASS — SASHA LANE

Sasha, who'd never acted before, was just hanging out on a Florida beach when director Andrea Arnold spotted her. The filmmaker eventually offered Sasha the leading role in what would become the critically acclaimed coming-of-age drama American Honey. Now, with four movies in

the works in 2017, the 21-yearold college dropout from Frisco, Texas, is Hollywood's most unexpected darling.

MANTRA: Be open and keep love in your heart.

MOST FEARLESS MOMENT:

Finally making a decision about my life based solely on how I felt and what I wanted and needed.

YOU CAN GETAHEAD BY: Working as hard you can and having faith that you can do it. Put your all into what you're doing and, if you're open to it, your path will lead you to where you're supposed to be.

IFEEL MOST CONFIDENT WHEN:

I've followed my gut, I'm wearing what I want, and I can move freely.





THE BEAT-THE-ODDS BADASS

AJ MEMDEZ BROOKS

After a poverty-stricken child-hood, AJ went on to command respect in the pro-wrestling world; the 5'2" powerhouse has now won three WWE Divas championships. Her upcoming memoir, *Crazy Is My Superpower* (April 4), details the 29-year-old's biggest match: battling mental illness.

MANTRA: Be the hero you want to see in the world. It's easy to hope someone saves the day, but you need guts to take even tiny steps to save it yourself.

REBEL ROLE MODEL: The X-Files' Dana Scully taught me that smart, tough, and strong are a woman's most valuable qualities, that we can and should be treated equally by male coworkers, and that pantsuits are fly as hell.

I FEEL MOST CONFIDENT WHEN: Lifting weights, pushing my body further than I thought possible.





THE SOCIAL BADASS

ULLY SINGH

Lilly started her Superwoman YouTube channel in 2010 as a way to deal with her depression. Now it's a bona fide empire, with more than 10 million subscribers and a billion views. In her first book, *How to Be a Bawse*, out this month, the 28-year-old details how she turned herself into 2016's highest-paid female YouTuber. NBD.

MANTRA: Work hard and be nice to people.

MOST FEARLESS MOMENT: Overcoming depression and kicking self-doubt's butt!

MY CONFIDENCE ADVICE: Take a good look at yourself in the mirror every morning and fall in love

with all your imperfections. During your lunch break, watch an Emma Watson interview. Work really hard. Then stand back and appreciate your accomplishments...and listen to as much Beyoncé as possible.

REBEL ROLE MODEL: Malala Yousafzai. People often say they'll fight until their last breath or they'll sleep when they die as a way to show how tough they are. We treat death like it's more powerful than us. Malala is so determined, strong, and fearless that I think death is scared of her! **HOW I RESPOND TO HATERS:** hope you have a better day tomorrow. Chin up, buttercup! YOU CAN GET AHEAD BY: Not leting people tell you which path to take. Buck tradition and do it your own way.

TURN UP THE HEAT WITH THESE HOT-COUPLE COLOR COMBOS, GUARANTEED TO MAKE YOU LOOK— AND FEEL— TWICE AS SEXY THIS SPRING.

BY LAUREN BALSAMO
PHOTOGRAPHED BY TOM SCHIRMACHER
FASHION EDITOR:
JAMES WORTHINGTON DEMOLET













PUT A BRA ON IT

Forget what conventional wisdom says about so-called *under* wear. Flip the script, and rock a naughty bralet over a sweet sweater top to up the sexy factor.

BRALET, TOP, SKIRT, Giambattista Valli. EARRINGS, Erdem. SHOES, Sophia Webster. CLUTCH, Tonya Hawkes

ACCENT YOUR WAIST

The fastest, chicest way to cheat a shapelier figure is with a corset belt. Wrap one around an ultraglam dress for a look that's off-kilter cool.

DRESS, TANK, BELT, Cinq à Sept. BLUE BUSTIER, La Perla. EARRINGS, Tanya Taylor. BAG, Salvatore Ferragamo

















REPORT

By Ginny Graves

You've heard the alarming stats:
Sexual assault is rampant at fraternity parties.
But now, it's the reviled brothers who are trying to rewrite these Greek tragedies—and pledging to protect women from violence.

FRATS HAVE A REP OF DROWNING IN BOOZE AND over the weekend of last October 15, two women at the University of California at Berkeley were allegedly sexually assaulted at separate off-campus fraternity parties. Sadly, nothing about such news is shocking. Around 25 percent of female students are similarly attacked during their time at college. In 2014 alone, at least 10 cases each were reported at nearly 100 U.S. colleges, according to federal campus safety data.

What is surprising: The Berkeley Greek system's response. The two attacks, in the very city that gave birth to the free-speech rebellion of the 1960s, triggered a sort of existential crisis for the fraternities. First, they put a temporary ban on all parties. A week later, at a Greek roundtable, the frats acknowledged their failure

to protect women—and pledged immediate action. "There is a systemic problem in our community and in fraternity communities across the country," says Daniel Saedi, 21, a senior at Berkeley and former president of the school's Interfraternity Council (IFC). "We need to take proactive steps to prevent assaults. Keeping women safe is a basic human rights issue."

Yeah, a frat guy said that. Remarkable, right? Especially in a tide of sickening headlines: In 2014, Georgia Tech in Atlanta shut down its Phi Kappa Tau fraternity after a member sent his brethren an e-mail (subject line: "Luring Your Rapebait") on how to get girls drunk and get laid. Brock Turner, a Stanford swimmer, was jailed after molesting an unconscious <mark>woman</mark> outside a frat party. And Jacob Anderson, the former president of Phi Delta Theta at Baylor University, in Texas, was indicted for sexual assault last May (he's now awaiting trial). It's no wonder a growing chorus of people think frats are such irredeemable cesspools of sexism—and promoters of a blatant new misogyny—that they should be eradicated.

"Rape isn't new, but now it's out in the open, being celebrated by some boys and men as a form of entertainment," says Kelly Oliver, PhD, professor of philosophy at Vanderbilt University and author of Hunting Girls: Sexual Violence From The Hunger Games to Campus Rape. "Some young men even take selfies of sexual assaults and post them on social media as trophies. Donald Trump has emboldened the idea that talk of sexual assault, if not actual sexual assault, is a normal part of being a powerful and successful man."

It's the kind of reprehensible behavior Daniel Saedi and his reformminded brothers are hoping to halt. They're taking responsibility for

Photographed by **Allie Holloway**

REPORT

the fact that men in fraternities are three times more likely to commit sexual assault than those who aren't pledged anywhere. But in a year where "locker-room talk" has a place in the Oval Office, can the "no means yes, yes means anal" crowd really change its culture from within?

Bros, Behaving

It's a sunny November Sunday in Berkeley, and a few fraternity and sorority members are gathered in a residence hall to talk about how they're battling sexual violence. Their efforts sound impressive: At Berkeley, all new frat members are now trained in the CARE method of intervention (CARE stands for Confront the situation, Alert others, Redirect attention, Engage peers). Anyone going to a party at one of the school's 33 frats is now pulled aside by a brother or sister before walking in the door and given a two-minute talk about consent and bystander intervention.

Revelers are also often handed a green wristband, required for entry, imprinted with a Consent Checklist that reads "Consent is affirmative, unambiguous, enthusiastic, sober, and mutual." Inside, posters remind students that "If you see something, say something." Sober monitors patrol the crowds. And once ubiquitous, sure-to-make-you-puke party punch is nowhere to be found. Hard alcohol has been banned from frat parties.

Of course, there have always been rules—and those rules have routinely been ignored. This time around, the students insist, it's different. "A lot of brothers now have no problem going up to their female friends and saying 'Hey, are you okay in this situation?" says Eric Berger, 19, IFC president. "For those not as willing to confront friends, there are other ways to intervene. I've seen people spill a drink on someone to redirect attention."

