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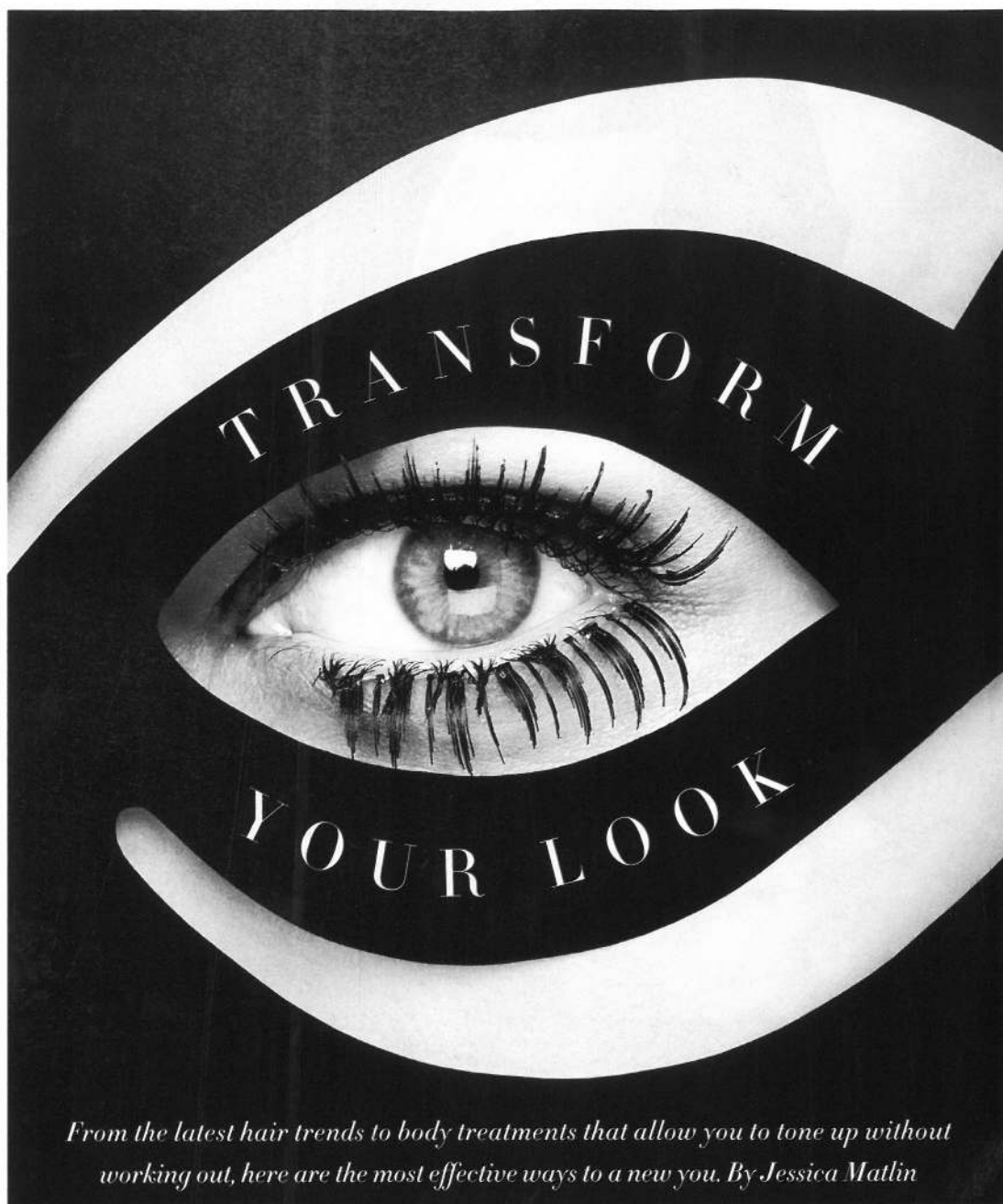
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*From the latest hair trends to body treatments that allow you to tone up without working out, here are the most effective ways to a new you. By Jessica Matlin*

