

BEAUTY

HEAD START

January brings a laundry list of resolutions, but instead of depriving yourself, embrace these luxurious beauty options to look your best in 2015

MANE-TENANCE

CHOPPING BLOCK

Instantly update your look with one of the new year's hottest hairstyles



Kaley Cuoco Sweeting

THE PIXIE

Kristen Stewart

The gamine pixie cut gets an edgy update with razor-cut ends, shaved sides (optional, of course!), spikes and tons of texture.



Taylor Swift

THE LOB

Alexa Chung

The latest long bob (collarbone- to shoulder-length) features feathery layers and loose waves reminiscent of 1970s beauty icons such as Farrah Fawcett.



Elizabeth Banks

THE BLUNT MIDL

Gwen Stefani

Texture may be trending, but long-hair devotees can still refresh their style with a tidy trim delivering clean-cut, blunt ends.

Red carpet-worthy locks start long before styling, so consider this a free pass to take extra time in the shower. Celebrity hair stylist Frédéric Fekkai recommends applying a hydrating shea butter mask to damp strands for three to five minutes, once a week. (Brunettes can mix a dark coffee brew with this treatment for an organic, colour-boosting gloss.) To style

hair, use creams with ingredients like olive oil or vitamin B to lock in moisture and give extra shine. "I'm one of those girls who does a big old chop just to get it really healthy, to repair all the [damage from] hair colouring and stuff like that," says Jennifer Aniston. Follow her friendly advice and schedule trims every six to eight weeks.

MASKED AVENGERS

CARE FOR COLOUR Antioxidants nourish colour-treated hair and protect against free-radical damage.

ADD GLOSS AND SHINE Revive dull strands with an antioxidant-rich mask.

BANISH BREAKAGE Hydrating ceramides and Pro-Keratine (a strengthening amino-acid complex) reduce brittleness and breakage.

FIGHT FRIZZ End bad hair days and tame unmanageable frizz with a restorative moisture mask.



Pantene Pro-V Weekly Rehab Crème, \$7, drugstores and mass-market retailers, pantene.ca

Agave Restorative Hydrating Mask, \$48, sephora.ca

L'Oréal Paris Total Repair 5 Repairing Mask, \$8, lorealparis.ca

John Frieda Precision Foam Colour Intense After Colour Conditioner, \$34, ebay.ca

DID YOU KNOW?

"Gently massaging your scalp helps the blood circulation and gives oxygen to hair follicles," says Frédéric Fekkai. That translates to more bounce, volume and shine.

DO AN ABOUT-FACE

"January is a great time to invest time and money in your skin," says Dr. Paul Cohen of Rosedale Dermatology Centre. "It's easier to fix skin damage when you're not battling daily sun exposure." His most popular winter procedures include photo facials (which use pulses of light to rid the skin of imperfections) and fractional laser treatments (which trigger collagen). Both require the patient to limit sun exposure afterward. For a more budget-friendly option, follow Halle Berry's beauty rule and apply an antioxidant – such as vitamin C serum – under moisturizer.

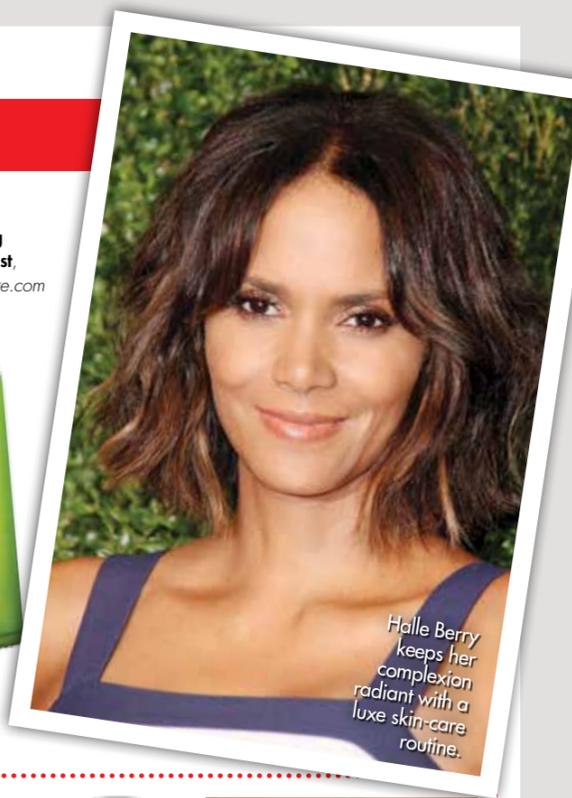
Keep a humidifier by your bed or desk in dry winter months to give skin extra TLC and hydration. Another tool to keep in your arsenal is a soothing thermal water spray. "Spritz to the face and then put your moisturizer on," says Dr. Cohen. "It's really good for hydration and it gives your skin a nice glow."



