

# SELF

A full-page portrait of actress Natalie Dormer. She has long, wavy blonde hair and is looking directly at the camera with a neutral expression. She is wearing a maroon, sleeveless, cut-out dress with a crisscrossing strap design across the bodice and waist.

**GAME** OF  
**THRONES**

**NATALIE  
DORMER**

**GET UP  
& OUT!**

WAKE-UP  
WORKOUTS

STYLE TO GO

GLOWY  
SKIN GUIDE

**Your  
BEST  
BUTT**

p. 58

**STRONG** + **SEXY**

**191** MOVES & LOOKS  
TO KEEP YOU IN  
FIGHTING FORM





"IT TAKES JUST AN INSTANT  
FOR HANDS TO TOUCH AND  
HEARTS TO FALL IN LOVE."

J. LUKE, WRITER



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OLIVIA WILDE WEARS WILD CARD.

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(APRIL)

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\*\* Self-evaluation at t=4 weeks after application of the serum foundation (N=33) or the compact powder (N=31).

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CLOCKWISE FROM LEFT: HANS NEUMANN, BJARNE JONASSON, ZOLTAN TOMBOR, SAM KWESKIN, BJARNE JONASSON. SEE GET-IT GUIDE.



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OR  
INSTANTLY TAN

EXTEND EVERY TAN



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**Photographed by** Bjarne Jonasson  
**in** Palmdale, California  
Styling, Melissa Ventosa  
Martin; hair, Mark Hampton  
for Toni&Guy Hair Meets  
Wardrobe; makeup,  
Matthew Van Leeuwen at  
The Wall Group; manicure,  
Ashlie Johnson for  
Chanel Le Vernis; production,  
PeterMcClafferty.com.

**CLOTHES** Dress, Christopher Kane. Earrings, Tory Burch. See Get-It Guide.

**GET THE LOOK** Covergirl Eyeshadow Quad in Notice Me Nudes, \$9. Aveda Pure Abundance Style-Prep spray, \$24

40



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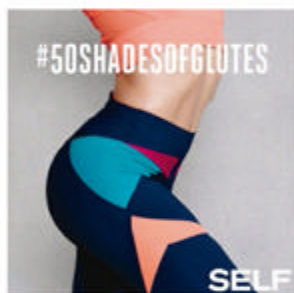
## WHAT'S NEW

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# 3,932

LIKES ON ONE OF OUR MOST POPULAR FACEBOOK POSTS, "THE BEAUTY OF ACRO-YOGA"

## Twitter

For the inside scoop on how our staffers live the SELF life, check out their tweets.

*Trying to cook but can't lift arms up. Thanks, @TitleBoxingNYC #UpNOut*  
@EMRoTh, editorial assistant

*My #FitFriday lunch: Hard-boiled eggs, cumin-spiced lentils, quinoa and braised fennel.*

@tatiboncompagni, lifestyle director

*The best part of my Monday?*  
@FlyBarre at 6:30  
#MondayMotivation  
@clarapersis, social media manager

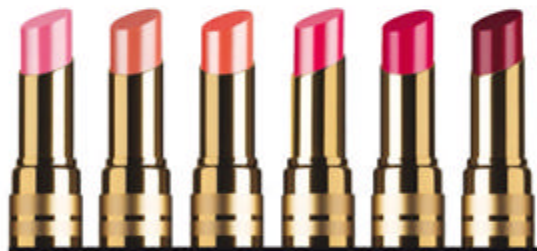
Our No-Equipment Workouts board is full of do-anywhere moves.



## Pinterest

Need workout ideas? We've got hundreds of fitness pins at Pinterest.com/selfmagazine.

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SELF

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CLOCKWISE FROM TOP: STOCKFOOD. COURTESY OF SURF AND SAND RESORT. CHRISTIAN HÖGSTEDT.



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## EDITOR'S LETTER

# GET UP & OUT!

Growing up, I was not a morning person. My dad is a very chipper early riser, and he had a deeply annoying habit of barreling into my room, bellowing: "Rise and shine and beat up the new day!" I would groan and hide under the covers.

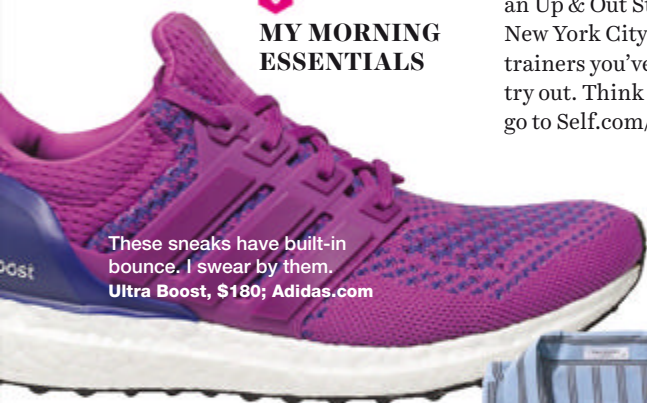
But, as I've grown up, I've come to relish my mornings. I love all the things you can accomplish—and I also love stealing a few more moments of sleep. For me, mornings are about possibility. They're the only time of day I feel like it's truly about me, not about work or plans with others.

At SELF, we are all about helping you get up and out the door and on to the business of living your day to its fullest. Each month, we celebrate a woman who has her mornings figured out (page 40), to inspire or help streamline your own. Our hashtag #UpNOut lives on Instagram and Twitter, and I get inspiration from all your pics of early A.M. runs, mouthwatering breakfasts and breathtaking sunrises. Keep them up!

I really wanted to take the idea of Up & Out to the next level. So we decided to create an Up & Out Studio—a two-day (June 27–28) fitness and wellness extravaganza in New York City, where we will bring the best classes from across the country, the celeb trainers you've been obsessing over and the latest gear all under one roof for you to try out. Think of it as SELF come to life. How awesome is that? For more info and tickets, go to [Self.com/go/upnoutstudio](http://Self.com/go/upnoutstudio). See you there!



### MY MORNING ESSENTIALS



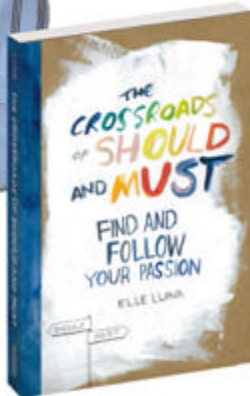
These sneaks have built-in bounce. I swear by them.  
**Ultra Boost, \$180; Adidas.com**

Want dewy skin all day?  
Oil is my answer.  
**\$185; Lancome-USA.com**



I go to sleep and wake up happy in cute pj's.  
**Equipment, \$388;  
646-277-6497**

This book is perfect to read before bed. It'll make you dream about the life you want. (From our SELF Made author Elle Luna, page 82)  
**\$17; ChooseMust.com**



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I don't normally smile this much during side plank, but working out at Equinox is one of my fave activities.

## 4 things that get me up and out

1/

### NO BLARING ALARM

I hate alarm clocks, so I've learned to wake myself up whenever I want. It's my superpower!

2/

### AN ORGANIZED CLOSET

I used to be messy, but seeing everything at once makes getting dressed easier.

3/

### A VERY HOT COFFEE

The first sip is magic to me. I have a few go-to cafés—and my Nespresso machine.

4/

### PEOPLE WATCHING

It makes my commute interesting, and it's much better than being glued to my phone.

My usual breakfast: berries and oatmeal or Greek yogurt

PORTRAITS FROM LEFT: STEWART SHINING. FRANCES TULK-HART. HAIR AND MAKEUP: ALEXANDROULFO.COM FOR DIOR SHOW AND ORIBE. STILLS CLOCKWISE FROM TOP LEFT: PROP STYLING: PAUL PETZY (2). WORKMAN PUBLISHING. CHOOSEMUST.COM. GETTY IMAGES. DAN DRURY/CNP DIGITAL STUDIO.





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(SELF)

# STARTER

## GREEN YOUR ROUTINE

➔ *Redefine eco-friendly  
with these exciting fitness  
innovations—just  
in time for Earth Day.*

BY MADELINE BUXTON

You're already toting groceries in cute canvas bags, buying organic and recycling *everything*. Now take that eco-consciousness in a new direction with a few fitness tweaks this Earth Day (April 22). It could be as simple as heading outdoors for your workout: Running outside instead of on a treadmill saves the same amount of energy you'd spend washing a load of laundry, according to researchers at the University of California in Berkeley. Or try some of the creative footprint-reducing initiatives that fitness companies—from gear and apparel retailers to exercise-machine manufacturers—are currently rolling out. GO GREEN > 22

SPORTS BRA and PANTS BaliniSports

Photographed by EMBRY RUCKER  
Styled by LINDSEY FRUGIER

APRIL 2015 / SELF 21



## Go green

Think of each of these simple tweaks below as a cooler, sportier take on planting a tree.

### UPGRADE YOUR APPAREL

Adidas by Stella McCartney and Lululemon's new swim line are a couple of examples of activewear brands using earth-friendly materials. Check for "recycled polyester," "organic cotton" and "hemp" on labels. Another tip: Choosing antimicrobial and quick-dry technologies, like those used in Athleta's UPF line, saves electricity, since clothes won't need to be washed as often. You can also try brands like SmartWool and Icebreaker, which use merino wool—a naturally antimicrobial material. For kicks, most of those made by Timberland now boast recycled materials.

### POWER YOUR GYM

The energy that exercisers put into powering their cardio machines is being harnessed to keep the lights and air-conditioning humming at cutting-edge gyms like EcoPower Fitness in Portland, Oregon, and Eco Gym, an Illinois chain. Wherever you live, look for ellipticals, bikes and more from SportsArt or those retrofitted by ReRev, companies leading the way in self-powered machines.

### GEAR UP SUSTAINABLY

Choose eco-friendly yoga mats, such as those in Manduka's LiveOn line, which uses recyclable materials with a zero-waste production process, or biodegradable options from Prana. Ditto for dumbbells: Pick metal over vinyl and PVC, since production of those materials can release toxic chemicals and be difficult to recycle. Now, enjoy those greener Tree poses and triceps kickbacks.



Shop our favorite green fitness products at [Self.com/go/green](http://Self.com/go/green).

### SIP FOR A BOOST

Instead of revving up for an A.M. workout with just caffeine, have beet juice, too. Rich in nitrates, the tart drink increases oxygen delivery to muscles and improves their efficiency, per a recent Kansas State University animal study.

OR

### FUEL YOUR ENDURANCE

When you're midmarathon you need calories to power through, and often a sweet gel or sports chew just isn't appetizing. To the rescue: Clif's new organic energy pouches in savory flavors, like sweet potato and pizza (\$3 each; [ClifBar.com](http://ClifBar.com)).

## ACTIVE TO-DO LIST

*Whether you're in the mood to do more or less, this month's ideas give you plenty of options.*

### GET MOTIVATED

Need a coach? Apps from Moov (free; iTunes) up your game with real-time nudges (e.g., "Step quicker!"). Plus they give feedback on your cardio-boxing, running and cycling form via a wrist or ankle sensor (\$69; [Moov.cc](http://Moov.cc)).

OR

### PEDAL HARDER

We tend to overestimate our indoor-cycling effort by 30 percent, reports a University of Nebraska in Omaha study. The fix: Find your intensity-level sweet spot by tracking your heart rate on an outdoor ride.

### RECRUIT A FAN CLUB

The app Motigo (free; iTunes) plays 30-second cheers from your friends during a race. Choose your event and specify whom to notify. They use the app or go to [GetMotigo.com](http://GetMotigo.com) to record motivational messages; you hear them on race day!

OR

### FINISH STRONGER

Your finish-line kick could benefit from a nearby runner, a study in *Journal of Experimental Psychology: Human Perception and Performance* found. When you hear a faster runner's steps, you tend to subconsciously speed up your stride to match.

CLOCKWISE FROM TOP LEFT: ZACH DESART; FOOD STYLING, JAMIE KIMM; PETER YANG; STYLING, LINDSEY FRUGIER; HAIR, ELOISE CHEUNG; MAKEUP, JUNKO KIOKA FOR CHANEL; MODEL, KIMBERLEY HARTWELL AT WILHELMINA; LUCAS VISSER. SEE GET-IT GUIDE.



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# HEALTHY NOW

→ The latest trends and tips to live better this month



## Get ahead of your allergies

Feel good and outsmart any symptoms with this advice.