**R**emember when makeovers were all the rage? The concept feels dated, doesn't it? It's not that we've grown complacent with ourselves, but we've developed a more stealth approach to our personal beauty evolution. In this story, for example, we feature an age-erasing haircut that looks better the less you fuss with it. It's incredible what lopping off a few inches can do for the face, not to mention your attitude. This season, we're also paying extra attention to brows and lashes—the newest treatments can

cheat the appearance of eight hours' sleep. As for the neck down, we're living in a time in which body-shaping procedures can be a logical complement to your diet and exercise routine. There's also an ab-sculpting machine that works its magic while you get lost in a novel. (Even the most skeptical surgeons are lining up for this equipment, which is being heralded as an industry breakthrough.) And when it comes to the thighs and rear—two areas that often expand with age—one doctor recommends a new approach that may save you a lot of time, effort, and grief. These transformations make a huge difference, but even better, they don't announce themselves. Have we got your attention? ►

**HAIR** She may be a hairstylist, but as a co-owner of L.A.'s Nine Zero One salon (a celebrity favorite), Riawna Capri is very much in the anti-aging business. With her scissors she can lop off five, even 10, years from one's age. "A lot of women avoid going short because they're afraid to look like a soccer mom," says Capri. The thing is, cutting hair into a shoulder-skimming bob can actually make you look much younger and fresher, she says. (In fact, Jennifer Lawrence went to Capri for an image-refreshing lob this summer.) The key is to make sure that the pieces framing your face are ever-so-slightly longer than the rest of the bob (that's what gives it a sexy, not dowdy, feel), and—this part is important—that there are no bangs, wisps, or angles near your face. "Any choppiness and you start seeing 'the Rachel,'" she cautions. "The front sections need to be long—it's what determines whether you're going to look like an old lady or a cool girl."

A lob has a youthful sense of ease about it too. "This cut is designed to show off your natural texture," she says. Let it air-dry with a leave-in conditioner like Goldwell Dual-Senses Rich Repair Serum Spray (\$18.99). And once you're free of those extra inches, don't be surprised if you also *feel* different. "If you've been holding on to your long hair for years, realize that you're holding on to the past," she says. "Hair is like crystals—it really holds on to energy. When clients chop off their hair and feel lighter, there's a reason for it: They're removing psychological weight."

**LASHES** Yes, the no-makeup makeup look is having a moment, but for some, going without mascara is a step too far. If lash extensions seem high-maintenance, consider the Sugarlash CurlPerfect Lash Lift. A gentle perm for lashes, it gives your eyes a lift typically seen only from a few strong squeezes of a Shu Uemura lash curler. "When



**TURN BACK  
THE  
CLOCK  
WITH A  
HAIRCUT**



**GIVE  
YOURSELF  
A LASH  
UPGRADE**



**GET  
FULLER,  
MORE  
SCULPTED  
BROWS**

you see a really good lash lift, eyes look completely rejuvenated and refreshed," says Courtney Buhler, the founder and CEO of Sugarlash Pro. Here's what to expect: After an aesthetician assesses your eye shape, she cleans the eye area and applies silicone lash shields to your lids. These shields not only provide protection from the perm solution but also determine the level of drama you'll achieve. In general, the larger the shield, the looser, more natural lash look you'll get. (Conversely, the smaller the shield, the tighter the curl.) The natural lashes are then arranged on top of the shield so that all of the lashes lie neatly. From there the lash tech applies three lotions to process the lashes—a perm formula, a setting solution, and a nourishing, keratin-rich oil to make lashes rich and glossy. Most people add a tint as well. The treatment takes an hour, and the results last for two to three months. The service (from \$75) is available across the country, and there's even a certification program for it. Can't get to a pro? We recommend trying Rodan + Fields Enhancements Lash Boost serum (\$150), which is essentially Miracle-Gro for lashes. (Several *Bazaar* editors are addicted.)

