

BREAK YOUR BAD BEAUTY HABITS

ALL YOUR LITTLE beauty misdemeanors can add up to serious trouble for your makeup, skin, and hair. Follow our list of what *not* to do and you'll be back on the fast track to gorgeousness.

STOP Using Dirty Makeup Brushes: You must wash eye and lip brushes daily and the rest weekly; otherwise, they'll be a breeding ground for bacteria and yeast. Plus, they can hardly perform when laden with old product.

STOP Pumping Your Mascara: While you're trying to get out more mascara, you're forcing air into the chamber, drying it out.

STOP Applying a Makeup Mask: A full face of foundation looks like a wall. To let skin show through, remove excess with a moist sponge like the Beautyblender Original (\$20).

STOP Using Shimmer After 40: The tiny sparkly bits can get stuck in wrinkles around the eyes, making lines even more noticeable.

STOP Over-tweezing Your Brows: Yanking hairs hurts the follicles, and you risk permanent bald patches. Between pro appointments, use nude eye shadow to hide rogue regrowth.

STOP Neglecting Your Neck: Apply your anti-agers and sunscreen from your hairline to your chest. You don't want to end up with a neck that looks 10 years older than your face.

STOP Moisturizing the Wrong Way: To seal in hydration, apply face and body lotions right after toweling dry while skin is still damp. We like Vaseline Intensive Care Advanced Relief Healing Serum (\$9).

STOP Switching Up Your Products: It can take a full six weeks for a skin-care product to take effect, so give it time before you decide to toss or keep. Also, too much change confuses skin, which means breakouts and irritation.

STOP Skipping SPF: It's not just for the beach. When you factor in all your quick trips outside to hail a cab or grab a green juice, it amounts to hours of sun exposure every week (with wrinkles and sun spots to follow). Shield yourself daily with La Mer The Broad Spectrum SPF 30 UV Protecting Fluid (\$90).



It's time to change your ways.

*The road to good looks is paved
with new intentions.*

Illustration by Clet

STOP Wearing Gels Daily: Save the full-on gel manicure for special occasions like a long vacation. The rest of the time use hybrid gel polishes, which last about a week and can be removed at home without damaging nails. Try Sally Hansen Miracle Gel Color and Top Coat (\$10 each).

STOP Letting Your Manicurist Cut Your Cuticles: The nasty bacteria and viruses that can creep into skin through broken cuticles are notoriously persistent. Just push back cuticles instead of using the snippers.

STOP Using Shampoo With Sulfates: They are harsh detergents that can remove pigments, so your hair color goes right down the drain. Swap for Alterna Caviar Anti-Aging Replenishing Moisture Shampoo (\$32).

STOP Torching Your Hair: The tipping point at which a hot tool starts to become a hair fryer is 365 degrees. That's why we love the GHD Platinum (\$249), a flat iron automatically set at the magic number.

STOP Plucking Grays: If they do grow back, the shorter length makes them more obvious. And if they don't—chronic trauma causes the follicle to give out—well, now you've got a bald spot.

STOP Coloring Without a Bond Builder: A new in-salon hair-strengthening treatment, a bond builder can be mixed with your professional hair color, so you walk out with soft, silky strands, not straw. Current industry obsession: B3 Brazilian Bond Builder (\$30 on average). How do you think Kim Kardashian went platinum and back to brunette without losing all her hair? **Katie Becker**

EXPERTS: Francesca Fusco, *dermatologist*;
Lorri Goddard, *hair colorist*; Dennis Gross, *dermatologist*;
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Sania Vucetaj, *founder of Sania's Brow Bar*

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PERRY**
AS ELIZABETH TAYLOR

BY CARINE
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