- 1 EAT WELL** Processed foods weaken your immunity, leaving you more vulnerable to allergy attacks, according to recent research in *Nutrition Journal*.
- 2 SPRING-CLEAN** Dust mites, pet hair and mold can aggravate allergies, says Vincent Tubiolo, M.D., of the Allergy, Asthma and Immunology Care Center in Santa Barbara, California. Vacuum and dust weekly, and put dust-mite covers on pillows.
- 3 RESCHEDULE YOUR RUN** Plants pollinate from 5 A.M. to 9 A.M. Minimize your exposure by exercising outdoors in the evening, says Miguel Wolbert, M.D., medical director of West Texas Allergy in Midland, Texas.
- 4 USE A SALINE RINSE** Nasal saline rinses clear pollen from your nose and sinuses, Dr. Tubiolo says. Try it twice a day with sterilized water.

OILS FROM THESE UNEXPECTED SOURCES CAN CHANGE THE WAY YOU COOK.

## Time for an oil change?

Experts are predicting an olive oil shortage this year, making now an ideal time to add new flavors to your cooking. The supermarket is packed with healthy and delicious EVOO alternatives—start with one of these tasty options.

### Grapeseed

#### HEALTH BENEFITS

The polyunsaturated fatty acids in grapeseed oil have been shown to lower total cholesterol.

**BEST USES** Cook with it as you would olive oil. Grapeseed oil makes a smooth base for salad dressings, and the clean, light flavor is ideal for sautéing. (You can also bake with it.)

### Pumpkin seed

#### HEALTH BENEFITS

This oil contains a potent mix of vitamins A and E, antioxidants that can reduce free radicals and protect skin from UV damage.

**BEST USES** It's not recommended for high-heat cooking, but the rich taste adds velvety texture when drizzled on soups, meats, vegetables and even ice cream.

### Coconut

#### HEALTH BENEFITS

The lauric acid in coconut oil may help improve the ratio of "good" HDL to "bad" LDL cholesterol in blood. (Look for virgin or raw options.)

**BEST USES** Infuse curries with tropical flavor by using this oil to sauté shrimp and vegetables, or use it to bake granola or muffins.

### Walnut

#### HEALTH BENEFITS

A great source of the omega-3 alpha-linolenic acid, walnut oil has been shown to lower cholesterol and blood pressure.

**BEST USES** Its warm, nutty flavor makes this oil a delicious dressing or garnish. Sprinkle over dark leafy greens, drizzle into bean soups, or toss with pasta.

SOURCES: STEPHANIE CLARK, R.D., AND WILLOW JAROSH, R.D.; SHEILA G. WEST, PH.D., PENNSYLVANIA STATE UNIVERSITY

## A NEW WAY TO TOSS OLD PILLS

Rather than send expired or unused prescription medications down the drain, you can now bring them to some hospitals and pharmacies, thanks to a new U.S. Drug Enforcement Agency program. Check DEA Diversion.USDOJ.gov.

# 26

PERCENTAGE OF PEOPLE WHO SAY THEY PAY ATTENTION TO SERVING SIZES ON FOOD LABELS—THOUGH EYE-TRACKING TECHNOLOGY SHOWS 1 PERCENT ACTUALLY DO

SOURCE: JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION



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preservatives.



Say **NO** to Sodium benzoate,  
Potassium lactate &  
Sodium diacetate.  
Things only a chemist would love.  
Say **YES** to natural lunchmeat  
with flavors like Cherrywood,  
Cracked Pepper or Sriracha.  
Things Mother Nature would love!  
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it's easy to

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SELF APPROVED

# BEST HOTEL GYMS

→ *The luxe extras in these hotel gyms—sunlit lap pools, Spinning studios, climbing walls, five-star classes and more—are so addictive that you may never want to check out.*

## The Park Hyatt Hotel

### NEW YORK CITY

Perched on the 25th floor, this hotel's just-completed gym lures guests into workout mode with unobstructed views of Central Park from its cardio machines and dumbbell racks. Even more impressive: the heated pool (pictured above), set in a three-story atrium that has floor-to-ceiling windows, heated floors, a hot tub and eucalyptus steam room. It's nirvana for lap swimmers—and everyone else. *Reporting by Meg Lappe*

## Epic Miami

### MIAMI

Housed in this downtown hotel hot spot is a Zen sanctuary with dark-wood floors, warmly lit hallways, Buddha statues and live orchids. Welcome to Exhale, a mind-and-body studio with locations across the country that offers core-focused fitness classes and spa services.

*Reporting by Ana Mantica*

## The Houstonian Hotel, Club & Spa

### HOUSTON

VIPs and pro athletes pay a \$25,000 initiation fee plus \$348 a month to use this gym, but hotel guests get complimentary access. And the options are breathtaking: an indoor track, weights and 300 treadmills, elliptical machines and bikes, as well as more than 200 weekly

classes in six studios and three pools. Also: There are tennis, paddle, racquetball and basketball courts, and an indoor rock-climbing wall. Everything really is bigger in Texas. *Reporting by Holly Crawford*

## Marriott Marquis

### WASHINGTON, D.C.

The gleaming gym inside this new hotel houses dozens of cardio machines, each equipped with a personal touchscreen and loaded with more apps than most people's iPads. Check Facebook, then meet an in-house personal trainer for a private session—a free perk for guests.

*Reporting by Sarah Wassner Flynn*

## Radisson Blu Aqua

### CHICAGO

With exterior balconies that resemble rolling waves, the 81-story skyscraper that houses the hotel is the tallest building designed by a woman architect. And interior details like bubbly chandeliers and textured walls match the

wow factor of the exterior—especially the outdoor section of the gym, which includes a lap pool, 1/5-mile track, yoga area and fire pits. Inside, there's a pool, basketball court and cycling studio with views of downtown and Lake Michigan. *Reporting by Kate Silver*

## Sofitel Los Angeles

### BEVERLY HILLS

It's only fitting in L.A.—land of personal trainers and the hotel as hangout—that this modern, airy gym is a stay-awhile mecca. There are fully stocked strength and cardio areas, trainers are on standby for impromptu private sessions, and the locker room has Swiss showers with 20 muscle-melting water jets, plus VIP rooms with hydrotherapy tubs.

*Reporting by Molly Martin*

## Vail Mountain Lodge

### VAIL, COLORADO

Even if the mountains brought you here, the hotel's Vail Vitality Center—a luxe gym focusing on athletic performance—is a destination in itself. Guests can take an indoor or outdoor cycling class or up their skiing game with a strength routine created by one of the professional coaches on staff. For an extra fee, you can undergo metabolic testing to identify your target heart-rate training zones.

*Reporting by Lindsey Emery*

## The W San Francisco

### SAN FRANCISCO

If you're the type to pilfer the tiny bottles of shampoo and conditioner in your hotel room, get ready to go freebie wild: This gym has gratis earbuds, face wipes, fruit, magazines and cold bottled water. A giant glass skylight lets the sun in during the day; at night, the light fixtures glow pink, purple and yellow, giving off a fun nightclub vibe. For pampering après-workout, Bliss Spa is down the hall.

*Reporting by Merritt Watts*



THIS FLIGHT

THIS FLIGHT

OR THIS ONE

EVEN THIS FLIGHT

THIS FLIGHT

OR THIS ONE

OR THIS ONE

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MILES GET YOU WHICHEVER ONE YOU WANT?



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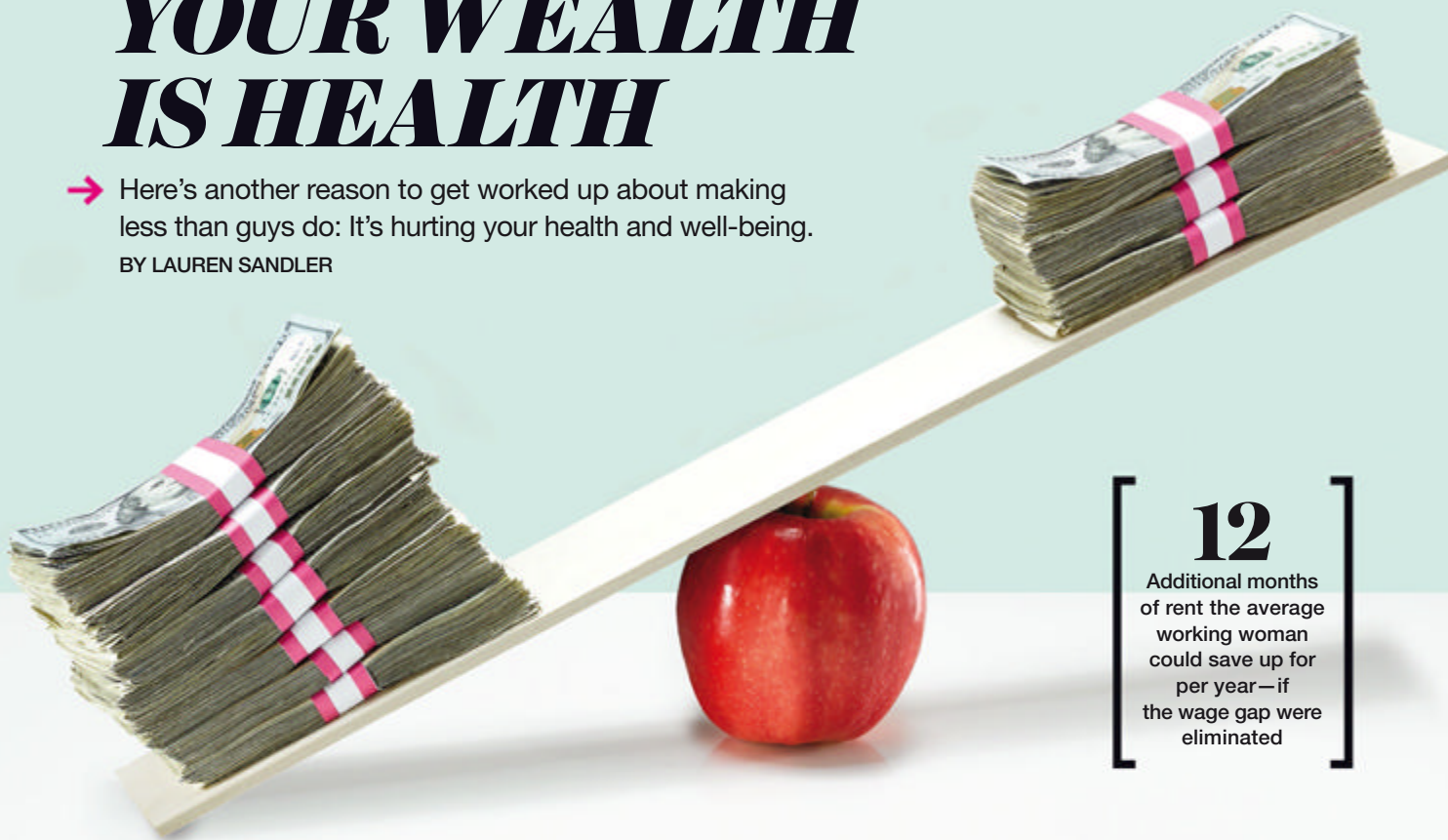


THE AGENDA

# YOUR WEALTH IS HEALTH

→ Here's another reason to get worked up about making less than guys do: It's hurting your health and well-being.

BY LAUREN SANDLER



12

Additional months of rent the average working woman could save up for per year—if the wage gap were eliminated

April 14 is Equal Pay Day—though it's no day to celebrate. It marks the date by which the average working woman has earned the same amount her male colleagues did—in the previous year. And it's a way of representing the figure we all know, that women make about 77 cents on the male dollar.

But what if we think about the gap in another way, in terms of our health and happiness? You already know that time is money: Consider that the average woman has to work up to 2,400 days beyond a man's 40 years in the workforce to equal his career earnings—more than 6.5 years of extra time on the job. Women earn \$150 less per weekly paycheck, \$8,000 less each year and \$389,000 less over their lifetimes, according to Department of Labor national averages.

And wage discrepancies apply in almost every field: It's worse if you're at the bottom of the pay scale or a woman of color, but the issue runs all the way up the ladder. The highest-paid female

executives at S&P 500 companies make an average of 18 percent less than their male counterparts, according to a Bloomberg analysis. (While an Institute for Women's Policy Research report shows that young women in some states are catching up with men—in New York, they're even pulling ahead—these gains will likely disappear when more of those women have children.)

Still, no matter how you crunch the numbers, we're not just losing money at work. We're losing time *outside* of work, which significantly affects our physical and mental health. First, because we're paid less than men, we often toil extra hours to earn what we feel we need. On top of that, we spend an average of nearly 2.5 hours a day more than men cooking, cleaning or caring for others, according to the Better Life Index of the Organization for Economic Cooperation and Development. To carry that water, we squeeze in more tasks at work in order to get out in time for our second shift. In other words, we work

harder on the job for less pay *and* at home for no pay. That eats at our time to care for ourselves and leaves us with less money to invest in our personal welfare. Now factor in the high cost of career-related stress—in sick days, sleep disorders and strategies we use to manage it all, such as yoga, therapy, massage or headache remedies. A tally of stress-related expenses (often not covered by health insurance) can bring net losses up to thousands of dollars per year.