The women agree that things have changed for the better. "When I was a freshman, there were handles of alcohol everywhere at fraternity parties, and people were pouring booze into each other's mouths," says a 20-year-old female student. "It's completely different now. My friends have had guys say, 'Let's not hook up. You might be too drunk.' Some girls get upset [in the moment], but the next day, they're like, 'That was a cool move."

Still, this is Berkeley—a hub of self-awareness and activism. It's easy to write off its programs as progressive outliers. Yet the school's not entirely alone. There are dozens of similar endeavors under way across the country. At Clemson University, in South Carolina, the Delta Tau Delta fraternity sponsors events for National Sexual Assault Awareness Month in April. In October, the brothers of Sigma Phi Epsilon at South Dakota State University partnered with the Feminist Equality Movement to hold a sexual-assault awareness week. At Cornell University, fraternity members help run the violence-prevention project Wingman 101, aka "bros talking to bros on issues of sexual violence." And Wesleyan University is now home to Consent Is So Frat. Founded by an Alpha Epsilon Pi brother, the campaign works to teach Greek communities how to promote consent and prevent sexual assault.

GET INVOLVED

While in office, President Obama and VP Joe Biden created It's On Us, a campaign to end sexual assault on college campuses. The platform's latest effort: a Greek leadership council, launched to get fraternities and sororities talking openly about sexual violence. "We've seen an overwhelming response from fraternity members stepping up as leaders in this movement," says Rebecca Kaplan, the organization's director. Join them at ItsOnUs.org. Not a sister or even still a student? You can still get involved by donating to or volunteering for It's On Us or one of these other antiassault pioneers.

Know Your IX (knowyourIX.org)

A student- and survivor-led organization, it works to end gender-based campus violence. Its online Campus Action Network lets student organizers share strategies and collaborate with other activists around the country.

Students Active for Ending Rape (safercampus.org)

Started at Columbia University in 2000, the group of advocates now provides support nationwide to students and campuses that want to build grassroots campaigns to combat sexual assault.

End Rape on Campus (endrapeoncampus.org) Providing victim support and prevention training, End Rape on Campus has guides that help young people get political so they can influence state and local legislation on sexual-assault matters.

CAMPUS SEXUAL ASSAULT BY THE NUMBERS



9_{IN}10

Victims know the person who assaulted them. 13%

of completed rapes...

ightarrow 35%

of attempted rapes and...

→23%

of threatened rapes happen during dates.



12A.M.-**6**A.M.

Sexual abuse is most likely to occur during these times on Friday and Saturday nights. of sexual assaults are never reported.

Real or Ruse?

Hopeful as these efforts sound, not everyone is convinced they're entirely genuine—or enough to make a difference. In some cases, the rush of frat reforms may be more about scoring good press than protecting women, says John Foubert, PhD, national president of One in Four, a nonprofit that combats campus sexual assault. "I've sat down with a lot of fraternities," he says, "and they often see this more from a PR or legal standpoint rather than 'Let's make a safer environment."

On a deeper level, argues Annie Clark, cofounder of the survivoradvocacy group End Rape on Campus, you can't change rape culture merely by forcing frat bros to go to intervention training. "The culture is also about the way fraternity guys speak to women," she says. "It's comments like 'That test just raped me!" Not addressing and changing such ingrained behaviors means no consent wristband in the world will be one hundred percent effective.

Stephanie Pham, 20, agrees. A cofounder of the Stanford Association of Students for Sexual Assault Prevention, she was appalled when she heard about the jokes some frat brothers told at a party last spring. (Example: "What do you call the useless skin around a vagina? A woman.") "I don't know whether the education on campus about rape culture is really sinking in with male students," she says.

Truth be told, even some frat guys are skeptical. Ian Turner, 24, instituted consent training at his fraternity in college and now works for Students Active for Ending Rape (SAFER). He says dangerous frat mind-sets—fostered by hyper-masculine environments that measure worth by who you last hooked up with—might be mitigated by allowing sororities to also throw parties. Griffin Unger, 21, a frat brother at the University of North Carolina at Chapel Hill, takes it one step further: "My belief is that being in an all-male fra-

ternity contributes to sexism and sexual violence. My efforts are now about making my fraternity coed. I think that's one way to solve the problem."

Campus Safety

Some schools are rethinking fraternities altogether. At the University of Oregon, a study found that 38 percent of sorority members were estimated to have been sexually assaulted, versus 15 percent of women who never pledged (sisters spend far more time at frat parties than other female students). The stats were so alarming that the school's student senate called on the university president to pull the plug on expanding its Greek system.

Kelly Oliver stresses that punishments for college perps should also be tougher—15 years or more in prison, versus the lighter sentences that are often doled out. Stanford swimmer Brock Turner served three months. "As it stands now," she says, "many of these guys aren't even expelled from school."

Still, back at Berkeley, many Greeks insist they're seeing big improvements. "I come from a southern California suburb where words like 'slut' and 'I hit that' are thrown around," says one 19-year-old fraternity brother. "It was the harassment education we get at the fraternity that made me understand the effect those words can have."

Senior Daniel Saedi seconds this. "I can already tell by the reduction in offensive comments that progress is slowly being made," he says. "Hopefully, our students will hold on to these ideas later in life."

For now, he and brothers who are aligned with him across the country are doing what they can in the face of deafening—and conflicting—cultural messages. "We just elected a president who has been accused of sexual assault," he says. "The very way we portray masculinity in America promotes rape culture. This isn't just about what Greek systems are doing. This is a discussion our whole country needs to be having."

PERIODS CAN SUCK ITI

Enjoy 12 hour leak-free protection, comfort and convenience with The DivaCup.

A BETTER PERIOD EXPERIENCE!



divacup.com







I am a lesbian and keep having steamy dreams about my female boss. Do I need to quit my job?

A Don't start updating your LinkedIn just yet. "If you're fantasizing safely in your head, there's not a thing in the world wrong with that," says certified dream analyst Lauri Loewenberg, author of Dream On It. "Sex dreams are often about a psychological connection.

not a physical one." Phew! So it may mean that you want to emulate your boss's qualities. Or you could just be practicing in your mind: Loewenberg says that sultry reveries often help us explore untapped fantasies...without ever having to leave bed.



This is totally TMI, but I hate the taste of my guy. How can I enjoy oral more?

A "There are two ways to approach this," says sexologist Jill McDevitt, PhD. (Options, yay!) First, there's no rule that says you have to get semen in your mouth when you're going down on a dude. Next time, switch from using your tongue and lips to your hand when he's about to orgasm. (And maybe ask him for a little warning.) Or you could try to change his flavor by asking him to tweak his diet. Emphasis on try, because there's no hard (hee-hee) research that proves this will make him more palatable—but semen is a type of secretion and, theoretically, those can be altered by spicy foods or sweet fruits, says Alex Shteynshlyuger, MD, a urologist in New York City. And you know what doctors say: A pineapple a day keeps... bad flavors away! Or something like that.



A Nope. The main ingredient in some of these hyped tablets is the hormone DHEA, which your body already makes and converts into the sex hormones estrogen and testosterone, says Lauren Streicher, MD, associate clinical professor of obstetrics and gynecology at Northwestern's Feinberg School of Medicine. But more DHEA does not equal horniness, and there's not a shred of science behind these supplements. "A woman in her 20s or 30s has plenty of DHEA," explains Dr. Streicher. "Making that tank fuller doesn't help with sex drive." Plus, these "vitamins" can be pricey, up to \$30 a bottle! Save your cash, and get yourself in the mood in other ways, like keeping your stress levels in check, getting enough sleep, and trying out new sex positions that, ahem, give you a healthy dose of his vitamin D (sorry!).





