



THE LAST WORD ON LOOKING GREAT— FROM THOSE WHO SHOULD KNOW

BEAUTY GLOSSIP

PALOMA PICASSO ARTIST, JEWELRY DESIGNER

If you like her perfume, you'll love her lipstick! Paloma Picasso shared her secret formula for those racy red lips (that make her look so sexy in her sensational perfume ads) with L'Oréal's French Division. We expect Paloma to give a kiss of approval to an American launch of her lipstick—called "Mon Rouge"—this fall. Watch for it at better department stores.

LOSHI COSMETICS SAN FRANCISCO, CA

What ultimate luxury will give you glowing skin? Gold! LoShi Cosmetics finally brings its 24 Gold Series skin-care line to America after five successful years in Japan. Their exclusive Gold Peel Gel contains one gram of pure gold, which is granulated into flakes that do a super cleansing job on skin. They act like magnets on microscopic impurities, literally drawing

them right out of your pores. Call 800-822-2622 and indulge.

AEROBICS & FITNESS FOUNDATION OF AMERICA LOS ANGELES, CA

Attention exercise enthusiasts: The Fitness Hotline will answer any questions about aerobic activities (like how to prevent injuries). The staff includes exercise physiologists, nurses and aerobic consultants. Call 800-BE-FIT86 between 9:30 A.M. and 5:30 P.M., Pacific time.

FLORI ROBERTS COSMETICS

FARMINGDALE, NJ

Erase makeup mistakes in a minute! Flori Robert's Makeup Corrector has an easy-to-use wand applicator with a contoured felt tip that removes misplaced eye shadow, mascara smudges, even smeared lipstick. Plus, it's oil-free, fragrance-free and small enough to slip in your purse so you'll never be without picture-perfect makeup.

PRINCESS MARCELLA BORGHESE

NEW YORK CITY

Great news for oily skin: Hydro-Minerali Natural Finish Makeup—a technological first! It's not only a foundation, it also provides you with a sunscreen. It's not only a moisturizer, it corrects oil breakthrough with its unique complex of nine natural minerals (including magnesium, zinc and calcium). Available in five face-flattering shades.



PHILIP KINGSLEY TRICHOLOGIST

Stressed out over losing locks? Help heal your hair by adding a teaspoon of brewer's yeast to your glass of orange juice in the morning. It's an antistress vitamin, which also increases the effectiveness of other vitamins (like B₁₂ and E) that make hair healthy. Another bonus: Some evidence even suggests it inhibits graying!

ANTHONY WILCOX, PH.D. EXERCISE PHYSIOLOGIST, KANSAS STATE UNIVERSITY, MANHATTAN, KS

New news in the when's-the-best-time-to-exercise department: To make sure you burn the most fat, head for the gym before you head for the breakfast table, says Wilcox. Since your insulin level is lower before you eat than after, your body has already begun to burn fat—exercise just taps into your fat reserve even more. Wilcox's specifics: Two thirds of the total calories used to fuel your before-breakfast workout comes from the body's fat stores, compared to only one half when you work out later in the day.

DIANA BIHOVA, M.D. NYC DERMATOLOGIST AND COAUTHOR OF *BEAUTY FROM THE INSIDE OUT* (RAWSON ASSOCIATES, 1987)

Women who wear makeup have smoother, clearer, firmer and younger-looking skin than their more "natural" sisters. Why? The oils in cosmetics delay the evaporation of moisture from the skin, and the pigments in cosmetics act as a partial barrier against damaging ultraviolet rays from the sun.

LE PLI HEALTH SPA & SALON CAMBRIDGE, MA

For a fast summer shape-up, try the Le Pli Weekend. Beginning with a fitness evaluation, you'll enjoy a wide range of beauty treatments and fitness services while cementing new health and fitness practices into place. For more information, call 617-868-8087. □