**BROWS** Suffering from anemic eyebrows? You're not alone. According to prestige beauty analysts at market research company the NPD Group, brow products are flourishing, and microblading (the process of tattooing on superfine "hairs") is becoming more commonplace. Still, Wink Brow Bar founder and CEO Umbreen Sheikh believes there's room for another option: extensions. "Brow products don't always look realistic, and microblading isn't for everyone," she explains. "It's invasive." At Wink, which has several locations in New York (and is opening near London this month), techs use a colorless glue to artfully place synthetic hairs through- out the brows to either reconstruct the ►



shape or to fill in sparse areas. They'll last for about two to four weeks before you need a refill. The initial visit costs about \$95 for a half brow, \$195 for a full brow. (Fill-ins are \$55.) If your brows need serious triage, the treatment is a game changer. "When your brows are full, your eyes look bigger and your cheekbones appear higher," says Sheikh. "The smallest details make the biggest difference."

**ABS** Everyone embarks on a fitness journey with the hope of transformation, but even with commitment the results are sometimes limited. Enter Emsculpt, a newly FDA-cleared body-shaping device that induces supramaximal muscle contractions (i.e., pushes your muscles to the limit but sans pain). "It's the holy grail," says Paul Jarrod Frank, M.D., a New York cosmetic dermatologist and the founder and director of PFrankMD. (He's also known as one of the world's most respected "fat guys," as in he's one of the best at getting rid of it.) "We have procedures to remove fat, we have lasers to tighten the skin, and now with Emsculpt we have a tool that can build the muscle," says Frank. "It completes the trinity."

Here's how Emsculpt works: You lie on your back, and a doctor straps a flat device onto your abdomen, which emits HIFEM (high-intensity focused electromagnetic) waves into your muscles to cause contractions. It doesn't hurt, but the sensation is... odd. (And because Emsculpt is a medical device, don't expect to see this at Equinox.) The higher the frequency, the more intense the "workout." For full benefits, you'll need to schedule at least four 30-minute treatments, two or three days apart. (Each session costs about \$1,000.) Your abs may feel sore the next day (just as if you went to the gym), and you'll start to see results two to four weeks after your last session. Keep in mind, though, that you can't have a serious paunch and expect to leave with a washboard stomach—Emsculpt works only if you're already pretty lean. "My biggest referrals are from trainers,



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INSTANTLY**

nutritionists, and SoulCycle instructors," Frank says. Some people do the work, but they just can't shake that extra flab. For them, "it's revolutionary," he adds.

**THUTT** It's not Merriam-Webster official just yet, but it ought to be: The "thutt" sounds exactly like what it is. "It's the gray zone between the thigh and the butt—specifically the lower, outer corners of the rear where the fat collects," explains Frank. You may think you can diet away these bulges, but it's not quite that simple, he says. The thutt is multifactorial: It's caused by a combination of fat settling into the area, a lack of muscle tone, and a natural loss of volume. ("Everyone's tush flattens with age," Frank says.) To conquer the thutt, it's about moving real estate, which can be done via laser lipo and fat transfer.

Laser liposuction, which is done under local anesthesia, both melts the fat and tightens the skin from the inside. Compared with traditional lipo, "this procedure reduces trauma and risk," says Frank. Once the fat is removed, it's combined with platelet-rich plasma (PRP), which is derived from the patient's own blood. This makes the fat "take" to the body when transferred to the center of the buttocks. "And once it's moved there, it says there." The entire procedure takes about two hours, and patients can expect to go back to work in within two days. The cost? About \$7,500.

As for building muscle tone, Frank is a huge fan of Emsculpt (it can also be used on the bum). Of course, you can always shape up the old-fashioned way, says Megan Roup, creator of the Sculpt Society at Equinox. Her cult-workout class uses sliders and ankle weights, which add intensity to standard lunges and curtsy squats. "It's a great way to tone the backs of the legs, which don't get a lot of use, since most of us sit all day," says Roup. "A lot of women think cardio is the answer to shaping this area, but you really need to tone the muscle." If you can't make it to one of her classes, you can stream them online (and purchase the sliders) at [meganroup.com](http://meganroup.com). ■