Is it true that having sex before Spinning class will drain my energy? A It depends. If you two have your own personal between-the-sheets exercise session (aka sex) two or fewer hours pre-gym, your athletic performance could take a hit, per a recent study in *Frontiers in Physiology*. Anything earlier than that, though, won't affect your workout. In fact, getting busy a few hours before a workout

could actually be beneficial. Sex gets your blood pumping and can act as a kind of warm-up that loosens your joints and increases your flexibility. Plus, orgasms release endorphins, those feelgood chemicals that can lift your mood and motivation. So you're thinking of taking up a new sport? First step: Hop into bed.



A First things first: Don't panic. If you can, gently remove the condom with your fingers, says gynecologist Elizabeth Poynor, MD. If it's really stuck up in there, make an appointment ASAP with your gyno or visit an urgent-care center for help extracting it. (And no shame: "We get called all the time to remove condoms," says Dr. Poynor.) To prevent pregnancy, visit a pharmacy for nonprescription Plan B, a onetime pill that works best when taken within 72 hours of sex. Then, exhale—sigh before asking your partner about the last time he was checked for STIs; to stay safe, get yourself tested. Sure, it's not a fun experience in the moment (or ever), but covering your bases now will give both of you peace of mind in the long run.

SEX



A The most genius thing about pre-sex: It doesn't have to happen in the bedroom. According to a study published in the Journal of Sex Research, sexting (as in, exchanging suggestive photos and texts) has become a legit form of digital foreplay-if, that is, it's used within a committed relationship as a prologue to physical fun. (Unsolicited nudes from a Tinder match? Not so much.) "Sexting can be a safe way of communicating how you feel in a less inhibited yet controlled way," says the study's lead author, Rob Weisskirch, PhD, a professor of human development at California State University at Monterey Bay. So type away. Not into sending racy messages? Even an "I can't wait to see you tonight" can build anticipation. After all, research shows that the hottest foreplay happens in your mind...and now, on an iPhone screen near you.



So...do all my guy friends really want to have sex with me?

A Signs point to probably! In one study published in the journal Evolutionary Psychological Science, men were more likely to define a female friend as "a member of the opposite sex to whom I am attracted and would pursue given the opportunity." (Women, on the other hand, described guy pals as "a friend of the opposite sex.") "If he's heterosexual, it is quite possible he feels

some physical attraction to you," says study author April Bleske-Rechek, PhD, a psychology professor at the University of Wisconsin at Eau Claire. Now let's be clear: That doesn't necessarily mean he's constantly aching to hop in the sack with you, and it doesn't give you a free pass to play with his (potential) romantic feelings—but it does mean that, hey, he might be game if you are.



My boyfriend and l are going through a looong dry spell. We need help!

A It's totally natural for couples to go through Sahara-level stretches. But, surprisingly, the oasis might be in your iCal. "A lot of people feel like sex is something that should happen spontaneously, that they shouldn't have to schedule it," says sex therapist Ian Kerner, PhD. Not so: The secret to a long and intimate life is the belief that it takes hard work and effort-versus expecting sexy time to just happenaccording to a new study published in the Journal of Personality and Social Psychology. "Find 15 minutes with your partner to engage in something that generates arousal," suggests Kerner. This could be kissing on the sofa, sharing a hot dream you had one night, even watching porn together. The sex should follow.



A When a pocket of air gets trapped in your vaginal canal after switching sex positions (or getting your namaste on in yoga or even just opening your legs too wide), well, it's gotta come out sometime. If you feel a queef coming on while you're getting busy, try this trick: "First, say, 'Hold on a second,' reach down, put your fingers in your vagina and press down to let the air out," says Dr. Castellanos. "Because your fingers are in there, the released air won't make an uncomfortable sound." Now you two can go back to your regularly scheduled sexing.



A The most recent rumor is that increased blood flow to your lady parts during menses makes you more sensitive during sex. But... there's not a lot of research to back that up. However, there are O-friendly things that happen during your flow. "At that time, women have increased production of prostaglandin, a hormonelike group of lipids that makes your uterus contract, which might make an orgasm feel stronger," says Dr. Streicher. Speaking of which, keeping your pelvic floor toned with a toy like the Lovelife Krush (\$149, lovelifetoys.com), a Kegel exerciser that works your down-there muscles, can give you awesome-feeling orgasms when you're not riding the crimson wave.



Whenever I go down on my guy, he gets soft. What am I doing wrong?

A Absolutely nothing. "Women often feel like they're responsible for their partners' arousal," says sex therapist Madeleine Castellanos, MD, "but they're not." If he's going limp when you're down there, it's likely because of something going on in his (other) head; anxiety can often interfere with arousal. The most important thing is not to take it personally and to talk to him afterward-outside the bedroom. "Say, 'I want to do this for you, but I notice you're not really aroused. Is it that you prefer to do something else? Or are you feeling anxious?" suggests Dr. Castellanos. Staying calm should help you have a constructive—and potentially uplifting!—chat. ■



What's the best sex toy...for the tub?

Fit the waterproof PicoBong Lifeguard ring (\$100, picobong.com) around his anchor before you two dip into the bath. Then let the six vibration patterns make serious waves against your clit as you hop aboard and get your rub-a-dub-dub on. (Don't forget to use lubel) The best part? You can control the silicone vibe on your phone via Bluetooth. No pruney fingers!

Crack Your

Sometimes, having the perfect climax—or just one at all!—can feel like decoding a riddle...that's wrapped in a mystery... hidden inside an enigma. (Yup, we just paraphrased Winston Churchill. In a sex story.) Gratefully, women can enjoy a veritable buffet of orgasmic experiences from our lips to our nips to our toes. Follow our guide to finding your bliss.

BY JULIE VADNAL



<mark>G</mark>et Over What's Blocking You

THE BIG THINGS...

You're in the Wrong Headspace

It's easy to let your mind wander: Is my cellulite <mark>showin</mark>g? Is he liking this? *Am <u>I</u> liking this?* "Anything that engages your brain can be distracting," says neuroscientist Nicole Prause, PhD, founder of the sexual biotechnology lab Liberos. "If you want to orgasm, you have to shift into a zoned-out state." Close your eyes and focus

on the physical—his hand on your breasts, the way he kisses your neck-to filter out noises in your head.

You're Not Sure What Works for You

So...practice! Start by tracing a finger along your labia and clitoris-95 percent of us need clit stimulation to O-or try out a vibrator. "Masturbation is the cornerstone to good sex," says Laurie Mintz, PhD, author of Becoming

Cliterate. "Once you know what you want, transfer that to sex with a partner."

You're Scared to Ask for What You Want

Trust us, guys don't mind a little guidance—in fact, they feel serious pride if they make you see frisky fireworks. Be direct with phrases like "Touch me there" or "That feels amazing." Even easier: Move his hands directly where you want them to go.

...AND LITTLE THINGS

It's Allergy Season

Antihistamines can dry up your nasal passages...and your penis passage. Use lube!

You Have Cold Feet

Literally. Women who wore socks during sex were more likely to peak than those who didn't, per recent research.

You Guzzled Coffee

Caffeine can restrict blood to your hoo-ha. Skip the java. Your vagina will thank you.



SLOW THE EFF DOWN

On average, it takes a woman 20 minutes to orgasm with a partner. The number of minutes for dudes? Four. So what we're saying is:

Give yourself plenty of "everything but" windup time. Stage a sexy striptease. Guide his hands up and down your body with massage oil. Yow to make out—and make out only—for five full minutes. By the time you get to the actual act, you'll both be totally turned on.

Climax Conundrums

SHOULD I EVER FAKE IT?

It's a pretty bad idea. "You're training your partner to do something that's not pleasurable for you," says Mintz. "That doesn't benefit anyone."

DO I HAVE TO COME EVERY TIME?