## Minding the gap

Clearly, we need fair pay for our very well-being. Policy is a venue for change—and this month, the Paycheck Fairness Act may get a hearing before Congress. It doesn't demand fair pay; we've already had that legal protection since the mid-'60s. Rather, it reinforces our existing protections by striking down the salary-confidentiality rules that make disclosing pay, whether to coworkers or to other companies, a punishable offense for 51



percent of American workers, and makes it harder for companies to get away with equal-pay violations. (Separately, Rhode Island's governor, Gina Raimondo, established a pay-equity tip line that allows callers to report employers who violate state wage-discrimination law.) It shouldn't take an international hacking scandal to get everyone talking openly about salary transparency, but the Sony fracas is how we learned that Amy Adams and Jennifer Lawrence allegedly earned less than their male *American Hustle* costars. It's also how Oscar winner Charlize Theron reportedly discovered she was paid less than Chris Hemsworth for *The Huntsman*. (But the disclosure may have helped her fight for parity.)

The women's political group EMILY's List is optimistic about support for the act.

And politicians on both sides of the aisle have pledged support, so every woman's actions on the issue carry weight.

"Women grow up trying to take 10 pounds off everything. Men are used to adding an inch," says Katie Donovan, founder of Equal Pay Negotiations, who coaches women to seek the highest offer. That's how it goes in salary negotiations, too. Which isn't surprising: Even though 40 percent of us are the sole or primary earner, Donovan says the idea of working for money, "not just expanding our horizons," isn't even a top priority when we talk about jobs.

### Negotiating change

So should you show up at your performance review armed with intel on your male colleagues' paychecks? Donovan

teaches women to keep the focus on the market. Talk to recruiters and look up salaries for your job on sites like Salary.com, PayScale.com and GlassDoor.com. If you're not making the median, Donovan says, "assume you're not getting close to what the guys make." Then approach your boss with info about what your job is worth.

We need to make it a norm for women to negotiate, says Jan Combopiano of Catalyst, a nonprofit that promotes equal opportunity in the workplace; she cites research on how women get penalized for making demands. As we've learned with health care, better policies help, but we also have to advocate for our self-interest. Let's treat unequal pay the same way. It's hurting our bank accounts and our bodies. And for women who work damn hard, it's just not fair. ●

# WHICH IS BETTER...

## TREADMILL or ELLIPTICAL?

**THE TREADMILL WINS** if your goal is to burn calories. This is the case even though "the caloric expenditures aren't that different if you're exercising at the same intensity," says Deborah McConnell, global master trainer at Life Fitness Academy (part of the company that sells both types of machines). But the treadmill forces you to work harder, because the belt is constantly moving at your preset pace. When you're on the elliptical, you ultimately control the intensity using the foot pedals. So even if you set the machine at the highest resistance level, you could unintentionally slow your foot movements when distracted or tired. Some elliptical machines allow you to work the upper and lower body simultaneously, but again, it's up to you to put in the extra effort by pushing and pulling the handles. McConnell recommends switching it up regularly: Pound the treadmill when you want to train hard; hop on the low-impact elliptical when your joints need a break.



## WHICH IS WORSE... SKIPPING SLEEP or EXERCISE IN THE A.M.?

### DON'T SACRIFICE SLEEP.

Studies show that less than seven hours of shut-eye can make you feel unfocused, forgetful and irritable, affecting your work performance and driving, says physiologist Kenneth P. Wright Jr., Ph.D., of the University of Colorado in Boulder. Also, one missed workout won't affect your overall fitness. So get adequate sleep, then stay active throughout the day, Wright says (and rest up for Spin class tomorrow).



Sleep mask, \$22; ElizabethW.com



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# *the* **PERFECT HAIR DAY**

## **RISE AND SHINE, BEAUTIFUL**

Get gorgeous before you get going with these **three secrets** for the perfect hair day.

1

Get 2X stronger hair\* by using NEW **Pantene conditioner** and **Pantene shampoo**, which use advanced Pro-V technology to penetrate deep to the core and transform the health of your hair from the inside out.

2

For sleek strands that shine all day, use a hair serum before styling to protect your locks and prevent heat-related damage.

3

Strong hair deserves amazing style. Dress it up in a silky chic ponytail for a professionally polished look that will take you from your workout to work. Or dress it down in gorgeous loose waves for a perfectly undone look you can rock from desk to date.

### **GO TO**

Pantene.com to learn more about the NEW **Pantene conditioners**, or try them for yourself at your local retailer.

# **PANTENE**

\*strength against damage; Pantene shampoo + conditioner system vs. the shampoo alone. ©2015 P&G



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Use new Pantene Conditioner  
for hair that's 2x stronger  
than shampooing alone.

\*strength against damage; Pantene shampoo + conditioner system  
vs. the shampoo alone. ©2015 P&G







*Tommy Bahama*

MAKE LIFE ONE LONG WEEKEND™



(SELF)

# IMAGE

## PLAY IT COOL

→ *The classic white tennis dress gets a chic new spin for spring.*

BY SARA GAYNES LEVY

Ready to rally? This season, Alexander Wang, Hugo Boss and Akris served up sharply cut LWDs in crisp fabrics, taking the country-club staple in a modern, minimalist direction. Here, a sporty carryall and platform sneakers give a sleeveless sheath extra bounce. To elevate the look from off-court casual to office, opt for chunky heels and a sleek shoulder bag. Either way, try mixing a dash of green or a pop of yellow in with your whites—these shades play especially well together and give the look grand-slam status. TENNIS > 38

**DRESS** \$895, and **BELT** \$165, Boss; [HugoBoss.com](http://HugoBoss.com) for stores **VISOR** Adam Selman, \$225; Opening Ceremony, 212-219-2688 **BAG** Hunter, \$395; [US.HunterBoots.com](http://US.HunterBoots.com) **SHOES** Burberry Prorsum, \$595; [Burberry.com](http://Burberry.com) **TENNIS RACKET** \$189; [Babolat.com](http://Babolat.com) for stores

Photographed by BRIAN HIGBEE  
Styled by LINDSEY FRUGIER





THE ROUNDUP

# HOLDING COURT

→ Ace the style in tennis whites updated with citrusy colors and sleek accents.

1. BAG DSquared2.com for information 2. SHIRT \$325; JonathanSimkhai.com 3. HEELS \$1,155; PierreHardy.com 4. VISOR Brybelly, \$7; Amazon.com 5. BAG \$2,750; Vionnet.com 6. RACKET \$230; Wilson .com 7. SANDALS Lacoste, \$35; Zappos.com 8. SKIRT Boast, \$88; BoastUSA.com 9. SHOES Callens; Saks FifthAvenue.com for information 10. BAG \$850; Jimmy Choo.com 11. DRESS \$168; FrenchConnection.com



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**GO TO  
BED WITH  
A SURE  
THING...**



## (SELF) IMAGE



Symond breaks for a fresh juice at The Butcher's Daughter in NYC.



"This is great for refreshing my clothes when I travel!"  
**SPORT SPRAY**  
The Laundress,  
\$16; Mode  
Sportif.com



"A leather backpack doubles as my gym bag."  
**BACKPACK**  
Kara, \$530;  
KaraStore.com



"I always wear my Jawbone—it's a style statement and fitness tool in one."  
**TRACKER** \$130;  
Jawbone.com



"It all starts with sneakers! I pick which ones to pack on my trips, then plan my outfits around them."  
**SNEAKERS** Valentino  
Garavani, \$895;  
Valentino.com for stores



"I bring along beautiful polishes, just in case salons in other cities don't have them."  
**NAIL POLISH** La  
Laque Couture in No.  
4 Corail Colisee, \$27;  
YSLBeautyUS.com



"Statement sunglasses are a travel must—they add a fun, light touch."  
**SUNGLASSES**  
\$177; Illesteva.com

# UP & OUT

→ **Deborah Symond**, the stylish founder of ModeSportif.com, tells us how she starts her days on the road.

"If I'm traveling for work, my goal is to stick to a routine—I'm not on vacation," says the Sydney-based Symond, who scours the globe in search of sporty fashion brands for her ecommerce site. To beat jet lag, Symond starts each day of a trip by breaking a sweat, as she would at home. "That tells my body: OK, it's morning." After Spin, yoga or pilates, Symond pops into a café—in New York City, The Butcher's Daughter—for a healthy breakfast before heading back to her hotel to shower and dress. Just 15 minutes later, she's ready to hit the streets for trend spotting. "Whether I'm in Paris, Sydney or New York," she says, "I'm inspired by what women wear to work out." —Sara Gaynes Levy

## 5 ways she gets up and out

**1 / A COFFEE ALTERNATIVE**  
"I'll stop at a juice shop and ask for a shot with ginger and cayenne. It really wakes me up!"

**2 / A NEW WORKOUT...**  
"There are so many fitness classes to try in NYC. I just did The Class and loved it!"

**3 / ...AND AN OLD FAVORITE**  
"Going to the same spot for breakfast every day makes me feel like a local."

**4 / LOW-MAINTENANCE LOCKS** "My short hair is easy. I can wash it and put some mousse in or slick it back with gel."

**5 / A PACKABLE WARDROBE**  
"Leggings and sweaters don't take up much space in my suitcase, and they mix and match."



GARNIER

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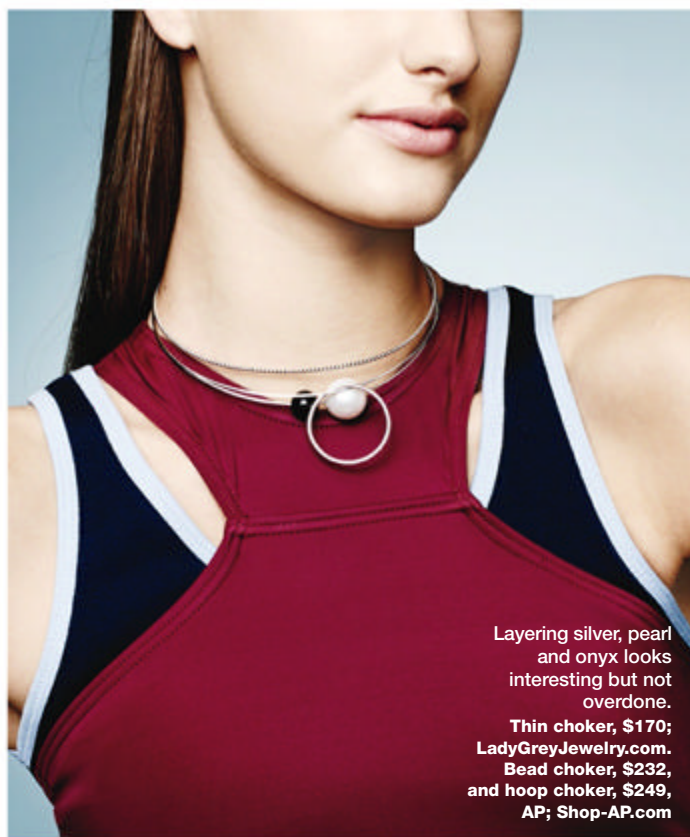
[garnierusa.com](http://garnierusa.com)







Doubled-up rose gold bands are a sleek standout. \$565; [Uncommon Matters.com](#)



Layering silver, pearl and onyx looks interesting but not overdone. Thin choker, \$170; [LadyGreyJewelry.com](#). Bead choker, \$232, and hoop choker, \$249, AP; [Shop-AP.com](#)

THE FIND

# MODERN CHOKERS

➔ *Wear just one or stack them for a minimalist effect with major impact.*



Superthin wire and jagged quartz crystals are a surprising mix of delicate and tough. \$125 each; [EleanorKalle.com](#)



Carved seashell and rough diamonds have a gorgeous luxe-organic vibe. Dezso by Sara Beltrán; [DezsoSara.com](#)

Photographed by TAEA THALE  
Styled by DANIA ORTIZ



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Skechers GOwalk, built from the top to the bottom with lightweight and flexible materials that allow your foot to flex and move naturally. It's the perfect walking shoe.

[skechersGORun.com](http://skechersGORun.com)  

**skechers**  
**GOwalk**



THE CLOSE-UP

# FEEL-GOOD MAKEUP

→ *The newest textures practically melt into your skin—and look totally effortless.* BY KATHERYN ERICKSON

There's some serious science happening in the makeup aisle. Innovative textures and high-tech formulas make spring's best shades look even more gorgeous—and they all glide on. With a few finger taps, Armani's liquid eye tint blends to create an instant smoky eye. "It's water-based, which makes it buildable, so you can create intensity or sheerness," says Tim Quinn, Giorgio Armani's celebrity makeup artist. Other genius formulas: the soufflélike Bare Minerals foundation, Dior's weightless lip-and-cheek gelée and YSL's tinted lip oils. Powders get reinvented with Nars's wet or dry blush, Flower's powder-to-cream blush and Carmindy & Co.'s eyeshadow, which goes on like velvet. Take your pick—they all look pretty smart.

