

Beauty Tips for Making it Through a Long Winter

By Mary Jo Matsumoto



Even if you live in a mild winter climate, it can still be difficult to make it through the long winter months without suffering a bit from chapped skin, dry hair, and gaining a few dreaded pounds. *Here's a simple beauty roundup to get you looking your best within a matter of weeks.*

Instant Gratification That Lasts: If you'd like to see wonderful results on tired skin, I highly recommend The Radical Departure Kit, an accelerated program for achieving maximum results in just a few weeks. Created by ABC's Extreme Make-over skin guru, Dr. Shamban, the four compact and easy to use products make up a 14 day regimen that helps reduce the appearance of fine lines, wrinkles, and age spots, while enhancing and toning skin. Dr. Shamban is also a bench research scientist who runs a thriving practice of over 40,000 patients and caters to Hollywood's elite, including Nicole Kidman, Kate Beckinsdale and Sandra Bullock to name a few. I tried The Radical Departure Kit and have to say that my skin now looks and feels ready to face a fresh

spring day. *The Radical Departure Kit is \$125 and available at www.avamd.com.*

Brighten Your Smile: If you want to get quick results in just a few days, you can whiten your teeth by five shades in just five days with Rembrandt Mint Whitening Strips. I like their new Mint flavor and their thinner strip technology makes it more comfortable for the 30 minutes you're required to wear them. Strips only have to be worn once a day and the convenient box comes with a seven day supply- a perfect way to add sparkle to your smile. *Rembrandt Mint Whitening Strips are available at most drugstores as well as www.drugstore.com.*



Nourish Dry Skin: This is the perfect time of year to consider slathering on a lotion chock-full of vitamins and minerals. Beauty products that use the edamame bean incorporate rich antioxidants that can help repair skin damage and prevent future damage. The abundance of vitamins A and C stimulate synthesis of collagen in the skin and provide protection

from environmental damage. Naturals Edamame, Rice & Bamboo Body Lotion, a skin-firming blend of edamame (soy), rice bran oil, and bamboo helps renew and revitalize stressed or dehydrated skin. *Price: \$20.00 at www.crabtree-evelyn.com.*

Repair Chapped Lips: Of all the lip balms that I have tried, Eco Lips tops my list, not only because it is a certified organic product, so you won't be ingesting petroleum, parabens, or GMOs, but also because it comes in a handy stick (*that keeps your hands from getting gooey the way it does with little finger pots*). Having tried almost everything on the market, I consider myself a bit of a lip balm expert, and for me the consistency is just perfect-smooth and light with no graininess, plus there are lots of great choices. You can choose from the Organic Beeswax, or Vegan Bee-free, Organic Vanilla, Organic Medicinal for cold sores, SPF 15



Berry, SPF 15 Mint, and SPF 30 for extreme outdoor enthusiasts. One percent of all Eco Lips products are pledged to environmentally focused organizations. *The Eco Lips Lip Care Kit with seven Eco lip balms is \$20.99 at www.ecolips.com.*

Baby You Hair: Your hair is one of the first places to indicate the wear and tear of a hard winter. *Celebrity hairstylist Barry Reitman at Juan Juan Beauty Salon in Beverly Hills says dry, frizzy ends are a result of a lack of moisture, "People with chemically over treated hair often have this problem because the hair is far too porous and won't hold in the moisture."* Barry recommends a haircut if your ends are dry and damaged at least every 6-8 weeks. A fabulous in-salon treatment for the winter hair blues is Barry's special hair masque cocktail. He uses a combination of a clear glaze (*non color*) with Redkens Butter Treat. After shampooing the hair, it is towel dried. The treatment is applied by massaging the scalp and working it through the ends of the hair. Dryer heat is used for 20-30 minutes to activate the conditioning treatment. The final step is a cool rinse without shampoo. Once dried, the hair will have a super long lasting smooth frizz free hair. *For a consultation, Barry can be reached at Juan Juan Beauty Salon (310) 278-4247.*

On days when I have a little free time, I love using Kama's 100%-natural and organic Intensive Hair Treatment. Made from a blend of herbs processed in pure sesame oil and milk, this treatment will also prevent hair loss, dandruff, and premature graying. Simply rub the oil into your dry ends and wrap with a towel. *When you're ready, rinse for glossy lush hair. Kama Intensive Hair Treatment can be purchased at www.kamaayurveda.com.*

If you're short on time, you can also maintain soft luxurious locks at home with easy to use products like Dove's Advanced Care Therapy Repairing Treatment, which uses a patented Silicone Technology that seeks out the

damaged area of the hair, where treatment is needed most. It contains intense conditioners important for hair that has undergone chemical treatments and will leave hair noticeably softer and smoother without weighing it down. *Dove Advanced Care Therapy Repairing Treatment is available at most drugstores nationwide and www.drugstore.com.*

What To Do About Bikini Season (*it's around the corner!*): If you'd like to shed some weight without having to think about your diet, or you just want to kick-start a healthy eating plan that doesn't require hours of extra planning, Zone Chefs is the perfect solution. Zone Chefs delivers fresh food to your doorstep daily, providing three delicious gourmet meals and two snacks by 5 a.m. each day. In order to insure variety, entrees are on a 120-day cycle. Gourmet meals are packaged in convenient microwaveable containers and placed in an insulated bag packed with ice packs to keep everything fresh throughout your delivery. They have stellar testimonials and I can personally vouch for the practical system of appealing food and impeccable customer service that Zone Chefs provides. *Pricing ranges between \$33.99 and \$44.95 per day. For more information go to the website www.zonechefs.com or call (800) 906-5927.*



Mary Jo's Quick Tips:

- 1) You don't need to do everything at once. You could start with something easy like teeth whitening strips you can pick up at your local drugstore. Your sparkling smile will encourage you to do more.
- 2) Try and schedule one new beauty-enhancing treatment every week. If it's pounds you've gained, try a healthy diet plan, visit a nutritionist, or enlist in the ZoneChef program to make things simple. Being consistent will give you a sense of satisfaction and keep the results coming.
- 3) Staying well groomed takes consistent effort. Try to schedule your next hair, massage, or nail appointment while you're there so you'll feel compelled to keep up the good work!
- 4) If you're pressed for time, think of ways to multi-task. One facialist I know swears by wearing a mask during breakfast. Anakiri Regenerating Oatmeal Mask (www.anakiri.com) is one of my favorites. Try this routine, and you'll leave the house with glowing skin.

Style expert and fashion/beauty journalist Mary Jo Matsumoto writes a style blog at www.trustyourstyle.com. She is debuting a new line of women's couture evening dresses and separates and expanding her successful handbag line to include a luxury selection. To view Mary Jo Matsumoto designs and upcoming shows please go to the website www.maryjomatsumoto.com.

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