There's no rule that says so, and you may feel just as great sans climax: Prause's research shows that an aroused brain and an orgasming brain look pretty similar. "And your body still gets most of the benefits," she says.

WHAT IF I'VE NEVER ORGASMED?

About 10 percent of women say they've never come, says Mintz. But keep in mind: "Not every orgasm is an earthquake. Some feel more like ripples."



As your partner heads downtown, try out any of these breathing moves. Each plays double duty, says Mintz: Measured inhales and exhales calm any *Is this taking too long?* worries while also creating and relieving muscle tension—all of which lead to major pleasure.

- Inhale deeply through your nose or mouth, then visualize that you're exhaling through your lady parts. Sounds weird, totally works.
- Pant in short, rhythmic gasps from your mouth. Research shows that trancelike breathing can enhance your good feels.
- > Hold your breath for several seconds at a time as you're about to orgasm. It creates crazy-amazing tension before the big moment.

Stock Your Nightstand

MAKE SOLO—AND PARTNERED!—PLAY EVEN MORE O-MAZING WITH ONE OF THESE TOYS.



JE JOUE MIMI SOFT

Its wide, flat shape gives you plenty of surface area to grind against as you scroll through each of its 10 vibe settings. \$95, babeland.com



LELO INA WAVE

The come-hither motion of the larger part massages your G-spot while the smaller end rubs against your clit for OMG action. \$199, lelo.com



WOMANIZER PRO

We haven't met a gal who doesn't love this one. Its light suction brings blood flow to your clitoris, simulating the best oral ever. \$146, amazon.com

Love your phone, but hate your bill? It's time for some Straight Talk.

Keep your phone, network, and number.





UNLIMITED TALK, TEXT AND DATA 5GB UP TO 4G LTE THEN 2G

\$45_{mo}

The Bring Your Own Phone activation kit makes it easy to switch almost any phone to Straight Talk and cut your wireless bill in half.^{††} Use it to keep the network and number you currently have and then buy one of our unlimited plans starting at just \$45 a month. No activation fees or credit checks. Go to StraightTalk.com and start saving today.









FOOD STYLIST, MAGGIE RUGGIERO, PROP STYLIST; CASSIDY IWERSEN. FASHION EDITOR: AEYUNG KIM. MANICURE: MAR Y SOUL FOR DIOR VERNIS, MODEL: OLIVIA NORELLA/BELLA AGENCY; NICK ZIBRO/MSA MODELS. STEAK AND POTATOES FOR...

your boyfriend

Whipping up a beefsteak for your beefcake is a total no-brainer. (What guy doesn't love a steak?) And serving such a straightforward meal gives you a chance to fill the rest of the night with personal add-ons, like cuing up his favorite band on Spotify, then letting him help with dessert....

Steak

SERVES 2 (DUH)

Olive oil

- 1 26- to 28-oz. bone-in rib eye Kosher salt Herb butter (mix 1 c. chopped parsley and ½ garlic clove, minced, with one stick of softened butter; roll into a log in wax paper; chill to harden)
- Herb-Butter 1. Preheat oven to 350 degrees.
 - 2. Heat olive oil in an oven-safe pan over high heat. Season steak liberally with kosher salt. Sear for about 3 minutes per side, then place entire pan in oven to continue cooking, about 10 minutes for medium rare.
 - 3. Remove steak, and place on a rack for 12 minutes. Top with a few slices of herb butter.
 - 4. Move to cutting board, and slice steak against the grain.



"Take the steak out of the oven when it's rarer than you want— that's fine! It continues to cook as it rests."

—Chef Angie Mar, Beatrice Inn, NYC

TIMELINE FOR A 7 P.M. DINNER

2 P.M.

RAID THE DELI COUNTER AT THE GROCERY STORE FOR SIDES...BECAUSE YOU HAVE A STEAK TO COOK AND EVERY-ONE MELTS FOR MASHED POTA-TOES. EVEN STORE-BOUGHT ONES.

4 P.M.

TAKE THE MEAT OUT OF THE FRIDGE. ROOM-TEMPERATURE MEAT COOKS MORE EVENLY.

4:15 P.M.

POWER NAP!

5 P.M.

SET THE TABLE.

5:30 P.M.

PUT SIDES IN THEIR SERVING BOWLS, THEN SET THEM ASIDE IN THE MICROWAVE.

6 P.M.

SHOWER TIME!

6:55 P.M.

TEXT YOUR BOO TO MAKE SURE HE'S ON THE WAY, THEN FIRE UP THE OVEN TO START THE STEAK.

7 P.M.

LIGHT THE CANDLES, HIT THE MUSIC. START TO MICRO THE SIDES.





SCREW SHOPPING

These chef-in-a-box options are clutch when you #CantDeal with grocery stores, measuring, and recipe indecision.

Blue Apron

The OG dinner-delivery service still rocks—mostly for its huge variety. We'll take the Meyer Lemon Bucatini any day. From \$60 a week,

blue a pron.com

Green Chef

Their divine allorganic options range from vegan skewers all the way to a Paleo Irish Pub Burger. Drool.

From \$10.50 per meal,

greenchef.com

Red Velvet NYC

Ding, dong! Get the door—it's all the ingredients (minus an egg) you need to make this flaky apple tartlet of your dreams.

\$24, redvelvetnyc.com



your new friends

Having new people over can kick-start a storm of anxieties: Did I make enough food? What if no one shows up? Will they peek in my medicine cabinet? So invite everyone over for a waffle buffet brunch, which keeps the mood casual, and ask each guest to bring one topping, like berries, coconut shavings, and chocolate chips. Use cute bowls to display them on your counter as part of the spread—instant decor!

A Pitcher of Blood-**Orange Mimosas**

Not everyone likes to drink at noon monsters!—so offer up this cocktail and one that skips the booze and swaps soda for prosecco.

SERVES 10

- 5 oz. Absolut Elyx vodka
- 5 oz. Aperol 10 oz. blood-
- orange juice (regular OJ works too)
- 10 oz. fresh lemon juice
- 10 oz. simple syrup
- 1 bottle prosecco brut
- 1. In a large pitcher, add all ingredients except prosecco. Stir until fully incorporated, and garnish with orange slices.
- 2. Fill glasses with mixture, and top each with prosecco.

EXPERT ADVICE

"Aprosecco bar lets people mix their own drinks, and it's less work for you!"

—Tiffani Thiessen, host of Dinner at Tiffani's on Cooking Channel

OUR TIMELINE FOR A поои BRUNCH

10 A.M. CHILL THE

PROSECCO.

10:05 A.M.

MAKE THE WAFFLE BATTER. IT CAN SIT IN THE FRIDGE UNTIL YOU'RE READY TO GET GOING.

10:30 A.M.

SHOWER TIME! (CONSIDER PULLING YOUR HAIR BACK TO AVOID ANY STRAY STRANDS IN THE FOOD. **GROSS BUT** TRUE.)

11:15 A.M.

ARRANGE NAPKINS. BOWLS, AND **GLASSES ON** YOUR COUNTER OR TABLE.

11:30 A.M.

MIX THE COCKTAIL BATCH.

11:50 A.M.

POP THE BUBBLY, AND PREPARE FOR AN EARLY ARRIVER-THERE'S ALWAYS ONE

OH, SHIT! HOW TO FIX A FAIL Because sometimes ordering a pizza is not an option, here's how to roll through any entertaining eff-up.

Don't Apologize Guests feed off a host's energy, so if you're dropping "I'm sorry" bombs all over the place, it could make them feel uncomfortable, says party expert Darcy Miller, author of Celebrate Everythinal

Make a Joke Burned the first waffle? Keep it light with a "I hear this is how Martha does it!"