1 Dior Cheek & Lip Glow, \$37 2 Bare Minerals Complexion Rescue Tinted Hydrating Gel Cream in Vanilla 02, \$29 3 Nars Dual-Intensity Blush in Fervor, \$45 4 Giorgio Armani Eye Tint in #04 Émeraude and #07 Shadow, \$38 each 5 YSL Volupté Tint-in-Oil in No. 5 Cherry My Chérie, \$32 6 Carmindy & Co. Next-Level Eyeshadow in Golden Touch, \$23 7 Flower Transforming Touch Powder-to-Crème Blush in A-coral-ble, \$10





# INTIMACY IS ON

## NEW REVLON PHOTOREADY AIRBRUSH EFFECT™ MAKEUP

Revolutionary formula with light-filtering technology delivers a **poreless, airbrushed look**. Soft-focus pigments create a luminous finish. Your skin has never looked so flawless.

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UNDERSTANDING...  
AND UNDERSTANDING  
CREATES LOVE."

ANAI'S NIN, AUTHOR



# REVLON

LOVE IS ON™



## (SELF) IMAGE



Davines Love, Momo and Minu shampoos, \$25 each



**FRESH DIRECT**  
Davines's efforts support local farms, like this olive grove in Ficarra, Italy.

## DAVINES

This Italian hair-care brand's latest earth-conscious initiative is easy to spot: Each bottle in its Essential line gives a shout-out to the farmer who harvested a key ingredient in the formula. The star botanicals include minuta olives, which are rich in fatty acids to nix frizz, and polyphenol-packed capers, which protect your haircolor. *Bene!*

## BEAUTY GUIDE

# THE NEW NATURALS

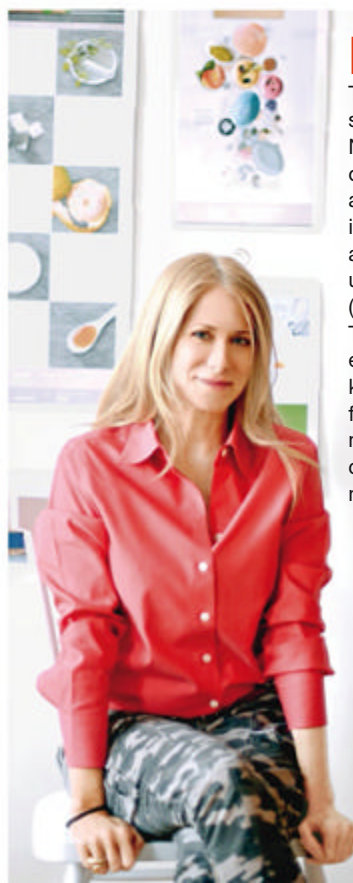
➔ Stock up on these eco-friendly brands—and get gorgeous skin and hair while you're at it. BY KATIE DICKENS



## GROWN ALCHEMIST

The beauty secret of Australian stunners: this innovative skin- and hair-care line from Melbourne, which recently landed on U.S. shores. Formulated by a cosmetic chemist, human biologist and pharmacist, the products are all organic and free of harsh chemicals but loaded with antioxidants (like vitamin C from grapefruit). Some also contain rare ingredients, like hydrating desert lime and oil-absorbing Australian white clay.

Grown Alchemist Hydra-Repair Day Cream, \$49;  
Polishing Facial Exfoliant, \$67



## LOLI

Think of this newly launched subscription service, based in NYC, as the beauty equivalent of Blue Apron. Each month, a box arrives containing raw ingredients along with skin- and hair-care recipes drawn up by founder Tina Hedges (left) and a team of experts. The steps are foolproof: For example, just blend a kale-infused clay powder with flower water for an exfoliating mask, or layer it with a cold-pressed base oil for a moisturizing treatment.

Loli Base Oil and Flower Water, \$38 per box



STILL LIFES: JON PATERSON; PROP STYLING: JILL TELESNICKI; FIELD: COURTESY OF DAVINES; PORTRAIT: MADELINE WOLF/MAD WOLF PHOTOGRAPHY.





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# KNOTS LANDING

➔ Easy, undone braids are everywhere this season. Writer **Kari Molvar** tries her hand at the look—and learns to let go a bit.

Growing up in a tiny town on the cusp of Narragansett Bay in Rhode Island, I thought of sailing as an essential childhood skill—like riding a bike or passing notes behind the teacher's back. All summer long, my mother would zip me and my older brother into our bright yellow life jackets (safety first!) and drop us off at the yacht club for hours of lessons. But, unlike my brother, I was not a natural sailor. I couldn't rig a boat to save my life and had no sense of wind direction. I especially didn't fit in with the other girls in my class.

STYLING: DANIA ORTIZ; HAIR: SASHA NESTERCHUK FOR KERASTASE PARIS AND SHU UEMURA USA; MAKEUP: ALEXA RODULFO FOR CHANEL LES BEIGES; MANICURE: CASEY HERMAN FOR CHANEL LE VERNIS; MODEL: MEGAN M. AT FENTON MOON. SEE GET-IT GUIDE.



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They all had long, sun-streaked hair, which they would whip into tight French braids, intricately knotted like ropes, down their backs. Their boats glided on the water while mine drifted precariously close to large rocks. Clearly, I belonged to a different tribe—one meant to stay on dry land.

This realization only sank in deeper when I, too, decided to French-braid my hair. I practiced over and over—and had the aching arms to prove it—but my fine, blonde strands refused to stay put in any plait. After hours in a boat, with the wind whipping at my face, my “braid” resembled little more than a tangled ball of string. (I didn’t do much better at tying those sailor’s knots.) At dusk, I’d come home and rip a comb through my hair, its failure somehow symbolic of my own shortcomings on the water.

Eventually I gave up on French braids—and sailing. By high school, I was all about the things I excelled at: sporty ponytails, field hockey and throwing parties when my parents were out of town. I cut my hair into a pixie once I was in my 20s, and ruffling it up with my fingers was the only skill needed to make it look good. The style was easy and uncomplicated, and I kept my hair that way for years.

Then my 30s hit. I had two kids and my hair grew like a weed: There was no time to cut it or tend to it. One day last fall, I glanced in the mirror as my hair fell around my shoulders and realized it was long enough to braid. But did I really want to go there again?

I would have said no, had it not been for the gorgeously laid-back braids I’d started to see on fashion runways—and on the girls queuing up for green juices at my gym. These were not the perfect knots of my youth but something far more relaxed, effortless—even rebellious.

At Michael Kors’s spring show, the models wore crisp sundresses and full skirts with tangled braids that looked tousled and freshly windblown. “It’s like this girl has emerged from a convertible—or a tornado,” hairstylist Orlando Pita said of the chic and carefree look. I loved it.

At Bally, unkempt braids were swept over one shoulder for a breezy feel, while at Peter Som, mousse brought a sultry, wet effect to knots that looked like they’d been dunked in water. Cool girls like Alexa Chung and Caroline Trentini were sporting the look off-duty, too.

Inspired, I decided to have another go at French braiding, but without the same pressure to get everything right that I’d felt as a kid. This time around, I also had the benefit of some new products: namely, Bumble and Bumble Surf Infusion (\$29), an update of its classic Surf Spray, with sea minerals to bulk up my wimpy strands and prevent them from unraveling. For extra body and grip, I misted on Toni&Guy aerosol Casual Matt Texture Dry Shampoo (\$15), which inflated my strands almost as if I had little air pockets in there. (Those with thicker, wavier hair should try a mousse or Redken Braid Aid 03 braid-defining lotion, \$25, which provides hold and pliability.)

The prep was done—now I had to tackle the plait. Taking my cues from Pita’s backstage technique, I divided my hair into three

loose sections slightly above the nape. Without even looking in the mirror, I started weaving them together, haphazardly adding in pieces as I went along. I didn’t bother with those little wisps around my face and left the finished braid slightly crooked in back. I was done in less than 10 minutes, and my arms didn’t ache one bit.

But the best surprise was when I looked in the mirror and saw that disheveled kid again. Suddenly I was back in my weathered Blue Jay, squinting up at the telltales on the sails as the waves slapped against the boat and pushed me further off course. My hair was windblown, my cheeks pink from the sun. Yet now I could appreciate the raw beauty of those difficult days, and my imperfect hair.

The only thing missing? That gritty texture that naturally comes from being near the water all summer. But no need to rig a boat—I think another shot of sea-salt spray will do the trick.

*“THESE WERE NOT  
THE PERFECT KNOTS  
OF MY YOUTH  
BUT SOMETHING FAR  
MORE RELAXED,  
EFFORTLESS—EVEN  
REBELLIOUS.”*

## THE NEW BRAID



1

**PREP IT** Apply beach spray and dry shampoo to fine hair; mousse to thick hair.



2

**BEND IT** Loosely curl a few pieces around your face to create a tousled look.



3

**BRAID IT** Starting above the nape, braid hair without pulling it too tightly, blending in pieces as you move down.



4

**(UN)FINISH IT** Secure with an elastic at the bottom, then pull the braid apart a little.





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### BEAUTY STAR SECRET

"This collection is perfect for those fine lines, dark circles and oily skin. A smooth base makes for a flawless finish."

Teni Panosian, MissMaven.com beauty blogger  
and YouTube star/EcoTools Beauty Team Expert



# BEAUTY BUZZ

→ Beauty director Elaine D'Farley shares this month's best finds.



Violet Grey Desk to Dinner Set (includes six items), \$136



## GAME CHANGER

### Violet Grey

**WHO** Cassandra Huysentruyt Grey, founder of Los Angeles-based beauty boutique and ecommerce site VioletGrey.com

**WHY** Grey stocks a carefully edited mix of makeup, skin-care and hair products handpicked by Hollywood's top beauty pros. Everything is then rigorously tested by the Violet Grey staff—a process she's dubbed the Violet Code. In other words, head here for the good stuff. "We are focused on curating the best products from across the globe," Grey says.

VIOLET  
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## Night shift

Want to wake up looking fresh-faced and ready to Spin at 6 A.M.? Try the new and truly amazing sleeping masks and overnight treatments, which are a step up from your basic cream but not as goopy and involved as regular masks (meaning they won't make a mess of your pillowcase). Rub on one of these beautifiers after cleansing; they'll work with your skin's circadian rhythm to maintain moisture levels at night while your cells renew. Olay's has vitamin B<sub>3</sub> and glycerin to soothe, CeraVe's restores skin's protective barrier with ceramides, Garnier's multitasker gently exfoliates with hydroxy acids and Erno Laszlo's pink gel has prickly pear extract to trap hydration.

From top: Erno Laszlo Hydra-Therapy Memory Sleep Mask, \$90; Olay Regenerist Luminous Overnight Mask, \$26; CeraVe Skin Renewing Night Cream, \$18; Garnier Ultra-Lift Miracle Sleeping Night Cream, \$17

→ Find great sleeping masks for every skin type at [Self.com/go/sleepmasks](http://Self.com/go/sleepmasks).



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### 2/ AND A BATH SOAK...

Pour ½ cup into running water to soothe postworkout swelling and minor skin irritations.

### 3/ AND A CALMING MASK...

Mix 1 tsp with half a boiled mashed sweet potato and 2 tbsp cooked oatmeal. Rinse after 15 minutes.

### 4/ AND A FACE SERUM.

Blend 2 tbsp with ½ cup water and 1 crushed aspirin tablet. Heat, then let cool and apply to treat oily skin.





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# RISE AND RUN



Sarah Brown is living proof that the early bird gets the worm. "I am usually up and running within 20-30 minutes of crawling out of bed!" Brown, whose husband

is her coach and training partner, is also a firm believer in the buddy system. "I really enjoy being able to run with my husband. I feel very blessed to share something we are both passionate about. It's our own little piece of quality time every morning."

There's no better feeling than knowing that you've faced yourself, your own limits, and conquered them.

I use cross-training to gain an edge on my competition.

I live in the sunny San Diego area. I am able to work out in shorts all year round!



I always look forward to my morning coffee. Also, long runs (Saturdays) are great days for brunch. When runners aren't running, we are typically eating. Food is a great motivation!



New gear is always exciting, and when you look good, you feel good! I visit [NewBalance.com](http://NewBalance.com) quite often.

