

January 2015

# InStyle

## 2015 Style Guide

**YOUR  
31-DAY  
MAKEOVER  
PLAN**

**EXPERT TIPS  
TO REFRESH  
BODY, SOUL  
& STYLE FAST!**

**15 FASHION  
OBSESSIONS  
FOR 2015**

**WORKOUT  
WARDROBE**  
*Styling Twists*

PAGE 51

**HOTLIST!**  
**BEST NEW  
HAIR &  
BEAUTY  
LOOKS  
TO TRY  
NOW**

**THE  
COLOR  
OF THE  
YEAR**  
*& How to  
Wear It*

**Jessica  
Chastain**  
CANDID TALK  
ABOUT MEN,  
FAME & FACING  
YOUR FEARS



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DAY

16

# TREAT

## *the Untreatables*

Dimpled thighs and bulging veins aren't for life, thanks to two innovative new procedures offered at your doctor's office.

### **Body FX Cellulite-Melter**

**The Treatment** A combo of radio-frequency energy and vacuum suction reduces cellulite, tightens skin, and shrinks fat deposits. **The Commitment** Four to six sessions. **The Cost** Around \$200 per session. **The Fine Print** It's most effective for women within 10 pounds of their healthy weight.

### **Varithena Varicose Vein Foam**

**The Treatment** A shaving-cream-like foam is injected into veins, painlessly redirecting pooled blood from faulty vessels to functional ones. **The Commitment** Two sessions may be needed for optimal results. **The Cost** Varies based on insurance coverage. **The Fine Print** You'll have to wear a compression stocking for a week after the injection.

Mika Yoga Wear shorts. Nike sneakers.





DAY

22

## Slash Your SALON BILL

Fill out a questionnaire about your hair type and color and send photos to a consultant at [madison-reed.com](http://madison-reed.com); a custom color kit is then mixed and sent your way for only \$30. The corresponding voice-activated app—so no touching your phone with gooey hands—guides you through each step of the DIY process with clear and helpful directives. Your colorist may miss you, but your bank account will thank you.

DAY

## 23 FACETIME YOUR DOC

Prep for unexpected ailments by signing up for Doctor on Demand ([doctorondemand.com](http://doctorondemand.com)). Input your symptoms and for a flat fee of \$40, you'll be connected with a board-certified physician in your state for a video exam. Docs can even prescribe meds for common afflictions and treat behavioral-health issues.

DAY

## 24 Give Yourself a 60-SECOND FACIAL

Some women enjoy having their face prodded for 90 minutes. Others, *um*, don't. The second camp should consider **Ren's Flash Rinse 1 Minute Facial**. The high concentration of vitamin C sloughs away dulling dead skin cells, while boswellic acid fights signs of aging. "I call it nature's Botox because it softens wrinkles," explains Dr. Tanzi.



Ren Flash Rinse 1 Minute Facial, \$48; [sephora.com](http://sephora.com).

DAY

25

## ZAP ACNE, Grown-Up Style

Time to retire your gunky tube of zit cream. Here's how adults get 'er done.

### Cleanse with plasma

Water can strip your skin of the natural oils it needs, so try a plasma cleanser to lift away dirt, sans H<sub>2</sub>O.

Perricone MD Blue Plasma Cleanser, \$39; [perriconemd.com](http://perriconemd.com).



### Fight with light

With an extra-wide surface area, this blue-light device lets you cover your whole face quickly, calming pimples and preventing new ones from forming. Use for three minutes twice a week.

Pulsaderm, \$189; [pulsaderm.com](http://pulsaderm.com).



### Treat while you sleep

This overnight lotion is gentle enough for sensitive skin but has a high concentration of salicylic acid, which treats existing breakouts.

Overnight Acne Repair Lotion, \$65; at [Wexler Dermatology](http://WexlerDermatology.com), 212-684-2626.



DAY

26

## DON'T GET MAD, GET EVEN

If broken capillaries, sun spots, or dark freckles are taking up prime real estate on your face, talk to your dermatologist about in-office Lumecca light treatment (\$300–\$500 per session). It works in two to three visits (most others require at least six). "Specifically targeting pigmentations gets a better result faster," says Dr. Tanzi.