Move On Distract from an epic spill or a guest's off-color story by asking your closest friend in the room to make a toast. (Or you could even start one yourself!) By the time glasses clink, the party will be back on track.





LIFE

Rose-Water Waffles

MAKES 6 TO 8

- 2½ c. all-purpose flour
- 2 t. baking powder
- $\frac{1}{2}$ t. baking soda
- $\frac{1}{2}$ t. kosher salt
- 1 Tsugar
- 3 large eggs
- $1\frac{1}{4}$ c. whole milk
- 2 Trose water
- c. sour cream
- 4 Tunsalted butter
- 1/4 c. honey
- 1. Mix flour, baking powder, baking soda, salt, and sugar in a large mixing bowl.
- 2. In a separate bowl, whisk together the eggs, milk, rose water, and sour cream.
- 3. In a small sauté pan, melt butter over medium heat, swirling the pan. When it begins forming brown bits on the bottom of the pan and the color is a dark golden brown, turn off the heat. Scrape up any bits of burned butter from the bottom of the pan, and add honey to the warm butter. Stir until smooth.
- 4. Add the egg mixture to the sifted dry ingredients, and mix until just combined. Add the butterhoney mixture, and stir to combine, taking care not to overmix.
- 5. Heat a waffle iron, spray each side with nonstick cooking spray, and cook each waffle until golden brown.

Adapted from Jack's Wife Freda: Cooking From New York's West Village, by Maya and Dean Jankelowitz DRINKS AND APPS FOR...

his parents

Maybe you just made your relationship official or maybe you're already living together—the point is, you're gonna meet his 'rents sometime, so make a solid first impression with quick bites...and strong drinks.

Goat Cheese & Beet Toast

SERVES 4

- 8 oz. chèvre log
- oz. heavy cream
- oz. goat's milk
- lb. baby beets, cubed
- baguette, sliced and baked into crostini Arugula for garnish
- 1. Set oven to 425 degrees.
- 2. Roast beets in foil, and bake until fork tender, about 30 minutes. Let cool.
- 3. Whisk chèvre, cream, and milk until fluffy. Add salt and pepper to taste.
- 4. Spread goat cheese on toast; top with beets, then arugula.



"Think of it as breaking the ice, not a formal sitdown affair."

—Darcy Miller, party expert

HOST-IT NOTE A big ice cube

melts slower and keeps drinks from getting diluted. Spring for a jumbo silicone ice-cube tray (\$8, crateand barrel.com).

Bourbon Smash

They're sure to love this citrusy, sweet sipper.

SERVES 1

- sprigs mint
- ½ lemon
- oz. Virgil Kaine Robber Baron Rye Whiskey
- ½ oz. Chareau (aloe liqueur)
- oz. lemon juice
- t. agave
- 1. Muddle mint and lemon in bottom of shaker.
- 2. Add liquids, and shake with ice. Pour into new glass, and garnish with lemon and mint.

YOUR TIMELINE

3:15 P.M.

SHOWER TIME!

SET OUT TRAYS.

4:30 P.M.

ASSEMBLE CROSTINI, THEN ARRANGE THEM ALL CUTE.

4:45 P.M.

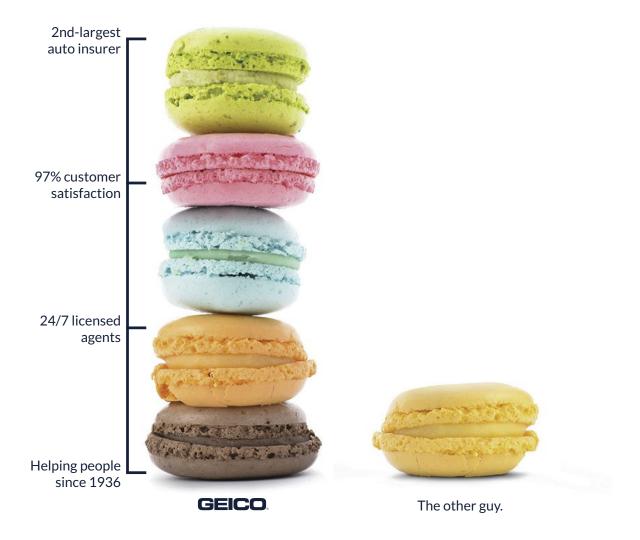
PRACTICE YOUR COCKTAII. SKILLS BY FIXIN' YOURSELF ONE.

5 P.M.

SAY HELLO! (PARENTS ARE ALWAYS ON TIME



CHEESE AND BEET RECIPE: COURTESY CHEFS RYAN



The choice is yours, and it's simple.

Why enjoy just one macaron when there's a handful in front of you?

The same goes for car insurance. Why go with a company that offers just a low price when GEICO could save you hundreds and give you so much more? You could enjoy satisfying professional service, 24/7, from a company that's made it their business to help people since 1936. This winning combination has helped GEICO to become the 2nd-largest private passenger auto insurer in the nation.

Make the smart choice. Get your free quote from GEICO today.





WIN OVER ANYONE AT WORK Tinder cofounder and chairman

Sean Rad shares how to upgrade your interactions with four types of colleagues.

BY LAURA BROUNSTEIN



A POTENTIAL **MENTOR**

First, be honest about your objective. If I meet someone I admire, from whom I think I can learn something, I say just that. Then I try to find a conversational sweet spot-an intersection of our individual interests. For example, I have been wanting to learn more about art and recently had

the privilege of meeting an artist I think is amazing. It turns out he is very curious about tech and the role it plays in artistic expression. So I said, "I know very little about art, but I do know the tech space-maybe we can compare notes and learn from each other." That led to a lovely talk.

A BUSY COWORKER

Time is the most valuable commodity for many of us, so be respectful of that. Be prepared, and get to your point quickly. Also, choose your moment. It's pretty easy to tell from someone's body language if they're in an approachable mindset. When I'm being bombarded with 50 things at once, I'm definitely more tentative about engaging. Try opening with why the conversation would be

mutually beneficial, like, "Hey, I know you're working on X-I have an idea that might help."

THE BOSS

Be brave—and bring something to the table. We recently did an in-office competition, where employees pitch ideas and the winning one gets developed for the app. One young woman, an intern, walked right into my office and said her idea could move the company forward. She showed me quickly that she had done her research, understood our business goals, and had a real feel for our user. Two weeks later, we hired her full-time, and her concept—which you'll soon see on Tinder!is really exciting.

YOUR RIVAL

You're never going to agree with everyone, but hearing others' perspectives can create empathy and give you information to strengthen your own concepts. But even with the best intentions, things can go south. If you're in the middle of a disagreement, stop and listen. Ask questions to make sure you understand what's being said rather than challenging it. Then say, "Listen, we're both trying to solve this problem." Reminding everyone you have the same goal can defuse tension.



4 Money Rules to Break

Some long-standing financial "truisms" are total bunk. Feel free to rebel against these....

BY KATE ROCKWOOD



RULE 1 Credit Cards Are Evil

NOPE. A little plastic can go a long way toward establishing a stellar credit score, something you'll need to buy a car, a house, and even some phone plans. When you skip getting a card, lenders have fewer ways to confirm you'll pay your bills on time. Worried about sinking into debt? Start small. Keep your balance low, or use your card only a few times a year to build up a charge history. Pick a card with no annual fees, and opt for a rewards one (they have higher interest rates and lots of fine print) *only* if you can pay off the balance each month, says Beverly Harzog, author of The Debt Escape Plan.

RULE 2 Buying Always Beats Renting

NOT ALWAYS. To buy, you need to have a large chunk of change handy for a down payment, which can be up to 20 percent of a home's cost (e.g., if your future pad is \$200,000, you'd need to pony up \$40,000 right away). Blowing all your cash up front can spell disaster later on, when, say, you need to replace a suddenly leaky roof. Another issue: Yes, owning a place is about 37 percent cheaper than renting...over time. The dreamy savings or profits don't kick in unless you stay put for around seven years, according to data from Trulia. If you're likely to city-hop for work, it might be smarter to stick to lease life for now.