Whether you live in a warm-weather destination (like Brown does) or a seasonal city, you have plenty of reasons to rise and run with a buddy. Get inspired by Boston's ever-changing scenery:

- 1 Lace up your **New Balance Fresh Foam** running shoes and hit Boston's **FREEDOM TRAIL** for a historic run that will take you past 16 of the city's significant landmarks.
- 2 Looking for a green juice alternative? Join Boston's trendsetters and try a **MATCHA-BASED GREEN TEA LATTE** for a post-workout boost.
- 3 Take your workout to the next level by signing up for **COMPETITIVE FITNESS CLASSES**, which use real-time data displayed on leaderboards to show you how you stack up against your classmates. All you'll need is your game face and your New Balance gear.





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(SELF)

# MOTIVATE

## LESS IS MORE

→ *By cutting back to three key workouts a week, runners can become fitter faster—without getting hurt.* BY JENNIFER VAN ALLEN

With the arrival of spring—the season of pleasantly cool outdoor runs and a full race calendar—many of us are hitting the road again, upping our mileage in pursuit of faster finishes and a higher level of fitness.

That was Sarika Doshi, the 36-year-old CEO of an ecommerce company in New York City. Doshi ran **RUNNING > 58**

1.5

AVERAGE MINUTES CUT FROM 5K FINISH TIMES WHEN RUNNERS RAN JUST THREE TIMES A WEEK BUT INCLUDED SPEED WORK, ACCORDING TO A NEW STUDY

VEST, SOCKS and SNEAKERS Nike SHIRT C9 Champion SHORTS Athletic Propulsion Labs (APL) HEADBAND Under Armour FITNESS TRACKER Samsung

HAIR, TARA JEAN AT ARTIMIX BEAUTY; MAKEUP ASHLEIGH LOUER AT STARWORKS; MODEL, ALLISON STOKKE AT SLU; PRODUCTION, FIRST SHOT PRODUCTIONS. SEE GET-IT GUIDE.

Photographed by EMBRY RUCKER  
Styled by LINDSEY FRUGIER



6 to 10 miles four times a week training for 5Ks and 10Ks. “I was so proud of my high mileage,” she says. “I was like Forrest Gump—I could keep going, slowly, forever.” When Doshi signed up for a half marathon, she tried something new: quality over quantity. “I cut my mileage in half and only ran three times a week,” she says. “In my race, I ran sub-8-minute miles—my former 5K pace!”

The key? Doshi’s three weekly runs were targeted workouts. “You get results faster when you prioritize quality, not how often you run or how many miles you rack up,” says exercise physiologist and coach Jeff Gaudette, cofounder of Runners Connect in Cambridge, Massachusetts. “People think more miles is always better, and it’s not the case.”

Gaudette recommends a specific mix of focused workouts—a weekly tempo run, a long run and

a speed session—to improve speed while torching calories. Tempo work builds an aerobic base so you can run stronger at any distance. The long run boosts endurance and mental stamina. Speed sessions improve your biomechanics so that your legs can keep up with your heart and lungs. Cycling through these workouts, “the body encounters new types of stress, and that’s when it responds, giving you results,” Gaudette says.

Bonus: By working your body in different ways, you’ll reduce overuse injuries and prevent mental burnout, says Scott Murr of Greenville, South Carolina, coauthor of *Run Less Run Faster* and cofounder of FIRST training programs, which incorporate three quality runs per week. Within a month, you’ll feel fitter and be able to run faster and longer. That progress will keep you motivated—and chasing PRs.



## READY, SET, RUN

*In this program designed by coach Jeff Gaudette, you’ll do each run once a week. On non-running days, rest or cross train. Don’t do any of these workouts back-to-back; it could lead to injury.*

### TEMPO RUN

**What it is** A session where you push it to 85 percent of your max speed. (Think 30 seconds per mile slower than your best 5K pace.)

**Why it works** Tempo runs strengthen your heart and lungs while building capillaries. This helps you deliver more oxygen to your muscles, so you can go faster and longer with less effort.

**Try it** Run half your workout’s mileage at tempo pace. So if you’re going 4 miles, the middle 2 miles should be at tempo.

### LONG RUN

**What it is** A session that’s longer than usual, but no more than 50 percent of your weekly mileage. Throughout, you should be able to talk without gasping.

**Why it works** Long runs create new mitochondria—your body’s energy-producing powerhouses—while improving your mental toughness.

**Try it** Start with a run that’s 1 mile longer than normal. So if you’re typically running 3 milers, do a 4-mile long run.

### SPEED RUN

**What it is** A session where you alternate running fast—you can’t say more than two words—with recovery intervals.

**Why it works** Speed runs develop fast-twitch muscle fibers and a smoother gait, helping your legs turn over faster.

**Try it** Warm up for 10 minutes. Now, for half of your mileage, switch between running hard for 1 minute and jogging to recover for 1 minute. So if you’re doing 3 miles, the intervals will last for 1.5 miles.

### TRAINER TO GO

## YOUR BEST BUTT



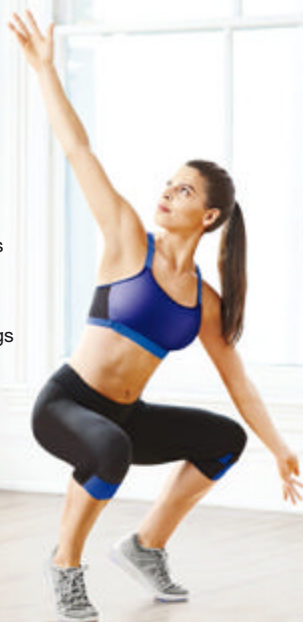
Dancing at 305 Fitness—a hugely popular dance-cardio studio in New York City and Washington, D.C., complete with live deejays and party lights— isn’t just about shaking what you’ve got. It’s about mixing high-intensity cardio and strength moves for a fun, effective workout. This routine focuses on tightening and toning your butt while working your entire body.

**YOUR TRAINER** Sadie Kurzban, a Brown University graduate who founded 305 Fitness when she was just 23

**DO THIS** three times a week to your favorite upbeat, high-tempo playlist. The first few times through you’ll build muscle memory. Don’t worry if it feels awkward; that’s normal. You’re still getting a great workout!



**1 THE BIRD**  
*Works upper back, glutes, legs*  
 Stand with feet together, arms crossed over chest. Bend knees so thighs are parallel to floor. Step right, splaying knees and opening arms like a bird's wings (as shown). Stand up quickly; repeat in opposite direction for 1 rep. Do 3 sets of 8 reps.



**2 PLIÉ JUMP**  
*Works glutes, quads*  
 Stand with feet together, hands at sides. Jump feet out as far as possible, touching right hand to floor and raising left arm up and behind you (as shown). Jump back to start. Repeat on opposite side for 1 rep. Do 2 sets of 20 reps.



**3 LATIN SIDE STEP**  
*Works inner and outer thighs*  
 Stand with feet together, arms at sides. Step right foot to right as you turn ankle out while raising arms in front of you to shoulder height and shifting weight to right hip (as shown). Bring right foot back to center. Repeat to left for 1 rep. Do 3 sets of 10 reps.



**4 HIGH KICK**  
*Works shoulders, core, glutes, hamstrings*  
 Stand with feet hip-width apart, hands at sides. Swing arms to ceiling, then kick left leg as high as you can while thrusting arms down to sides (as shown). Repeat with right leg for 1 rep. Do 2 sets of 20 reps.



**5 SWING AND TAP**  
*Works inner and outer thighs, calves*  
 Stand with feet hip-width apart, left hand on hip and right hand at side. Place weight on left leg, lifting right foot off floor (as shown) to the beat as right hand swings up and out for 1 rep. Do 8 reps; switch sides; repeat. Do 3 sets.



**6 STAIRMASTER**  
*Works back, glutes*  
 Start in a high lunge, right foot forward. Balance on right foot as you lift left knee toward chest while swinging right arm up and left arm back (as shown). Tap left toes behind you for 1 rep. Do 20 reps; switch sides; repeat. Do 3 sets.



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WHERE I GO.

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BY CARRIE UNDERWOOD



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## (SELF) MOTIVATE



**SELF** SHOP EVERY ITEM on this page when you hover over the image with the SELF Plus app. Details, page 14.

### GYM BAG

# LUNCH BREAK

→ Here's what you need to sneak in some exercise, freshen up in a flash and get right back to business. BY MEG LAPPE

**1** The bacteria-repelling pure silver blended into this tank means your office won't smell like gym clothes post-workout. **Speed of Lite Tank**, \$48; [Saucony.com](#)  
**2** Use this compact comb, part of a kit, instead of a big brush. **So Fit and So Fly Gym Kit**, \$18; [Sephora.com](#)  
**3** Clean up sans shower with mint-

and cucumber-scented wipes. **Clean Slate Workout Swipes**, \$33 for 25; [MioSkincare.com](#)  
**4** Made of soft, comfy jersey, these leggings won't wrinkle in your bag. **Motivation Crop Leggings**, \$60; [TheNorthFace.com](#)  
**5** The mesh panels on these socks act like air-conditioning

for your feet. **Ultra Light Socks**, \$12; [Baileya.com](#)  
**6** Touch up postcardio cheeks with a sheer-makeup palette that fits in your palm. **Face Touch-Up Palette in Warm Sand**, \$44; [BobbiBrownCosmetics.com](#)  
**7** Tuck these sweatproof earbuds into your gym bag.

**Philips ActionFit Sports in-ear headphones**, \$30; [Amazon.com](#)  
**8** This 6-inch straightener reaches 400 degrees in less than a minute for turbocharged touch-ups. **Mighty Mini Styler in Very Cherry**, \$29; [LoveAmika.com](#)  
**9** The perfect studio-to-street bag:

Sporty neoprene fabric stands up to water-bottle spills; leather trim looks professional. **Esta Street Babe Bag**, \$368; [KateSpade.com](#)  
**10** A shake of matte powder equals office-ready hair. **Sachajuan Volume Powder**, \$32; [Nordstrom.com](#)  
**11** Hydrate with refreshing, all-natural

coconut water. **Harmless Harvest 100% Raw & Organic Coconut Water**, \$5; [Whole Foods Markets](#)  
**12** Refuel en route to work with a subtly sweet vegan bar. **Vanilla Almond Ancient Grains Bar**, \$2; [ThePureBar.com](#)  
**13** Bendy kicks fit in almost any size bag. **Free 4.0 Flyknit**, \$120; [Nike.com](#)





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Danielle Schulz, a dance instructor at Ballet Beautiful in New York City, hits the barre.

**BRA** \$72; OlympiaActivewear.com  
**SHORTS** Ballet Beautiful Skyline, \$75; Net-a-Porter.com **LEG WARMERS** Ballet Beautiful Rose Pink, \$90; Net-a-Porter.com **SHOES** Canvas Sculpture II, \$26; Capezio.com



**SWEATSHIRT**

Thin fleece keeps your upper body warm while your lower half works.

Revive Long Sleeve Crew, \$60; Oakley.com



**SLIPPERS**

A lightweight pair helps you grip the ground—try them instead of socks in barre and pilates classes.

Leather Juliet Ballet Slipper, \$36; Capezio.com



**NECKLACE**

A delicate collarbone-length style won't get tangled while you twist and turn.

Small Diamond Disk Charm, \$310; Helen Ficalora.com



**LEOTARD**

The corsetlike pink and floral panels are so flattering; full coverage in back means no riding up.

Corset Leotard, \$225; Shop.LiveTheProcess.com



**WATER BOTTLE**

BPA-free stainless steel keeps water cool up to 24 hours.

\$35; Swell Bottle.com

**GO-TO GEAR**

# BALLET CLASS

➔ These pretty pieces are perfect for dance and barre, but you can rock them doing whatever workout you love. BY MEG LAPPE



**SHORTS**

Silky spandex moves with you during pliés and pirouettes.

Calypso, \$76; Olympia Activewear.com

**NAIL POLISH**

Embrace feminine pastels all the way to your fingertips with this streakproof polish.

Le Vernis Nail Colour in Ballerina, \$27; Chanel.com

PETER YANG: HAIR; JUN GOTO FOR ORIBE HAIR CARE; MAKEUP: JUNKO KIOKA FOR CHANEL; MODEL: DANIELLE AT BALLET BEAUTIFUL; STILL LIFES; DEVON JARVIS; PROP STYLING: CLAIRE TEDALDI; SHOE AND SHORTS: JON PATTERSON; PROP STYLING: PAUL PETZY; NECKLACE: STUART TYSON.



#mybodyisatemple  
#targetrun





FITNESS QUICKIE

# YOUR A.M. TUNE-UP

→ *Every day should start on a high note. This strength-and-cardio routine gives you that—plus full-body toning—in just 10 minutes.* BY LIZ PLOSSER

Even when you're too busy for a full workout (or can't resist the SNOOZE button), you can still sneak in 10 minutes—which is all you need for this turbo routine, created by Angel Santiago, a trainer at Drill Fitness, the new high-intensity boot camp studio in New York City. "This workout revs your heart rate for a big calorie burn while it sculpts," says Santiago, who uses moves that recruit multiple muscle groups at once to maximize efficiency. Now, go have an amazing day.

