

COSMOPOLITAN

WINTER 2013

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**WHAT TO
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LA OTRA**

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ASK MILLY



They say a woman is her most beautiful when pregnant. Yeah, right!! My skin was full of *manchas* and zits. I'd also heard to expect a "glow..." Uh, that never happened. My pregnancy wasn't easy, but you could never tell—I constantly got compliments on being the hottest pregnant woman around (some even called me a M.I.L.F., ha!). Here's how I faked a pretty pregnancy.*



Skin Saviors

Dermatologist Paul Jarrod Frank says most over-the-counter products are safe—except retinols and skin lighteners, which may cause birth defects. Acne was a biatch during my pregnancy, but products with lactic acid, like **Orgo Lactic Acid Blemish Spot Treatment, \$32**, helped. It's derived from milk, so it's gentle and safe for all tones. I was prego in the winter and slathered my body with natural lotions like **1 Nourish Organic Body Lotion, \$9.99**. It's 100% organic, hydrating, and smells yummy. It also contains Vitamin E, which studies have shown is one of the few ingredients effective against stretch marks.

Nail Safe

I always got manis (what can I say, I'm a diva). It was *my importante* that my polish didn't have phthalates, as they've been shown to cause birth defects. Luckily, many brands no longer use them. **2 OPI All I Want for Christmas by Mariah Carey, \$9**.

Makeup Musts

To erase dark spots, I exfoliated regularly and mixed **3 Clinique Up-Lighting Liquid Illuminator, \$26**, with my foundation. With makeup, less was more. Red lips made me look really hot with very little effort. **4 Mirabella Red Velvet Lip Pencil, \$20**.

Hair Raisers

NYC stylist Mauricio Cifuentes says color can be safe with dyes that are ammonia- and PPD-free such as Organic Color Systems. Highlights and ombre are great because they don't touch the scalp. Post-delivery, you may notice hair loss. *iCálmate!* Your *cabello* was a lot fuller during pregnancy due to increased estrogen. In about 12 weeks, your hair should go back to normal. If you're not breast-feeding, try Viviscal supplements, which have been shown to speed up hair growth. * *These are suggestions. Always check with your ob/gyn first!*

(TOP) PETER ROSA/STUDIO D. (LEFT) JESSICA LAVOIE PHOTOGRAPHY. (NAIL POLISH BLOB) JEFFREY WESTBROOK/STUDIO D. (OTHER PRODUCTS) COURTESY OF MANUFACTURERS.