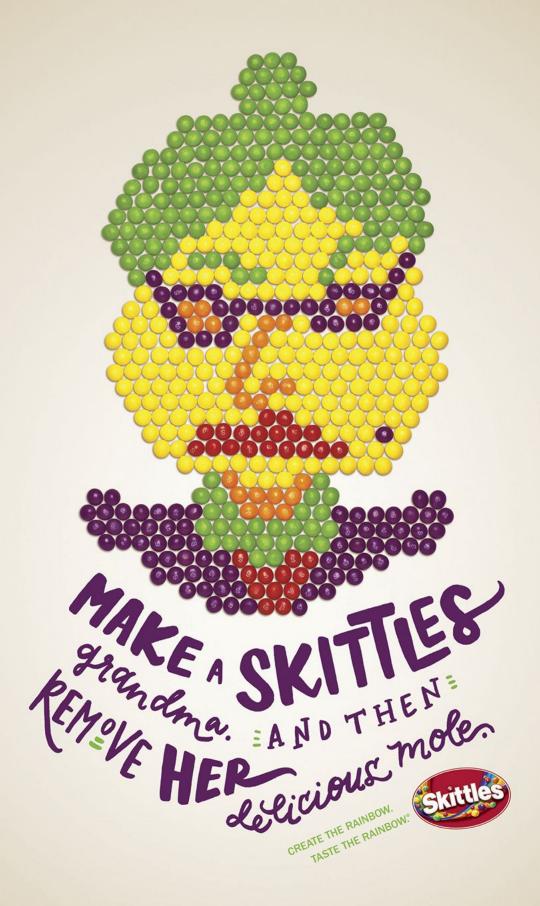
RULE 3 Your Love of Lattes Is Why You're Broke

KEEP SIPPING, GIRL. Your \$4 morning habit *could* add up to almost \$1,500 a year...but depriving yourself of small pleasures can make you less likely to stick to bigger savings goals, explains Cathy Derus, CPA, a financial planner and the founder of Brightwater Financial. Pinching every penny may eventually lead to a spending binge. Rather than fixating on each cost you can cut, shift your attention to how you might earn a bit more, whether that means seeking some extra parttime work or investing in a skill-building class now to become a more competitive job candidate later.

RULE 4

Six Months' of Emergency Savings Is a Must

DON'T STRESS! Only 28 percent of Americans achieve that noble but often unrealistic goal (especially when paying down expensive debt is a priority). Instead, start with a smaller nest egg, advises Sophia Bera, CFP, the founder of Gen Y Planning. Put \$50 a month or 5 percent of each paycheck, whichever is easier, into an online savings account until you accrue a one-month safety net. (Online banks offer higher interest rates than standard ones; you can earn \$2.50 per month on \$3,000 versus a measly \$0.03.) Sign up for direct deposit, or set up a recurring money transfer so you don't rely on willpower or memory to add to your 911 fund. ■



BY AURORA TOWER @AURORAASTRO Venus, the planet of love, money, and beauty, spins into retrograde on March 4th, making the first half of the month an ideal time to consider making changes in your love life or on the job. Take action after the Sun moves into Aries on the 20th.



03.21-04.19

It is game time, girl! Venus's retrograde hits you on the 4th, forcing your hand with financial decisions you've been postponing. You have all the necessary facts, so make your move! The Sun shifts into your sign on the 20th, giving you a major boost to claim a big win at work. YOU NEED: To trust your gut. ARIES GUY: He has a lot on his mind, so give him space as he sorts through his stuff. He'll come running back for cozy time.



04.20-05.21

Take a break from running on that hamster wheel you've been on. It's not getting you anywhere. After the 4th, you'll have clarity on heart and work matters. Stay calm, and have the courage to press ahead when Mars enters Taurus on the 9th. YOU NEED: To get real about things. TAURUS GUY: He may seem all over the place right now, but if you carve out some alone time, he'll open up in a way that changes everything!



05.22-06.20

You love getting caught up in a social swirl, but pay attention to people you meet around the 6th. when the Sun unites with Mercury. They could be very important to your career. After the 11th, it's time for fun with new friends and potential beaus. YOU NEED: A smile for the spotlight coming your way. **GEMINI GUY:** Work is front and center for him now. If he invites you to an office party, say yes. He wants to show off your smart self.



06.21-07.22

Still waters run deep, as you often prove. With a stack of planets in your zone of education, vision. and adventure, seize the moment and show 'em what you've got. Say bye to anvone holding you back around the 24th. By the 30th, you'll be feeling great about future possibilities. YOU NEED: To clear the decks. **CANCER GUY: Boy** is on a mission this month! Go along for the ride and you'll enjoy the benefits of his excess energy.



07.23-08.22

You're usually an act-first-thinklater type, but near the 9th, if you slow down and pay attention to what your partner wants and needs, you'll get sizzling results. After the 20th, when the Sun moves into Aries, you'll be on the go and loving it, but watch out for travel snafus along the way. YOU NEED: To stop rushing and start listening. LEO GUY: You've been waiting for things to get deeper, and this month, he's finally there too.



08.23-09.22

Think Virgos are all business? Nope. This month, you're a fool for love. If your romance feels rocky, chill. You'll get some clues near the Full Moon in your sign on the 12th. Single? An ex might come back for round two. Look before you leap into his lap again. YOU NEED: To get out of your head and go with your heart. VIRGO GUY: If his hot and cold swings are making you nuts, tell him! He'll be receptive and get his act together.



09.23-10.22

Bad news: With your ruler Venus going retrograde from March 4th to April 15th, everything that can go wrong might. Good news: By the 18th, you'll have the facts to fix things so they're better than ever... but only if you're honest about how you feel. YOU NEED: To put your health first. LIBRA GUY: With so much on his plate now, the smallest gestures are guaranteed to please. Drop by with takeout and you might get quite the...tip!

LIBRA VIRGE LEGO LIBRA CARRES ARRES

Emily Blunt



10.23-11.21

Your job's a booty buzzkill at the moment, but on the bright side, it's paying off! You'll get a fab offer to start a fun project, maybe with a friend, on the 9th. If those around you seem out of sorts, you may need to jump in as a peacemaker. YOU NEED: To be open to change. **SCORPIO GUY:** He tends to be a little high-strung, and these days, the boy is super stressed. Get him outdoors to blow off steam, then enjoy some steamy indoor activity à deux.



11.22-12.21

All you want to do now is stay close to home and kick it with the people who know you best. When Mars angles Saturn in your sign on the 5th, your wish will be the stars' command! If there are unreasonable demands made of you near the 17th, speak your truth and keep on stepping. YOU NEED: To say no sometimes **SAGITTARIUS GUY:** Spring is making him frisky! Plan a getaway or a whole weekend dedicated to Netflix and chill.



12.22-01.19

March will indeed be madness for you, but you'll get all your ish done, especially near the 9th when Mars will be on your side. Say yes to invitationsnetworking will be key to killing it this month. Don't let family feuds derail you. Get everyone talking and all will be resolved. YOU NEED: So much patience. CAPRICORN GUY: He'll need you to help him keep his cool when those around him go a little cray. His thank-you will be hella hot.



is the perfect

example of

01.20-02.18

Sort your life into What's Working and What Isn't lists and prioritize accordingly! If detours throw a wrench into travel plans on the 2nd, an open mind could turn it into an adventure. Your social life will be popping with new peeps by the end of the month. Enjoy! YOU NEED: A fresh perspective. AQUARIUS GUY: While he might be all business the first half of the month, he'll be so ready for down-and-dirty fun the second half, it's all good.