Ohashi Ryoki Mast Eco Humidifier, \$70, ohashiryoki.com

Jurlique Rosewater Balancing Mist, \$42, jurlique.ca

Tata Harper Hydrating Floral Essence Face mist, \$73, tataharperskincare.com



Halle Berry keeps her complexion radiant with a luxe skin-care routine.

DID YOU KNOW?

Snow can reflect up to 90 per cent of UV rays. Hit the slopes with a broad-spectrum (UVA/UVB protection) sunblock of at least SPF 30.



Garnier Umbrelle Complete Dry Mist Spray SPF 30, \$16, garnier.ca

SUPER SOAKER

Designer Tom Ford epitomizes modern luxury (never mind his reported \$70-million fashion empire – the man is best friends with Julianne Moore!). Still, his ultimate indulgence is simple: luxuriating in a steaming bath. "I lie in the tub for a half-hour and just let my mind wander. I find a bath very meditative," he says. Welcome the new year Ford style, with regular soaks in your own tub.



Inspired by a geisha's beauty rituals, this ginger-infused mixture leaves skin smooth and soft. Fresh Rice Sake Bath, \$56 to \$94, sephora.ca



BEAUTY CHANGE-UP

BOLD LIP Slightly diffused around the edges, this fiery red lip (shown at Zac Posen S/S 2015) is glamorous without being too "done."

CLUMPY LASHES As Rochas S/S 2015 runway proves, clumpy, spider lashes are the statement eye for 2015.

POP OF COLOUR Add a punch of pop-art colour – like the teal liner at Elie Saab – for an unexpected look.

Your morning makeup routine – which you've likely perfected to take minimum minutes – is probably as set in stone as your daily coffee order. This year, break out of your beauty rut and reacquaint yourself with the simple pleasure of creating a new (and fabulous!) makeup look. Whether that means swapping your nude lipstick for a bright bullet or picking a metallic shadow over your usual neutral hues, this is the time to experiment. If that means hitting the stores and treating yourself to a new palette for the new year, so be it! **[X]**

DID YOU KNOW?

Aromatherapy may be as beneficial as adding an extra yoga class to your routine. "Essential oils can be used to de-stress, improve sleep and boost energy," Kate Ross LeBlanc, co-founder of Saje Natural Wellness, tells Hello!

These five remedy roll-ons will waft you to a state of well-being every day of the week. Saje Natural Wellness Pocket Pharmacy, \$50, saje.ca



CLOCKWISE FROM TOP: LEFT: SONIA MOSKOWITZ/IMAGECOLLECT; CARRIE NELSON/IMAGECOLLECT; ANDREA ADRIANI/IMAXTREE (2); ALESSANDRO LUCIONI/IMAXTREE
LEFT TO RIGHT, TOP TO BOTTOM: AMANDA EDWARDS/WIREIMAGE/GETTY IMAGES; JON KOPALOFF/FLIMMAGIC/GETTY IMAGES; JASON MERRITT/GETTY IMAGES; MIKE MARSLAND/WIREIMAGE/GETTY IMAGES; JON KOPALOFF/FLIMMAGIC/GETTY IMAGES; STEVE GRANITZ/WIREIMAGE/GETTY IMAGES