



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE



Dr. Oz's Two-Day Wonder Cleanse

6 Meals, 8 Snacks, and a Happier, Healthier You

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De-clutter Your Life!

HOW TO TAME YOUR MESS, CALM YOUR MIND, LIGHTEN YOUR LOAD

7 Secrets of a Master Organizer

Fast Fixes for Every Room

Gayle King's Extreme Closet Makeover
One Woman, Many Shoes

"Six Things I'm Finally Getting Rid of—Hallelujah!"

—Oprah

Walking on Sunshine

Smart New Ways to Kick Pessimism to the Curb



O, Beautiful!

Ask Val

YOU'VE GOT QUESTIONS? OUR BEAUTY DIRECTOR, VALERIE MONROE, HAS ANSWERS.



What will help...
Ulthera(py), a focused ultrasound treatment for tightening skin.

(like Sunve Scalp Solutions Anti-Dandruff Nourishing Shampoo, \$4, or Head & Shoulders Green Apple, \$5; drugstores).

Keep in mind: If you use conditioner, don't massage it into the scalp—it's formulated for hair, not skin, and can aggravate your problem.

Q Can I firm up my sagging jawline without expensive treatments?

A: How I wish I could say yes. But all I can tell you is how to *forestall* a sagging jawline without expensive treatments (avoid repeated weight gain or loss of more than ten pounds; use retinoids to encourage collagen production and sunblock to prevent damage to elastin). Despite what some clever marketing wizards contend, no lotions, potions, pills, or massage treatments can firm skin that has already begun to sag, says Haideh Hirmand, MD, clinical assistant professor of plastic surgery at Weill Cornell Medical College. What will help, though the treatments aren't

cheap: fillers (like Restylane, Juvederm, and Radiesse) to replace lost volume in the jawline (average cost: \$650), in conjunction with Ulthera, a focused ultrasound treatment for tightening skin (\$3,000 to \$5,000). Of course, the most extreme—and priciest—approach is a face-and-neck-lift (up to \$20,000).

Keep in mind: If you can't justify paying for treatments that work (or you can't afford them), I have a few ideas. Have your brows shaped for an instant lift. Play up your lovely eyes. Or get really radical and quit focusing on your sagging jawline. I have one, too. I don't think about it. And as far as I can tell, no one else seems to think about it, either. ☺

More Sheer Fun

I was just 21 when CLINIQUE first introduced Black Honey, the sheer, deep raisin lip shade that, in the 41 years since, has become a cult favorite. It was a miracle to me then that a color so dark in the tube could look so natural on my mouth, as if I had eaten a handful of juicy blackberries. And it seemed every time I asked a friend about the gorgeous lipcolor she was wearing, it was Black Honey: great on everyone. So in spite of the fact

that I have now worn—or at least tried—every wildly pigmented and textured lipstick known to woman, I'm thrilled that Clinique has brought out seven new shades of ALMOST LIPSTICK (\$15 each; clinique.com), in nudes, pinks, violets, and reds, all in that familiar skinny silver tube. Like the original, they're easy to wear no matter your skin tone—exactly what you'd expect from the cute, comfy tennis sneakers of lipcolor.



DO-GOODY BAGS

Motivated by our de-cluttering story (page 168) to organize your beauty stash? One of these pretty WORKSHOP/COOP makeup bags (\$45; theworkshopcoop.com) might come in handy. The bags are made in Guatemala by a 100 percent worker-owned women's weaving association; each bag sold provides half a year of monthly hygiene products to a woman or girl who has been displaced from her home.