PISCES GUY

Adam Levine 03.18.79



LOVES:

Considerate partners who encourage him without being suffocating.

HATES:

Pushiness and aggressive behavior that always leaves him tense.

DREAM DATE:

A blissful staycation at a local hotel where he can splurge on room service and test out the hot tub.

WIN HIM OVER:

By moving at a slower pace and gradually building trust.



02.19-03.20 Stellar gifts: Your sublime

creative talents and boundless imagination help you stand out.

Blind spots: You feel the littlest things on the deepest level, so drama of any kind totally drains you.

Fashion faves: Gold and feathers one day, boho the next—your mood dictates your look.

Indulgence: Music is transportive for you, so concerts with friends can be powerful experiences.

Seduction style: You're a masterful flirt, but once Cupid strikes, you love to get swept away by romance.

Your month: The first half of March is pure bliss. You feel unblocked for the first time in ages and more creative than ever, and there's a special someone curling your toes, especially near the 12th. Don't float off on cloud nine just yet! Venus, she-orb of love and money, is retrograde all month, meaning some restraint is in order. The 27th is the perfect date to set new, ambitious goals for yourself and develop a strategy to knock 'em out.

Your year: You'll remember 2017 as the year when everything changed. If you've struggled to find your purpose, enjoy the clarity that now propels you forward. Spend time with others who share your creative vision and outlook. Trust your instincts and make changes in April for a fresh start in May. Travel in July to charge your imagination, and revel in September and November your steamiest months.

You need: To not hold back!

BEST MATCHES

Virgo: As opposite signs, you have a complementary connection: He makes you feel like a queen, and you bring out his whimsical side.

Scorpio: A lusty and passionate pair, you two have the right chemistry to forge an unshakable bond that runs deep.



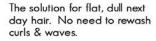
BYE BYE INGROWN HAIRS & RAZOR BURN!



Tend Skin® Liquid reduces the appearance of unsightly ingrown hairs and razor burn from shaving, waxing, electrolysis or laser hair removal. For men & women. Ulta, Salons & Shoppers Drug Mart & Walgreens.

www.TendSkin.com

Hangover Hair?



With Mixed Chicks morning after redefining foam, take a few shots and apply to dry hair to bring curls back to life.

Avail at select Target stores.

www.mixedchicks.net



25 MG EPHEDRINE

Temporary relief of mild, intermittent asthma symptoms. Not sold where prohibited by law. State or Federal photo indentification required. 24 ct. only \$15.99.

dmdpharm.com • 800-795-2477



TWEET OR 'GRAM YOUR GRIPE AND PHOTO (HASHTAG: #BITCHITOUT) OR E-MAIL INBOX@ COSMOPOLITAN .COM (SUBJECT: BITCH IT OUT).

> **CRAZY SITUATION WORKING YOUR** LAST NERVE? VENT HERE!



"At the airport and wanting to enjoy my breakfast too, but I guess his bag also needed to eat." —TAMORA S., VIA INBOX



"When u go to the gym for a workout & find this mess! Good thing there are cameras to .. who the slob is. #NoManners" —LORI D., VIA TWITTER



DOUBLE FEATURE

"Parking in an apartment complex is scarce to begin with so you really want to take up 2 spaces?!" —BRITTANY Y., VIA INBOX



Just got my 'new' jacket in the mail, and there's a used lip balm in the pocket. #QualityControl #Gross #SoTheyWoreItAndReturnedIt?"

---MEREDITH S., VIA TWITTER



When vou're on a public toilet and it keeps flushing automatically

#CanYouNot" -JULIE F., VIA TWITTER

Why oh why do neighbors think it's okay to dump their ciaarette butts on our shared balcony? #NoManners

> —ELISSA E. **VIA TWITTER**

SHOPPING INFORMATION

COVER CREDITS ALEXANDER WANG, alexander

wang.com. URBAN DECAY, sephora.com.

TABLE OF CONTENTS

PAGE 5: ZIMMERMANN, intermix.com. CHRISTIAN LOUBOUTIN, christian louboutin.com. SONIA BOYA-JIAN JEWELRY, shop.soniab style.com.

COVER STAR QUICKIE PAGE 26: MUGLER, Barneys New York.

ROCK YOUR BODY

PAGE 47: JONATHAN SIMKHAI, jonathansimkhai.com. MILLY, milly.com. ARME DE L'AMOUR, armedelamour.com.

GET TO KNOW 8 RULE BREAKERS

PAGE 149: LOVE HAUS BY BEACH BUNNY, beachbunny swimwear.com. L'AGENT BY AGENT PROVOCATEUR, lagent byap.com. A.L.C., Intermix. TAMARA MELLON, tamara mellon.com.

RUBY ROSE

PAGE 150: 3.1 PHILLIP LIM, 31philliplim.com. PAGE 151: LOUIS VUITTON, louisvuitton .com. PAGE 152: DSQUARED2. dsquared2.com. LUCKY BRAND, luckybrand.com. GOLDEN GOOSE DELUXE BRAND, goldengoosedeluxe brand.com. EVA FEHREN, Hirshleifers. PAGE 153: LOUIS **VUITTON**, louisvuitton.com. URBAN DECAY, sephora.com.

HOT COUPLES

PAGE 159: SATURDAYS NYC, saturdaysnyc.com. THE ARRIVALS, thearrivals.com. ZIMMERMANN, Forward by Elyse Walker. REDVALENTINO, REDValentino boutiques. DIOR, dior.com. DEBORAH LIPPMANN, deborah lippmann.com. NARS, nars

cosmetics.com. PAGE 160: TORY BURCH, toryburch .com. L'ORÉAL PARIS, drugstores. PAGE 161: ELIZABETH AND JAMES, shopbop.com. BAREMINERALS, bare minerals.com. L'ORÉAL PARIS, drugstores. PAGE 162: SATUR-DAYS NYC. saturdays nyc.com. ALIX, revolve.com. ELIZABETH AND JAMES, saks .com. VENESSA ARIZAGA. venessaarizaga.com. SMASH-BOX, smashbox.com. L'ORÉAL PARIS, drugstores. PAGE 163: MONIQUE LHUILLIER, moniquelhuillier.com. LEVI'S, levi.com. SASKIA DIEZ, saskia-diez.com. GIVENCHY, sephora.com. L'ORÉAL PARIS, drugstores.

8 WAYS TO STAND OUT THIS SPRING

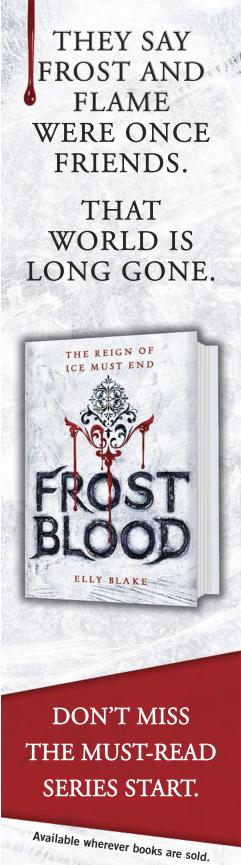
PAGE 164: GIAMBATTISTA VALLI, Carla Martingero (bra and top); Bergdorf Goodman (skirt). SOPHIA WEBSTER, sophiawebster.com. TONYA HAWKES, Carleen Ligozio, South Hampton, NY. ERDEM, Forward by Elyse Walker. PAGE 165: ALEXANDER WANG, alexanderwang.com. PRABAL GURUNG, sales@prabal gurung.com. VALENTINO GARA-VANI, Valentino boutiques. PAGE 166: J.CREW, jcrew.com. FENDI, fendi.com. GREATS, greats.com. PAGE 167: CINQ À SEPT, Nordstrom (dress); similar styles available at Nordstrom (tank); not for sale (belt). La perla, laperla .com. TANYA TAYLOR, tanya taylor.com. SALVATORE FER-RAGAMO, Salvatore Ferragamo boutiques. TRESEMMÉ, drugstores. PAGE 168: CUSHNIE ET ochs, net-a-porter.com. PAULE KA, Paule Ka, Madison Ave., NYC. BULGARI, bulgari .com. GIANVITO ROSSI, gianvitorossi.com. PAGE 169: MARC JACOBS, marcjacobs. com. CHRISTIAN LOUBOUTIN, similar styles available at

christianlouboutin.com. JUDITH HENDLER JEWELRY, e-mail stylist@thejewelry stylist.com. TRESEMMÉ, drugstores. PAGE 170: J.MENDEL, jmendel.com. JUDITH HEN-DLER JEWELRY, e-mail stylist@thejewelrystylist .com. TRESEMMÉ, drugstores. PAGE 171: MICHAEL KORS COL-LECTION, michaelkors.com. MARNI, Marni boutiques.

