

COSMOPOLITAN

For *Latinas*

FALL 2015

**FIFTH HARMONY
EXCLUSIVE!**
HOW THEY SHOOK OFF
THE SLUT-SHAMERS

**Nail That
Interview**

EXPERTS
SHARE
#WINNING
SECRETS

**VICTORIA
JUSTICE**

OUR FUN,
FEARLESS LATINA
OF THE YEAR

+13 *Other
Winners!*

**GET YOUR
GLOW ON**
30-SECOND
BEAUTY HACKS

F@LL FASHION

THE SEASON'S HOTTEST STYLES

\$3.99 Fall 2015
Display until 10/27/15



CosmoForLatinas.com



AFTER BEBÉ BELLEZA

Don't let sleepless nights and new mom jitters zap your pretty. Take it back with these quick tips.

By MILLY ALMODÓVAR



ESTÉE LAUDER

FOR YOUR DRAINED CARA

Fake “wide-awake” by focusing on two key features: Your eyes and lips. Use an eye-brightening cream to treat dark circles and a concealer to cover them up. Try **Talika Eye Detox Specific**, \$55, which comes in a formula for fair skin and another one for olive to dark. Makeup artist Lucky Smyler says to let the cream absorb for five minutes and then dab on a creamy peach concealer (it knocks out the blue) two shades lighter than your skin tone, blending it towards your cheek bones to lift and highlight. **Sephora Collection Bright Future Gel Serum Concealer**, \$14, contains skin-brightening pineapple extract.

Use a volume boosting mascara in navy blue to make the whites of your eyes look even whiter. **Clinique Chubby Lash Fattening Mascara in Massive Midnight Navy**, \$17, gets the job done.

A hot red or popping pink lip will make it look like you put in a ton of effort. Try **Estée Lauder Pure Color Envy Sculpting Lipstick in Dominant**, \$30, or **Giorgio Armani Ecstasy Lip Lacquer in 505**, \$38.



SUPERMAMI SHAKIRA

She's a popstar, philanthropist, TV star, and hot mom of two.

FOR YOUR NOODLE-THIN STRANDS

Try **Groh Ergo Boost Replenishing Supplements**, \$39, that contain a vitamin with the powerful antioxidant Ergothioneine. It nourishes the follicle and makes hair, well...grow. (If you're breast feeding, ask your doc first). Massage your scalp with a stimulating booster, which helps hair grow longer and stronger. We love **HairMax for density Activator**, \$45. For a faster fix, massage a dime-sized amount of **Living Proof Full Hair Thickening Cream**, \$26, from roots to tips. It deposits volumizing molecules on each strand to give the illusion of a fuller mane.



FOR YOUR SKIN ISSUES

A surge of pregnancy hormones like estrogen and progesterone can cause your skin to create extra oil in response: Hello zits! And, if you're picking at them, dark marks. Aside from OTC products with salicylic acid to treat acne (we love **Neutrogena Oil-Free Acne Moisturizer Pink Grapefruit**, \$8.40), **Dermatologist Paul Jarrod Frank recommends a topical prescription such as Erythromycin, which is safe for nursing women. For pesky dark spots, products with Kojic acid will lighten them.** Try **Urban Skin RX Even Tone Cleansing Bar**, \$32, or **PCA Skin Pigment Bar**, \$34.