## WARM-UP

**LUNGE SEQUENCE** Stand with feet hip-width apart, arms down. Bend at waist and walk hands out into a plank. Raise right foot and plant it just outside right hand. Pause, then return to plank; repeat with left foot for 1 rep. Do 6 reps.

**TOTAL TIME: 2 MINUTES**

## BREAK A SWEAT

**RUNNING WOMAN** Jog in place for 20 seconds. Rest 10 seconds.

**STAR JACK** Stand with feet together, arms down. Jump feet apart wider than hips, turning toes out 45 degrees. Bend knees and lower butt to just above knee height. Driving from heels, jump back

to start but raise straightened arms to shoulder height, palms backward. Continue for 20 seconds. Rest 10 seconds. Cycle through these two moves again; try to go faster.

**TOTAL TIME: 2 MINUTES**

## SCULPT ALL OVER

**IN-AND-OUT** Start in a plank, balanced on palms and toes with shoulders over wrists. Keeping arms stationary, jump feet forward so they land outside palms. Now, jump back into a plank. Do 10 reps.

**FLIER** Lie facedown, arms outstretched in front of you. Lift right arm and left leg, hold a few seconds, then lower and repeat on opposite side for 1 rep. Do 10 reps. Cycle through these two moves as many times as you can for 3 minutes.

**TOTAL TIME: 3 MINUTES**

## POWER MOVE

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## UP THE BURN

**SQUAT HOP** Stand with feet just wider than hips. Squat until butt is just above knees. Now, press through heels and jump while raising arms; thrust down as you land. Continue for 20 seconds. Rest 10 seconds.

**BEAR CRAWL** Start on hands and knees, with knees under hips and hands wider than shoulders. Straighten knees and lift butt into a Downward Dog. Take three small steps forward (right hand, left foot; left hand, right foot; etc.), then three steps backward. Continue for 20 seconds. Rest 10 seconds. Cycle through these two moves three times, trying to go faster with each set.

**TOTAL TIME: 3 MINUTES**

66%

Percentage of readers who say that morning is their favorite time of day to work out

56%

Percentage of readers who say they skip that morning workout because they hit the SNOOZE button or just don't have time for it. Not anymore!



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3

# ASPARAGUS, 3 WAYS

→ Fresh flavor and crunch make these stalks a delicious way to add fiber, iron and vitamin A to your plate.

RECIPES BY MARGE PERRY



## 1 Roasted Asparagus With Balsamic Orange Drizzle

SERVES 2

In a small saucepan over medium heat, combine  $\frac{1}{3}$  cup fresh orange juice,  $\frac{1}{2}$  tsp orange zest, 2 tbsp balsamic vinegar and  $\frac{1}{2}$  tsp honey; boil until syrupy. Heat oven to 425°. On a baking sheet, toast 1 tbsp chopped hazelnuts for 5 minutes. Transfer to a plate. Place  $\frac{1}{2}$  lb asparagus on baking sheet; toss with  $\frac{1}{2}$  tsp olive oil. Roast until crisp-tender, about 10 minutes. Top asparagus with syrup, additional orange zest to taste and hazelnuts.

**NUTRITION INFO** 172 calories per serving, 10 g fat (1 g saturated), 19 g carbs, 4 g fiber, 4 g protein

## 2 Asparagus Salad With Bacon and Poached Egg

SERVES 2

In a large skillet over medium heat, cook 1 slice center-cut bacon; remove and crumble. Add  $\frac{1}{2}$  lb asparagus to skillet; cook until crisp-tender, about 5 minutes. In a bowl, whisk 2 tsp sherry vinegar and 1 tbsp olive oil. Add 4 cups field greens, asparagus and bacon; toss. Divide between 2 plates. Top each with 1 poached egg.

**NUTRITION INFO** 188 calories per serving, 13 g fat (3 g saturated), 5 g carbs, 2 g fiber, 10 g protein


## 3 Asparagus and Radicchio Risotto

SERVES 2

In a small saucepan, simmer  $1\frac{3}{4}$  cups chicken (or vegetable) broth. In a medium pot over medium heat, heat  $1\frac{1}{2}$  tsp olive oil. Add  $\frac{1}{2}$  fennel bulb, diced; cook 3 minutes. Add  $\frac{1}{2}$  cup arborio rice; stir 2 minutes. Add  $\frac{1}{4}$  cup white wine; stir until absorbed. Add broth  $\frac{1}{2}$  cup at a time, stirring until absorbed. With the last  $\frac{1}{4}$  cup, add  $\frac{1}{2}$  lb asparagus, cut into 1-inch pieces; cook until liquid is absorbed. Remove from heat. Stir in  $\frac{1}{4}$  cup grated Parmesan and  $\frac{1}{2}$  cup shredded radicchio.

**NUTRITION INFO** 315 calories per serving, 6 g fat (2 g saturated), 48 g carbs, 5 g fiber, 12 g protein





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EAT CLEAN

# A BETTER BREAKFAST

→ *From sweet toast to savory quiche, these new go-tos are healthy and delicious.* RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

**FOR EVERYDAY ENERGY**

## Smoked Salmon and Cucumber Toast

Top 2 slices whole-wheat toast each with 1 tbsp light cream cheese, ¼ cup thinly sliced cucumber, 1 tbsp microgreens, 1 oz smoked salmon, 1 tsp dill and a sprinkle of fresh pepper.

**NUTRITION INFO** 344 calories, 11 g fat (5 g saturated), 44 g carbs, 9 g fiber, 14 g protein

## Ricotta Fig Toast

In a small bowl, mix ¼ cup part-skim ricotta with 1 tsp honey and dash of cinnamon. Spread over 2 slices whole-wheat toast. Top with 1 sliced fig and 1 tsp sesame seeds.

**NUTRITION INFO** 322 calories, 10 g fat (4 g saturated), 45 g carbs, 7 g fiber, 16 g protein

## Mashed Avocado and Strawberry Toast

Spread 2 slices whole-wheat toast each with ¼ mashed avocado, 1 medium sliced strawberry and 1 tbsp crumbled feta. Season with fresh pepper.

**NUTRITION INFO** 366 calories, 17 g fat (5 g saturated), 48 g carbs, 13 g fiber, 4 g protein

**FOR ON-THE-GO MORNINGS**

## Power Smoothie

In a blender, process 1 cup unsweetened vanilla almond milk, ¾ cup frozen blueberries, 1 small frozen banana, 2 tsp chia seeds, ½ cup shredded carrots and a ½-inch cube fresh ginger until smooth. Add ice for frothier consistency, if desired. Sprinkle with another 1 tsp chia seeds.

**NUTRITION INFO** 368 calories, 19 g fat (2 g saturated), 47 g carbs, 16 g fiber, 8 g protein

**FOR A WEEKEND TREAT**

## Quinoa Parfait With Spiced Oranges and Cashew Cream

In a small bowl, soak 3 tbsp raw cashews in water 3 to 4 hours; drain. In a blender, process cashews with 2 tbsp water, ½ tsp vanilla extract, 1 tsp maple syrup and a pinch each of ground cardamom and kosher salt until smooth. Add water as needed to thin. In a small bowl, toss ¾ cup chopped oranges with a dash each of cinnamon, ground cloves, nutmeg and ground ginger. In a tall glass, layer ¼ cup cooked quinoa with half the cashew cream and half the oranges. Repeat.

**NUTRITION INFO** 343 calories, 14 g fat (3 g saturated), 49 g carbs, 7 g fiber, 9 g protein

## Mini Spinach and Ham Quiche With Oat Crust

Heat oven to 400°. In a food processor, grind ⅓ cup rolled oats into flour. In a bowl, mix oat flour with 2 tsp softened salted butter and 1 tbsp 1 percent milk. Press into 1 cup of a jumbo muffin tin coated with cooking spray. In a small skillet over medium heat, heat 1 tsp olive oil. Add ½ cup chopped baby spinach and sauté until wilted, about 2 minutes. In another bowl, whisk 1 egg with ¼ cup 1 percent milk. Stir in spinach and 1 slice ham, chopped. Add mixture to muffin tin. Bake until firm and golden on top, about 30 minutes.

**NUTRITION INFO** 346 calories, 20 g fat (8 g saturated), 23 g carbs, 3 g fiber, 18 g protein

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( SELF )

# WORTH

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## PUPPY LOVE

→ *Bonding with a pet  
may help you stress less.*  
BY ALEXANDRA ENGLER

They're loyal, lovable and criminally cute—and they can help you beat anxiety and loneliness, according to research in the *Journal of Creativity in Mental Health*. In a study, 84 percent of people said interacting with a therapy dog made them feel calm and connected to others. "Spending time with animals increases oxytocin levels, which helps you bond not only with the pet but also with the people around you," says study coauthor Leslie Stewart. If you're petless but still want to de-stress, walk a friend's dog or volunteer to walk shelter dogs: Visit [PetFinder.com](http://PetFinder.com) to find opportunities near you.

Photographed by COREY TOWERS

APRIL 2015 / SELF 75



# PERSONAL BEST

→ Feel happier in a hurry, form better habits—and more.



## WALK THIS WAY

Change your walk, boost your mood? People are more likely to drag their feet and slump when they're sad. But walking with shoulders back and head held high helps you recall positive memories, which aids happiness, finds a study in the *Journal of Behavior Therapy and Experimental Psychiatry*. So go strut your stuff!



## Style statement

"Self-rule means you're in charge of your destiny and have the power to create the life you want," says fashion designer Rachel Roy, whose inspiring message tee (\$39; [Macys.com](http://Macys.com)) hits stores this month. Roy will donate all net proceeds to Step Up, a nonprofit that gives underprivileged girls extra support to enter college and start careers. "All girls deserve the opportunity to pursue their passions," Roy says. "I want to create a movement that inspires through words and actions."

# 23

Percentage greater chance you'll answer a question correctly if you close your eyes while trying to think of the answer

SOURCE: LEGAL AND CRIMINOLOGICAL PSYCHOLOGY

# Q/A



## THE EXPERT GRETCHEN RUBIN

The author of the new book *Better Than Before* explains the keys to creating healthy habits—and sticking with them for good.

**Your books on happiness have been hugely successful. What made you decide to write about habits?**

**A/** When I talked to people about their happiness challenges, they often brought up hurdles related to a habit they wanted to make or break. So in a lot of ways, the study of habits that work for us is really the study of happiness.

**What's the secret to making new habits stick?**

**A/** It's crucial to understand how you respond to both outer and inner expectations. If your goal is to exercise daily and you tend to uphold outer expectations (meeting a friend at the gym) but not inner ones (running solo), that means you're motivated by external factors and should work out with a buddy who can keep you on track. When you easily meet inner promises, simply adding a new habit to a to-do list is enough to hold yourself to account.

**What's the most surprising thing you learned while researching habits?**

**A/** Meeting a goal (like losing 5 pounds) can act as a "finish line," putting an end to a good habit. So focus on your true objective (getting healthy) instead.



A close-up, high-contrast photograph of a person's face, focusing on the eye and sunglasses. The person has light-colored eyes and is wearing dark sunglasses with a gold-colored frame. The sunglasses have a reflective, iridescent lens that shows a greenish-blue tint. The skin is fair and has a soft texture. The background is a plain, light color.

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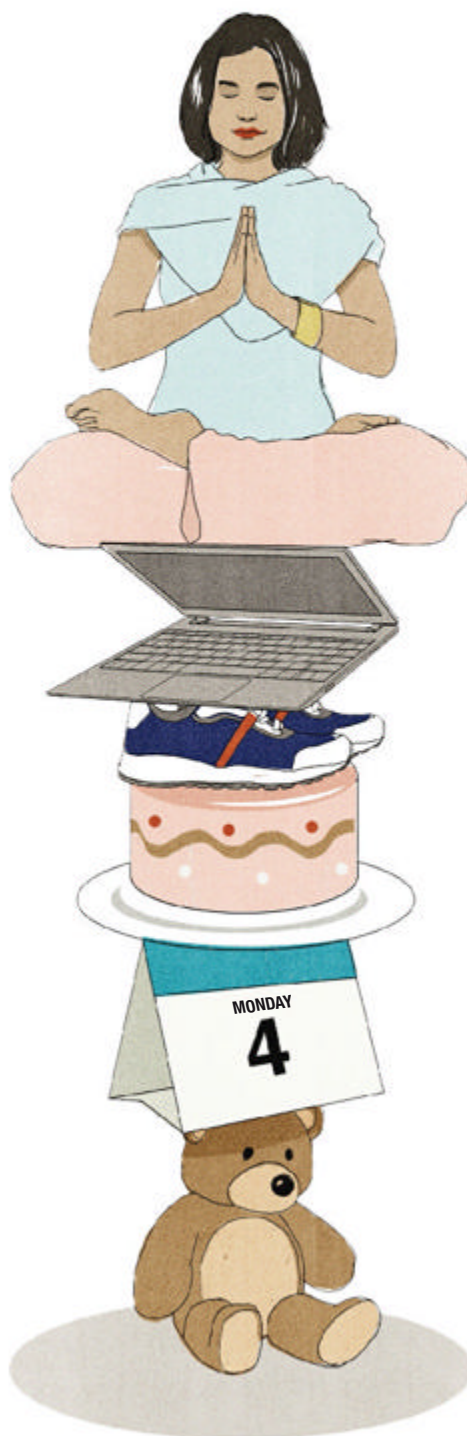
# GROWING UP CHOPRA

➔ The daughter of a spiritual guru, **Mallika Chopra** was raised on meditation. But her life hasn't always been Zen. The *Living With Intent* author reveals how she found her own path to inner peace.