COSMOPOLITAN MAGIC MIKE LIVE LAS VEGAS SWEEPSTAKES NO PURCHASE NECESSARY TO ENTER OR WIN. Cosmopolitan Magic Mike Live Las Vegas Sweepstakes Sponsored by Hearst Communications, Inc. Beginning February 7, 2017, at 12:01 a.m. ET through March 6, 2017, at 11:59 p.m. ET, go to Cosmopolitan.com/ VegasLive on a computer or wireless device and complete the entry form pursuant to the onscreen instructions One (1) winner will win a trip for two (2) people to Las Vegas, Nevada to see the show Magic Mike Live Las Vegas at the Hard Rock Hotel & Casino (the "prize(s)"). The trip for two includes: round-trip coach air transportation for two (2) people from major airport nearest winner's residence to a Las Vegas area airport, three (3)-nights hotel accommodations in Las Vegas and two (2) VIP tickets to see Magic Mike Live Las Vegas, including a meet and greet with the show performers. Total approximate retail value for all prizes awarded: \$2,400.20. Any difference between the stated ARV and the actual value of the prize will not be awarded in any form. If winner is unable to travel by December 31, 2017, prize will be forfeited and alternate winner will be selected. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes open to legal residents of the 48 contiguous United States and the District of Columbia, who have reached the age of majority at the time of entry. Void in Puerto Rico, Alaska, Hawaii and where prohibited by law. Additional terms and conditions may apply. Sweepstakes subject to complete official rules available at Cosmopolitan.com/ VegasLive.

DO YOU HAVE A PROBLEM WITH YOUR SUBSCRIPTION? ARE YOU MOVING? GET HELP AT OUR CUSTOMER-CARE WEBSITE AT SERVICE.COSMOPOLITAN.COM

 $\textit{Cosmopolitan} \ (ISSN \, 0010 - 9541) \ is published \ monthly, \, 12 \ times \ a \ year, \ by \ Hearst \ Communications, \ Inc., \, 300 \ W. \, 57 \ th \ Street, \ New \ York, \ New \$ NY 10019 U.S.A. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Catherine A. Bostron, Secretary; Carlton Charles, Treasurer. Hearst Magazines Division: David Carey, President; Michael Clinton, President, Marketing and Publishing Director; Troy Young, President, Digital Media; Joanna Coles, Chief Content Officer; Debi Chirichella, Senior Vice President, Chief Financial Officer. © 2017 By Hearst Communications, Inc. All rights reserved. Cosmopolitan is a registered trademark of Hearst Communications, Inc. SUBSCRIPTION PRICES: U.S.A. and possessions: \$29.97 for one year; \$57.94 for two years; Canada add \$15 per year; all other countries add \$24 per year. SUBSCRIPTION SERVICES: Cosmopolitan will, upon receipt the substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year is a substantial per year. The substantial per year is a substantial per year. The substantial per year is a substantial per year is a substantial per year. The substantial per year is a substantial per year is a substantial per year. The substantial per year is a substantial per year is a substantial per year. The substantial per year is a substantial per year is a substantial per year. The substantial per year is a substantiof a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within four to six weeks. For customer service, changes of address, and subscription orders, log on to Service. Cosmopolitan.comorwritetoCustomerServicedepartment,Cosmopolitan,PO. Box 6000, Harlan, IA 51593. To assure quicker service, enclose your mailing label when writing to us or renewing your subscription. Renewal orders must be received at least eight weeks prior to expiration to assure continued service. Manuscripts, drawings, and other material submitted must be accompanied by a stamped self-addressed envelope. Cosmopolitan cannot be responsible for unsolicited material, MAILING LISTS: From time to time, we make our subscriber list available to companies that sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings via postal mail, please send your current mailing label or exact copy to: Cosmopolitan, Mail Preference Service. P.O. Box 6000, Harlan, IA 51593. You can also visit Preferences. HearstMags.com to manage your preferences and opt out of receiving marketing offers by e-mail. Periodicals postage paid at New York, New York, and at additional mailing offices. Printed in U.S.A. Canada BN number 10231 0943 Rt. POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Cosmopolitan, P.O. Box 6000, Harlan, IA 51593. Vol. 262 no 3





#FROSTBLOOD FROSTBLOODSAGA.COM



- a. Mapping out your week. You hate Mondays without a plan of attack.
- **b.** Wine, *Real Housewives*, and debating whether Giggy should have his own show.
- c. Collecting food and clothes to donate to charity... or at least an unemployed friend.

2. Your roomie is sick. You deal by:

- a. Quarantining her in her room.
 Just 'cause her immune system is weak doesn't mean you have to pay the price.
- **b.** Recording her cough and setting it as a beat to a new song, "Get Better, You Sexy Bish."
- C. Posting a call to action on Facebook for everyone to send her good vibes.

S. Your sister owes you money, and you need it to pay rent. How do you get it back?

- a. Use your spare key to sneak into her apartment and take her laptop for ransom. Venmo me or else!
- b. Tweet her nonstop with the hashtag #HelpMe ImPoor.
- c. Let it slide she needs the money too. She'll get you back someday, right?

4. Your boss praises you for putting on a major work event. How do you respond?

- a. "Thanks.
 I also already
 secured a partner
 for next year's. I
 think it's time we
 talk about a raise."
- b. "I'd like to thank my 1-hour-of-sleep last night and 24-hour take-out place—I couldn't have done it without you."
- C. "Thank you, but really, I owe it to my team. They're the true stars."

5. The ultimate revenge on your office enemy is:

- a. Scoring
 Silicon Valley backing for your genius
 start-up idea plus
 profiles from top
 news outlets, so she
 sees your face all
 over her news feed.
- b. Switching her browser's home page to a Nickelback fan site and changing her ringtone to "Photograph."
- C. Donating to PETA in her name so she feels guilty for wearing her fur vest and gets sent a boatload of snail mail.



Mostly A's AMBITION

THE BREAKDOWN

Your DGAF attitude scores you success, and an unwavering drive means you're a killer competitor—never letting anything get in the way of your goals. The best way to wield this power? Double-down on your short- and long-term desires, not just what looks good on your résumé. You'll be a kick-ass exec in no time.

Mostly B's HUMOR

You'll do pretty much anything for a laugh, and that ability to brighten people's moods stems from your embracing who you really are. Use your force to put your best foot forward in relationships, in friendships, and at work. Your hilarity is irreplaceable—and that's seriously badass.

Mostly C's KINDNESS

You love helping others. And when you're not pleasing friends or fam, you're volunteering. Your caring nature makes you the most trustworthy pal in your posse. When you use your badassery to invest time in things that better the world, your contagious altruism will give Saint Angelina a run for her money.



LANCÔME

