



# Hello, Beautiful!

CAN MUCH-HYPED NEW PRODUCTS  
MAKE YOU PRETTIER? BEAUTY EDITOR  
**HEATHER DUNHILL** TESTS—AND TELLS.

## URBAN DECAY

Liquid Aura Illuminating Mix-In Medium, \$32

**The claim:** Add a shot of this opalescent serum to foundation for an instant glow. Iridescent pigments leave skin looking luminous, dewy and youthful.

**The verdict:** If you try this, go easy on the “shot of serum.” My face looked like a glowy hologram in event pix that popped up on Facebook.

## DERMALOGICA

Daily Superfoliant, \$56

**The claim:** This highly active resurfacer smooths skin and helps fight biochemical and environmental triggers that accelerate skin aging.

**The verdict:** A next-generation product. The powerful enzymes are deep-cleaning, and the white charcoal pulls out pollutants, leaving behind the softest skin ever.

## VITABRID C<sup>12</sup>

Vitabrid C<sup>12</sup> FACE Brightening Powder, \$60

**The claim:** A chemistry prof harnessed the power of Vitamin C through biotechnology, allowing this product to penetrate the skin and release the Vitamin C for 12 hours.

**The verdict:** First, I love the idea of potent Vitamin C continually releasing into my skin. Second, I'm so crazy about the brightening benefits that I just purchased my second bottle.

## DERMAFLASH

Facial Exfoliating Device, \$189

**The claim:** Inspired by the costly Dermaplaning available in medical offices, the device gently removes the

outermost layer of skin with a sonic-vibration scalpel to reveal a brighter, smoother complexion.

**The verdict:** Try this! It sweeps away dull skin cells and peach fuzz, creating a clean slate to absorb serums and potions and a flawless canvas for make-up.

## CHANTECAILLE

Longest Lash Faux Cils Mascara, \$72

**The claim:** The newest lash peptide technology helps enhance the appearance of natural lash length, thickness and fullness.

**The verdict:** For 72 bucks, one hopes it delivers. And it does. In less than three weeks I saw a noticeable difference in my lash health and length.

## GLOSSIER

Wowder, \$22

**The claim:** Wowder will cut shine, blur pores, set make-up, look like skin. It won't leave a chalky film, cake into fine lines, flatten skin's texture, and there's no camera flashback.

**The verdict:** All true. The best powder I've ever used. It's the perfect density for the optimal matte-not-flat finish. And buy the angelically soft Wowder brush for application.

## OUAI

Dry Shampoo, \$24

**The claim:** This dry shampoo neutralizes product build-up and oil, leaving hair refreshed with a light, airy scent. No suspicious white spots.

**The verdict:** It works as promised, even with post-massage-oiled hair. But the intense fragrance is neither light nor airy. You've got to like the scent. Big time.

## PLANT POWER

Want to look great and live longer?  
Eat plants, says an oncologist.



Moffitt Cancer Center's **Dr. Amber Orman** couldn't be a better ambassador for the way of eating she espouses. Glowing with health and energy, the

radiation oncologist recently spoke at a luncheon at Selby Gardens about the disease-fighting effects of a plant-based diet.

Orman, whose clinical focus is breast cancer, has a special interest in nutrition. The traditional American diet has led to an epidemic of obesity and health risks, she says. Cancers associated with being overweight make up 40 percent of cancers diagnosed in the United States, and eating processed meats—bacon, hot dogs, deli meats—has been directly linked to colon cancer, with your risk rising with your consumption.

“A healthy plant-based diet reduces weight and is also an anti-inflammatory diet,” she says. And that reduces the risk of all the major chronic diseases, from hypertension and diabetes to heart disease, which, she notes, “kill more people than all cancers do.”

Orman advises her patients to avoid meat, especially red meat, and dairy products (new research indicates that even eggs should be avoided). Instead, they should eat grains, fruits, vegetables, nuts and seeds. Data shows that a plant-based diet reduces patients' risk of cancer recurrence, she says. It also makes them feel and look better. As they lose weight, they get off blood pressure and other medications, which can cause a host of side effects. Many notice improvements in their hair, nails and overall health—even a reduction in depression.

Orman, who has been practicing what she preaches for years, says she gets plenty of protein from beans, grains—“quinoa is fabulous”—chia and other seeds, and smoothies made with hemp protein. Even vegetables provide some protein, she notes. Because you're changing your habits, “there can be a learning curve,” she says. Among her tips: “Variety is key; also, eat like the rainbow—choose foods in lots of different colors.” You can learn more about a good plant-based diet at the American Cancer Society (cancer.org) and the American Institute of Cancer Research (aicr.org). —PAM DANIEL