A few years ago, I had a harrowing epiphany—onstage, in front of an audience, no less. I was speaking at a wellness conference in Austin, Texas, about the power of “intents”—desires you wish to pursue, and the basis for the Web business I'd founded, Intent.com—when I was struck by an alarming thought: Who are you to be talking about intents when you're not even living your own? Standing there under the glaring lights, I felt like a fraud. Heart pounding, I scrapped my speech and instead led the crowd in a five-minute meditation.

During the silence, I took stock. It was as if that bright spotlight above my head were illuminating each of my daily choices. They weren't pretty—and certainly didn't live up to the centered and wise Chopra image others expect. I avoided yoga (I've never been flexible), ate takeout food regularly and had a sugar addiction that drove me to a local cupcake shop almost every afternoon. I was carrying about 15 extra pounds and had gotten so caught up in the busyness of work and parenting that I'd let connections with friends become frayed. Worse, I'd all but abandoned my meditation practice, the habit I valued most and, ironically, still taught to others. How did I get here? I wondered.

As the eldest child of Deepak Chopra, I've long felt a push-pull between being ordinary and extraordinary. I've fantasized about following in my dad's footsteps—signing books for thousands of adoring fans! Being interviewed by Oprah!—but in truth, I'm more like my quiet, behind-the-scenes mom, a rock instead of a rock star. The pressure I've felt is mostly self-imposed; my parents urged my younger brother, Gotham, and me to pursue our dreams, not theirs. But I've felt the weight of our family's larger-than-life achievements nonetheless.



My dad's father was one of the first Western-trained doctors in India and gained widespread renown for his work with the poor. He's the reason my dad became a doctor. But my father's rise to worldwide acclaim didn't happen overnight. After treating patients for more than 15 years with drugs he felt had only marginal benefits, he was stressed and burned-out. He smoked, he drank and he argued with my mom, who was terrified about what was happening to her husband. Dad was scared, too. Looking for solutions, he took a course in Transcendental Meditation (TM), a practice that uses a mantra—a sound or word you repeat—to help slow the mind.

From the first session, he was hooked, resulting in a professional shift that changed his life. But his personal transformation had more impact on me. My dad was home. He was present. He got healthy and helped us with homework. And it wasn't long before our entire family learned to meditate. After school, I'd race my brother to my mom's bedroom, vying to sit in the coveted spot next to her on the bed. When I closed my eyes and began silently repeating my mantra (which sounds sort of like “om”), the thoughts that typically swirled through my mind—worries about an exam or a party I wasn't invited to—disappeared, leaving me alert but peaceful. Those still moments helped me to see that the daily concerns and dramas of teenage life didn't define me and to know that underneath these everyday problems lay a deeper well of wisdom and perspective.

As my father rose in the TM community, our lives became unexpectedly entwined with the rich and famous. Michael Jackson was a fixture in our home. Sometimes, in the middle of a meal, he'd get a dreamy look on his face and jump up from the table to





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## (SELF) WORTH

jot down lyrics. George Harrison and Elizabeth Taylor became close with my dad, too, turning to him because they were in emotional pain and needed help.

Now, after so many years, I was the one who had lost my way. So, like many others before me, I called my dad. When I confessed to my unhealthy lifestyle, he responded as a father first, with concern. Assured that I was basically OK, he shifted to guru mode: "Are you meditating? If you have questions about your life, it's one of the best ways to find answers." I admitted I wasn't. Recalling those peaceful after-

was a walk or a conversation or a big glass of water. I even started taking a weekly yoga class set to hip-hop music—and found I liked it. My friends weren't aghast to learn that a Chopra strained to do Downward Dog. They were just happy I'd joined them.

Despite those positive changes, I still had a nagging sense of guilt, of not measuring up. As I meditated one day, an old memory surfaced. I was maybe 16, and my family was at a hotel in Washington, D.C., where my dad was speaking. My brother and I were buying a Coke from a vending machine, and a man nearby said, "Don't

## RETURNING TO MEDITATION FELT LIKE WALKING DOWN A WELL-WORN PATH LEADING TO A FAMILIAR PLACE OF STILLNESS. IT FELT LIKE COMING HOME.

noons with my mom and how meditation turned my dad's life around, I decided it was time to recommit to a daily practice.

A few days later, while my husband took our two daughters out for brunch, I placed a chair in the corner of our bedroom, closed my eyes and repeated my childhood mantra. Sitting there, after so many years, felt like walking down a well-worn path leading to a familiar place of stillness. It felt like coming home. And like coming home, it was challenging and comforting all at once. That first session didn't yield any spectacular insights. But as I continued to sit for 10 minutes or so every afternoon (between work and picking up the girls from school), I began to see my life with more clarity.

It occurred to me that much of my busyness was self-inflicted—I didn't need to say yes to every speaking engagement or volunteer request. I saw how much time I wasted procrastinating (Facebook could easily swallow a whole hour) and that when my life felt out of control, I tended to comfort myself with sweets.

My daily existence was out of sync with my inner values, so I set about trying to change it. I called friends and met them for lunch, walks on the beach, movies. I started buying and preparing healthier foods rather than reflexively calling for delivery. To tame my sugar addiction, I tried to eat more mindfully, paying attention to my hunger and fullness cues and assessing whether I was really hungry at all. Sometimes, I realized, what I needed

let your father see you drinking that. He'd be horrified!" We laughed. "We're actually buying it for our dad," my brother said. And we were.

That memory triggered an insight: Even my dad isn't perfectly Chopra-esque. We're all tempted by Coke and cupcakes. We all skip exercise to binge-watch Netflix. We all feel embarrassed when we're not good at things. But because we're afraid to admit our failings, we carry around shame. And that, I realized, was something I might have the power to change. By honestly and openly sharing my struggles, I could pull back the curtain and show the world that behind every lofty name there's a fallible, floundering, uncertain human.

I started sharing the truth, and it has been liberating—for me and for those who hear it. When my audiences learn that even a Chopra struggles with meditation (and diet and exercise), they feel inspired to keep pursuing their dreams and goals.

I still don't have an answer to my childhood question: Am I ordinary or extraordinary? But I have a new response: Who cares? I'm living a life aligned with my passions and values. I'm being real and making mistakes and recognizing them and resetting my course. I'm not a fraud for veering from a healthy path; I'm a fraud if I pretend I don't. ●

*Adapted from Living With Intent: My Somewhat Messy Journey to Purpose, Peace, and Joy* copyright © 2015 by Malika Chopra. To be published by Harmony Books, an imprint of Penguin Random House LLC, on April 7.

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**SELF MADE**

# ELLE LUNA

→ *This artist and author's inspiring advice might just persuade you to leave your day job.* BY DEVIN TOMB

It was 2012, and Elle Luna was enjoying the kind of success many of us dream of. After overseeing a redesign of Uber's app, she became the design lead at Mailbox, a highly anticipated mobile email service. But on the day the start-up launched, she decided to quit. "I remember sitting there at the peak of this experience, and I still felt like something was missing," she says. When Luna wrote a manifesto about following her passion on Medium.com, the post went viral—and landed her a book deal. (*The Crossroads of Should and Must* hits shelves this month.) Now she's realized her dream of being an artist: The 33-year-old exhibits solo shows in San Francisco art galleries and has founded the Bulan Project, an ecommerce platform for artisan textiles. Here, she shares how to unlock—and pursue—*your* dreams.

**SHAKE FREE OF YOUR SHOULDs** "These are external pressures or conventional norms. I come from a family of lawyers, so one of mine was 'I *should* go to law school.' Writing these down on paper is almost like taking blinders off. That's when your 'musts'—what you're truly passionate about—may reveal themselves."

**REMEMBER YOUR DREAMS** "Literally! I realized I wanted to paint because I had a recurring dream about a white studio. If dreams don't tell you much, write random things you want to do ('learn to cook') on Post-its. Notice patterns."

**KNOW WHAT EXCITES YOU** "Figure out the difference between what you're qualified to do and deeply compelled to do. Many people take a job simply because they know they *can* do it. Search for the one that lights you up inside."

**SEIZE OPPORTUNITY** "I once saw the CEO of Uber at a party. I went right up to him and said, 'You need a new app.' He asked how I would change it, and I replied: 'The entire app, logo and rating system.' He had me start that Monday. It worked because I believed in what I could offer."

MATHEW SCOTT: STYLING; LAURA HOLLABAUGH: HAIR AND MAKEUP; MERIELLE AT WORKGROUP: STILL LIFES; CLOCKWISE FROM TOP LEFT: GETTY IMAGES; CATHY CRAWFORD/CNP DIGITAL STUDIO; COURTESY OF CIRCUIT COSMECEUTICALS; DEVON JARVIS; STYLING, ANNE WLAYSEWSKI.



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# GLOW TIME

*Get ready to see your skin in a whole new light: Our easy 1-2-3 plan is all about more radiance, starting now. What's not to like?*

BY KAYLEEN SCHAEFER

*photographed by* JOHN AKEHURST *styled by* LINDSEY FRUGIER

Your skin says a lot about you, and when it looks lit from within, it hints at all the healthy habits you might factor into your routine: endorphin-boosting runs, de-stressing yoga, farm-fresh meals, nights of restorative sleep. In other words, it's the complexion we all want. So it's no surprise that achieving that luminous effect isn't about piling on products, but about how you live. Call it the wellness approach to beauty. "Women often focus on the lotions and potions they put on their skin without considering what's happening internally," says Lauren Slayton, R.D., founder of Foodtrainers in New York City. "When it comes to your skin, you are what you eat." (And drink: water!) So how to kick-start your complexion for a naturally gorgeous effect? Try this three-step plan designed by the experts to transform your skin inside and out. Start with the foods you eat, so your body stays hydrated and energized, then reach for the latest skin-care breakthroughs that seal in long-lasting moisture. Finish with a pat of light-reflective makeup, and you're good to glow. No Valencia filter required.

## 1 *Start from the inside*

Beyond drinking water (eight glasses a day, minimum), focus on nutrient-rich foods that replenish your body and nourish your skin.

**BREAKFAST** Begin your day with foods rich in hydrating omega-3 fatty acids, like walnuts and hemp seeds, both of which can be sprinkled onto oatmeal or yogurt. Or whip up some eggs: They contain sulfur, which helps build collagen to keep you fresh-faced, says SELF contributing expert Willow Jarosh, R.D.

**LUNCH** Load up on vitamin C and zinc to increase your skin's elasticity and ward off dullness, says Frank Lipman, M.D., founder of Eleven Eleven Wellness Center in New York City. Try a salad with garbanzo beans, slices of mandarin oranges and watery veggies like peppers to pack in extra hydration.

**DINNER** Reach for lean protein that delivers healthy fats, like salmon with a side of orange vegetables for beta-carotene (think carrots, squash). A study found that this nutrient helps bring out the natural warm glow found in your skin, says SELF contributing expert Stephanie Clarke, R.D.

**SNACKS** Munch on water-based fruit (grapefruit, watermelon) and stock up on chia seeds. "They're hydrophilic, so they retain a crazy amount of water to keep you hydrated," says Clarke, who suggests soaking the seeds in water overnight and mixing them with club soda and lime juice for a chia fresco.





## FACE TIME

For an insta-glow, try a hydrating mask that works in five minutes, like Patchology Hydrate FlashMasque Facial Sheets, \$50 for eight.

BRA TOP Dion Lee

# 2

## Get your glow on

Radiance “has a lot to do with how light interacts with your skin,” says Whitney Bowe, M.D., a New York City dermatologist. The smoother the surface, the more luminous your complexion. So exfoliate (gently) to get rid of rough patches, then use oils and masks to lock in moisture.

**POLISH AND PROTECT** Exfoliate with sloughing products you might not consider soothing: a mud or clay mask. The newest versions not only banish impurities and remove buildup from pores but also have moisturizing ingredients that won’t leave your face parched and tight. Try Charlotte Tilbury Goddess Skin Clay Mask, \$75, with almond and rose hip oils.

