

Society: Why eating together will change the world

PSYCHOLOGIES.CO.UK

# PSYCHOLOGIES

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JENNIFER  
LAWRENCE

On fame, fortune,  
and falling down

EROTIC  
INTELLIGENCE  
Has your libido  
left the building?

**18-PAGE SPECIAL**

# Be lucky

THRIVE: 7 WAYS TO LIVE A CHARMED LIFE

SEIZE THE DAY: WHY FORTUNE FAVOURS THE BRAVE

**+ TEST: QUICK! ARE YOU MISSING YOUR BIG CHANCE?**

9

**BEST  
SPAS**

Holidays  
for body  
& soul

+

The secrets to  
**HAPPY  
LIVING**

- GIVE MORE
- CARE LESS
- GET A DOG







Kiehl's  
Midnight  
Recovery  
Concentrate,  
£36



#### NEAR & FAR

*Connect with others  
through your beauty buys  
by purchasing products  
with a cause: your cash  
will make a difference to  
people all over the world*

#### FUN LOVING

When I want to reconnect with my sense of fun, I inject colour. **Clarins 'Colours of Brazil' Quartet & Eye Liner Palette**, £32, has soft neutral tones that juxtapose with a vibrant, cobalt blue. Use the blue to line eyes by day; add intensity by applying all over lids at night. To liven up cheeks, gel-to-powder **Becca Tint Shimmer Souffle**, £22, comes in bold hues, as does new lippy **Bobbi Brown Art Stick**, £19. If you're attached to neutrals then at least try the latest 1980s-inspired **Deborah Lippmann summer nail collection**, £16.



#### GIRLS' NIGHT

Life can get busy and often friendships take a backseat to partners, kids or work. I'm a big fan of organising monthly nights in with my gal pals to reconnect over wine and facemasks. **Skyn Iceland Hydro Cool Firming Face Gels**, £30, are my current-peptide-packed favourite.

## THE BOOST } beauty notes

#### BODY TALK



**RELAX**  
Aveda  
Stress-Fix Body  
Creme, £36

**REVIVE**  
Aurelia Firm &  
Revitalise Dry  
Body Oil, £48

## This is the month to... reconnect



My morning commute is dedicated to emails; I tweet, Instagram and use Facebook throughout the day and people never have to wait long for a text back. I'm attached to my phone and if my internet connection doesn't work, I panic – I can't handle not being connected. But going away for a week on my own with only my phone for company made me realise being 'online' constantly doesn't compare to real human connection. 'The virtual world allows us to edit, filter, distort and sprinkle fairy dust on reality and actually leaves us less connected with ourselves, others and the world around us,' psychologist Elaine Slater says. As my week went on, I stopped replying to emails during spa treatments, and opted to chat (about issues from politics to economics, as it turned out) with my therapist instead. This month, I've sought out beauty buys that help improve my sense of connection.

*Amrley*

Beauty and wellbeing editor

Sisley  
Sunleÿa GE  
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£158



**This strengthens, smoothes, firms and protects against UVA and UVB, allowing you to explore the great outdoors, while safeguarding your skin.**

THIS MONTH, I'VE BEEN... READING DIJASWORLD.COM TO DISCOVER SOMEONE ELSE'S TAKE ON BEAUTY