

glow

fall
trends
anyone
can wear

HEALTH MYTHS
EXPOSED

FOREVER
YOUNG!
20 EASY
IDEAS

ET Canada's
Cheryl Hickey
GO BEHIND THE SCENES P. 84

flawless makeup
every time

DANCE YOUR WAY THIN

free
stuff
for you



ride the wave

About 65 percent of us have some natural curl in our hair, according to Betty Di Salvo, co-owner of The Curl Ambassadors salon in Toronto. Learn how to rock the wavy look with Di Salvo's tips.

TOOLS

You'll need a wide-toothed comb, a blow-drying diffuser with protruding teeth, and a microfibre towel to remove excess water (cotton towels separate the wave and create frizz).

PRODUCTS

Fine-haired girls should use a lightweight, leave-in styling conditioner. For more hold and frizz-fighting power, use a glaze or mousse. Avoid heavy gels, which can create the "crunchy" effect.

STYLING

Hold your head upside down and blow-dry with a diffuser, keeping it in the same place for at least 60 seconds before moving on. "If you 'attack' your hair with a diffuser, you just break up the wave," she says.



JESSICA BIEL



HAYDEN PANETTIERE

the prettiest fall blushes

Swirl on these pink gems to get crisp, wind-kissed cheeks



RED EARTH
CLAMOROUS AFFAIR FLUID
BLUSH IN SENSUAL ROSE, \$14

SMASHBOX
DECADENCE COLLECTIVE
BLUSH IN ECSTASY, \$20

DIOR
GLOWING COLOUR
POWDER BLUSH IN STRAW-
BERRY SORBET, \$40



Q

What's the difference between "illuminating" and "whitening" products?

Facial illuminating products have light-reflecting micro-particles, such as zinc and titanium, that sit on top of your skin and reflect light, giving the illusion that your skin is brighter and more luminous, says Dr. Karen O'Neill, a dermatologist in Mississauga, Ont. These particles are applied topically – not absorbed into the skin – and they have more of an aesthetic effect and can be used safely on any skin type. Whitening products contain bleaching agents, such as hydroquinone and ruxem, that inhibit the production of melanin in the skin to break up any dark spots, known as hyperpigmentation, says O'Neill. "A whitening agent is something that's going to give immediate brightness and is absorbed by the skin, causing it to whiten over time with continued use," adds O'Neill. Whitening products take anywhere from weeks to months to work and can be irritating, so not everyone can tolerate them. Use with care – especially by those with darker complexions – because they can affect the skin's pigmentation. And SPF is a must, as they make you more photosensitive.

BOTTOM LINE: IF YOU JUST WANT TO LOOK A BIT FRESHER AND LUMINOUS, STICK WITH ILLUMINATING PRODUCTS. ONE TO TRY: NEUTROGENA ILLUMINATING WHIP MOISTURIZER SPF 20, \$23. IF YOU HAVE STUBBORN HYPERPIGMENTATION SPOTS THAT YOU WANT TO FADE, GO WITH A WHITENING PRODUCT. ONE TO TRY: BIOTHERM WHITE DETOX ULTRA-WHITENING DETOXIFYING ESSENCE, \$65.

got a beauty question or want to read past Q&As? check out glow.ca/beat