

# Health

## LOOK FAB NOW

HAIR, MAKEUP  
& CLOTHES  
YOU'LL LOVE

Sizzling  
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SECRETS

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WITHOUT  
TRYING

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Yoga For Great Arms

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Moore*  
SHARES HER  
NATURAL  
BEAUTY MOVES

101  
*summer  
thrills*

- Skinny drinks
- Fun workouts
- Time for you

Health.com JULY/AUGUST 2011



## Behind the Scenes at Health

### Stacy London

Starting this issue, the host of TLC's "What Not to Wear" makes over readers' wardrobes in our new "Closet Rehab" column (page 40).



#### So what is the telltale sign you need a closet audit?

If you have tons of clothes and still feel like you have nothing to wear.

#### What one staple should we all own?

A jacket to layer with.

#### Which trend do you wish would go out of style ASAP?

Dresses so short that you're giving people a free show!



### Mark Bittman

A *New York Times* columnist and the author of *How to Cook Everything* and *The Food Matters Cookbook*, Bittman created our delish and

healthy seafood recipes (page 139).

#### Do you have a favorite topper for any fish?

Chopped fresh herbs like parsley, cilantro, dill, chervil, and/or basil. Chopped tomatoes are good, too. And lemon wedges are a must.

#### What wine should we serve with seafood?

White and crisp: Muscadet, Pinot Grigio, unoaked Chardonnay.

### Leslie Lopez

This celeb makeup artist was on set to help Julianne Moore get glowing for our cover.

#### What was your favorite moment?

Realizing that I was working with Julianne Moore! I started doing her makeup a few months ago, and she's very sweet.

#### How did you enhance Julianne's natural beauty without overwhelming it?

I didn't use foundation—she didn't need it! But I used a cream blush to give her a healthy, pretty flush.



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**Stacy London**, of TLC's *What Not to Wear*, is a co-founder of Style for Hire, a national network of certified personal stylists.



**Tulle sweater** (\$53; [tulle4us.com](http://tulle4us.com)); **Joe's jeans** (\$158; [joesjeans.com](http://joesjeans.com)); **Calvin Klein pumps** (\$128; [zappos.com](http://zappos.com)); **Mixit by jcpenney bangles** (\$14 for a set of 14; [jcpenney.com](http://jcpenney.com)); **Sushma Patel ring** (\$30; [sushmapatel.us](http://sushmapatel.us))

# Fun Up My *wardrobe*

Do you always end up in jeans and a tee, like Joanna Borns, 26?

**Stacy London** to the rescue! See how she took

Joanna's wardrobe from dull to wow with a few style tweaks.



Her great-grandma's  
scarf (vintage!)

**Coldwater Creek dress** (\$110; [coldwatercreek.com](http://coldwatercreek.com)); **American Eagle Outfitters cardigan** (\$40; [ae.com](http://ae.com))

**Stacy says:** "A lot of women are afraid to wear white because they believe it will make them look larger. While dark colors do camouflage, the texture and cut of the clothing always dictate how flattering it will be on your body. I love the cutout detail on this white dress! Joanna's signature accessory is a scarf, so I added her own vintage one and a coral cardi to break up the white and flatter her figure even more."



## keep it!

### GLADIATORS

Joanna's metallic pair dresses up casual looks. **Nine West sandals** (\$49; 800-999-1877)



That's her top

**Tart blazer** (\$172; [tartcollections.com](http://tartcollections.com)); **Gap shorts** (\$50; [gap.com](http://gap.com)); **Lulu's necklace** (\$37; [lulus.com](http://lulus.com)); **American Eagle Outfitters shoes** (\$30; [ae.com](http://ae.com))

**Stacy says:** "For work, think of shorts as an alternative to a summer skirt. Look for a pair that fits like a good trouser: midrise and straight leg, with a just-above-the-knee length. No bells, no whistles, just a great fit. I paired them with Joanna's own bright top and a simple, thin-striped jacket (she loves stripes) for a classic look. Now Joanna's ready for work, a dinner date, anything!"



## toss it!

### OVERSIZED BLAZER

Make room instead for a shorter style without the NFL-grade shoulder pads.

**Stacy says:** "Joanna's lifestyle—she's a game show researcher—calls for casual clothing, but that doesn't mean messy or unstylish! She dyed this tank after staining it (very clever, girl), and I mixed it with an equally bright cardigan and scarf. It is perfectly fine to wear a few bold pieces together, as long as they don't compete with each other. These pieces look sophisticated with slim, dark-wash jeans and neutral heels."