

ym (stuff we like)

DIARY BEAUTY BOYS STARS STYLE STORIES



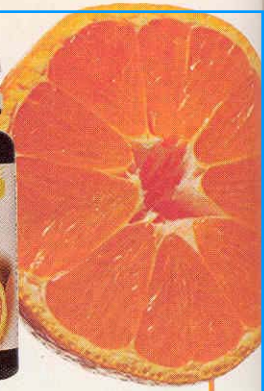
BEAUTY RESOLUTIONS

We hate to admit it, but we're not perfect. And, sadly, we don't always follow our own advice. We swear this year is going to be different.

1. Resist the temptation to pick at our pimples.
2. Start drinking water instead of staring at it while we slurp soda.
3. Stop using our nails as all-purpose tools or chew toys.
4. Wash our makeup brushes regularly to get rid of gross bacteria.
5. Floss, floss, floss.



For resolutions from beauty experts and the ym staff, visit ym.com.



You'll need more than an apple a day

Funny how you constantly forget how much being sick blows until it happens again. Yes, it's actually worth taking some precautions this winter, so here's our mom-channeling list. Get plenty of sleep (about eight hours a night) and eat well. That means munching on loads of fruits and veggies, so try to expand your horizons beyond the potato chip. Your body also needs protein to keep its immune system strong. Vegetarians: Pay extra attention here and make sure you eat lots of legumes. Everyone should also talk to a doctor about getting a flu shot. Since it takes about a month to start working, the sooner you get one the better, says New York physician Christopher Barley. He also recommends that you take 500 mg of vitamin C every day during the winter. And if you feel a cold coming on, pop some zinc lozenges and echinacea. Check the directions on the bottle for the recommended daily dose because Christopher says brands vary in concentrations. Final Mom words: Exercise, drink water, wash your hands a lot to kill bacteria, and for God's sake stay away from icky sick people. —Abby Gardner

how to wear matte lipstick

It's almost scary the way matte lipstick automatically makes your whole face look more sophisticated. There's just one little problem, according to makeup genius Carol Shaw: Some matte formulas will suck the moisture right out of your lips. So before you go matte, put on a little nongreasy lip balm, like ChapStick, \$2, to keep your lips soft without adding shine. Then, if you have a full, pouty mouth, go crazy with great fall shades like rich reds and plums. But because darker colors make your mouth appear smaller, thinner-lipped girls may want to stick to medium-to-light pinks and nude tones. —Beth Shapouri



1. **REVLON COLORSTAY LIPCOLOR IN BURGUNDY, \$8** Balance out deep blackberry lips by going light on your eye makeup.
2. **COVER GIRL TRIPLE LIPSTICK IN SUMMER ROSES, \$5** This rich pink works with just about every skin tone.
3. **STILA DEMI CRÈME LIQUID LIP COLOR IN DEMI ROSE, \$24, www.sephora.com** It sounds like an oxymoron: a matte that goes on like a gloss. But really there's not a bit of shine.
4. **LORAC MATTE LIPS IN EXPLORE, \$18, www.sephora.com** A serious red color is beautiful, once you work up the guts to try it.