**REACH FOR OILS** If you don’t have a go-to face oil in your routine, add one. The latest botanical options sink in quickly to hydrate skin, minus the grease. Apply the oil any way you like: under or over your moisturizer, or simply mixed with your lotion to magnify the impact. Try Laura Mercier Infusion de Rose Nourishing Oil, \$62, with moisture-retaining sunflower seed oil, or Fresh Seaberry Skin Nutrition Booster, \$45, which is rich in reparative

seaberry oil. For a two-in-one multitasking pick, consider Chanel Hydra Beauty Micro Sérum, \$110, which contains tiny droplets of camellia oil suspended in an antiaging serum. No matter which formula you opt for, always pat it on post-cleansing, while skin is still warm and damp. “The water tracks the moisture in so the ingredients absorb better,” explains Elizabeth Hale, M.D., a New York City dermatologist.

**FINISH WITH A HYDRATING MASK** “They’re the best way to keep the skin moist,” Dr. Hale notes. “They’re soothing and ultra-healing.” Look for ones that quench skin with rapidly penetrating hyaluronic acid, like Estée Lauder Revitalizing Supreme Global Anti-Aging Mask Boost, \$65, or Kate Somerville Nourish HydraGel Mask, \$70, which is also spiked with brightening vitamin C.

## 3 Lighten up your makeup

With healthy, beautiful skin as your base, you can take a delicate hand with products. “Skin should feel fresh and natural rather than obviously highlighted,” says makeup pro Diane Kendal.

**GO FOR A MIST** Prep skin with a rosewater spray; it’s a toner and refresher, and “gets the skin glowing right from the start,” Kendal says. Then dab on a sheer primer to lightly blur imperfections. You want to leave your skin on the bare side, but concealer isn’t off-limits. “Just use it only where you really

need it: maybe under the eyes, the sides of the nose and to hide any blemishes,” Kendal says.

**PERFECT YOUR BASE** Skip foundation and heavy matte powders; instead sweep on a tinted moisturizer or gel. “They cover just enough,” says makeup artist Mary Greenwell. “This is all about showing

your ‘real’ skin.” Spread a drop over your T-zone and cheekbones, but go easy on the forehead. “It’s a large, flat area that can become shiny very quickly,” points out makeup artist Linda Hay.

**ADD SUBTLE DEFINITION** “Leave the rest of the face quite bare and luminous,” Kendal says. Just smudge

on a soft brown eyeliner, rub on a creamy apricot or peach blush and pat lips with a berry stain. (Gloss will give you too much shine.)

**EXTEND YOUR GLOW** For an end-of-day boost, press a bit of rosebud salve (or face oil) on your cheekbones. It’s a quick addition that “really enhances the glow,” Kendal says.



→ Find a day's worth of glowy-skin recipes at [Self.com/go/glowdiet](http://Self.com/go/glowdiet).

## FRESH CROP

Keep your complexion in top condition with vitamin C-packed fruit and the right products.

**CLOCKWISE FROM TOP LEFT** Charlotte Tilbury Goddess Skin Clay Mask, \$75; Michael Kors Into the Glow Hydrating Bronze Gel Crème, \$35; Laura Mercier Infusion de Rose Nourishing Oil, \$62; Maybelline New York Face Studio Master Prime Weightless Blurring Primer in Blur + Illuminate, \$10; Chanel Hydra Beauty Micro Serum, \$110

*photographed by* FABIAN OHRN



## TRAILBLAZER

With a graphic minidress, a silky coat makes the leap from sand to street.

**ANORAK** Lacoste, \$650 **DRESS** Monreal London, \$385 **GLADIATOR SNEAKERS** Vionnet, \$895







# ZIP TO IT

Toss on a light jacket and breeze through from dawn 'til dusk. The season's best parkas and anoraks take you there without missing a step—just add gladiators!

PHOTOGRAPHED BY BJARNE JONASSON  
STYLED BY MELISSA VENTOSA MARTIN

## DYNAMIC DUO

Black leather gives an anorak a tough but sexy spin.

**ANORAK** \$695 **SHIRT** \$395, and **SHORTS** \$795, Rag & Bone  
**NECKLACE CHAIN** \$295, and **CHARM** \$2,915, David Yurman



## PILE IT ON

Something sporty,  
something piped,  
something mesh: It's  
easy layers for the win.

**GREEN ANORAK** Nicholas  
K, \$796 **ORANGE JACKET**  
Brooks Running, \$90

**BLUE JACKET** Lacoste,  
\$625 **TANK** American  
Apparel, \$24 **SHORTS**  
3.1 Phillip Lim, \$225





## GO WITH THE FLOW

Loosen up your look with this riff on the classic tracksuit and gym bag.

**ANORAK** \$400, and **SKIRT** \$250, Nike x Sacai **WRISTBANDS** Nike, \$8 for two **BAG** J.W. Anderson, \$1,285







#### STEP IT UP

A body-con outfit looks new in pale pink; charge it up with a shot of neon.

**PINK ANORAK** Acne Studios  
**GREEN LINER** Nike, \$90  
**SWIMSUIT** Katie Gallagher, \$250  
**SKIRT** Acne Studios, \$950



## FRESH COAT

Simple shape, hot color: Mix with brights and white for even more impact.

**JACKET** Dorothee Schumacher, \$861 **SHIRT** We Love Colors, \$16 **SHORTS** Solow, \$86

Hair, Mark Hampton for Toni&Guy; makeup, Serge Hodonou at Frank Reps; manicure, Nettie Davis; production, PeterMcClafferty.com.  
Model, Senait Gidey at IMG Models.  
See Get-It-Guide.



## THINK DIFFERENT

"You have to challenge people's perceptions of you, and the perceptions you have of yourself," Dormer says.

DRESS Versace CIRCLE

EARRING Trademark

TRIANGLE EARRING

Vanessa Gade

# SHE'S GOT GAME

AS CRAFTY LADY MARGAERY ON GAME OF THRONES, **NATALIE DORMER** IS A FORCE TO BE RECKONED WITH. SHE TELLS US HOW SHE STAYS STRONG—AND A STEP AHEAD.  
BY MOLLY KNIGHT





## POWER PLAYER

"There are so many roles out there that I'd like to try," Dormer says. "It's like, how big and wide is life?"

**DRESS** Prabal Gurung  
**EARRINGS** Roberto Cavalli

**NATALIE DORMER** doesn't scare easily. She once shaved her head for a role. She has a tattoo on the inside of her left forearm that reads: FEAR IS THE MIND-KILLER. As Margaery Tyrell on *Game of Thrones*, she held her own against King Joffrey—one of the biggest psychopaths ever to appear on television—then married him.

But even someone as bold as Dormer wondered what she'd gotten herself into when she signed on to run her first marathon. It was 2013, and she had just agreed to play Cressida, the semiautomatic weapon-toting PR girl turned warrior, in the *Hunger Games* franchise. The role required her to report for work at 5 A.M. every day, so that half of her head could be shaved and an intricate fake tattoo could be applied to her scalp. Then, after 12-hour days of shooting battle scenes, she'd spend another hour working out at night, alternating between running the hilly streets of Atlanta—where filming took place—and doing interval sessions at a local gym. All of this was to prep for the April 2014 London marathon. "I actually look back on it now and think, F---ing hell, how did I do that?" she says.

It's a reasonable question—for those who aren't acquainted with the 33-year-old actress's unstoppable drive. After all, she'd never competed in a race that long before. She signed up

**PHOTOGRAPHED BY**  
**BJARNE JONASSON**

**STYLED BY** MELISSA  
**VENTOSA MARTIN**



to run in London before she knew that *The Hunger Games: Mockingjay—Part 1* and *Part 2* shooting schedule would require her to report to set before dawn. “My way of surviving it was a nap at lunch,” she says. The schedule and exercise regimen both seemed like crazy ideas at first, but in hindsight her plan was serendipitous. “In *Mockingjay—Part 2*, I’m basically running around in heavy armor while carrying a semiautomatic rifle,” she says of the film that will hit theaters this fall. “I don’t know how I would have kept up with [costars] Liam Hemsworth or Sam Claflin if I hadn’t been in the best cardiovascular shape of my life.”

Dormer’s attention to the physical has also helped her embody her most famous character, Margaery in *Game of Thrones*. “Being strapped into a corset with this long flowing skirt immediately changes the way you look in the mirror,” she says. “My way into Margaery is actually quite physical, even though she’s not a physical character in the way that Cressida is.”

It was important for Dormer to find quick ways to embody each of those characters, because her packed filming schedule didn’t allow her much time to ease her way in. Once filming of the fourth season of *Game of Thrones* wrapped in Europe in fall 2013, she jetted straight to Atlanta for back-to-back shoots of *Mockingjay—Part 1* and *Part 2*, which took nine months to complete. Then, after just a few days off, she flew back to Europe and put on her Rapunzel-like Margaery wig to begin filming the fifth season of *Thrones*, which premieres April 12.

Dormer was able to keep up with this daunting schedule, in part, because of the way she takes care of her body. Born in Reading, England, she was classically trained at the Webber Douglas Academy of Dramatic Art in London; her acting education included regular yoga classes and the Alexander Technique, a mindfulness training course that helps students become more aware of their bodies in space. “When you work the unnatural hours that actors work, and when you fly as much as we do, you have to pay attention to your body—or else you’re a disaster ready to happen,” Dormer says.

She focuses on eating well and making sure she can fit in time for exercise—two of the major keys, she says, to building the stamina to endure the 12-hour shoots. On those mornings when she has to be on-set before dawn, she starts her day with a green juice. “When you have early calls, you don’t necessarily want to eat first thing in the morning,” she says. “But you have such long days that if you don’t, you really fall down from it. So, juicing before and eating later is, for me, a good nutritional compromise.”

## HER WORKOUT

*Dormer mixes it up, whether she’s home or off filming. Here, her go-tos.*

**RUNNING** “It’s a great way to get to know an alien city you’ve been dropped in. When I was training for the marathon during *Mockingjay*, I learned a lot about the geography of Atlanta, where we were shooting.”

**YOGA** “My yoga mat will always be in my luggage. Yoga is invaluable when you’re on long-haul flights a lot. But I do it for my mind as much as my body. Actually, that’s true of my relationship with all exercise.”

**SWIMMING** “If you want to make me happy, tell me there’s a great swimming pool nearby, with a steam room and sauna. You’ll see a massive smile come over my face.”

**ANYTHING NEW** “I’m open to new experiences. I just did aerial yoga for the first time, and there’s a kayak club near me that I’ve been meaning to try.”



As Margaery Tyrell in *Game of Thrones*

To be a successful theater actor, she also believes it’s important to train like an athlete would. “People might not realize that going on stage for eight shows a week is a very physically labor-intensive exercise,” she says. “You have to be fit.” Dormer is that rare breed of actress who doesn’t work out with a personal trainer. Still, she says, “I’ve always been a jogger and done yoga, and I like to swim as well.”

Emotional support from her colleagues has proved equally important to her success. Because both *Game of Thrones* and *The Hunger Games* involve the meticulous process of adapting complex books with cultlike fan followings into interpretations suitable for the screen, Dormer has enjoyed being part of casts that have become particularly close. While training for the marathon, she was surprised to discover a secret fraternity of other distance runners at work every day. “This amazing thing happens where people come out of the woodwork,” she says. “Suddenly someone in the camera department is giving you tips on nutrition, or the catering guy is giving you recipes. And everyone on-set in the morning is, like, ‘How far did you run this weekend?’ The support was really wonderful.”

She’s found support in other unlikely places as well. Two years ago, when she attended the White House Correspondents’ dinner with *Game of Thrones* costar Nikolaj Coster-Waldau, she was floored to learn that so many politicians were huge fans of the show. “Weirdly, we’ve got quite a lot in common,” she says of American congressmen and Kings Landing dragonesses. “We’re acutely aware of the PR and politics and backbiting and ambition that goes on behind closed doors. The show is all about striving for power—why wouldn’t politicians like the show?”

Those lawmakers had better clear some room on their schedules this spring, because *Game of Thrones* is approaching its most pivotal season yet. When we last left Margaery, her second attempt at entering into a politically advantageous marriage had just failed: Joffrey, her bloviating husband, was poisoned to death at their wedding reception. (Her first marriage, to Joffrey’s uncle, Renly, ended when he was assassinated via stabbing.) Undeterred by two dead husbands, Margaery has turned her sights to Joffrey’s kinder, younger brother (and new heir apparent to the throne), Tommen. The promotional clip for the new season hints at still another wedding for Margaery, though Dormer doesn’t want to give away any plot twists for those fans who haven’t read the books. “You know what they say,” says Dormer of her resilient character. “Third time lucky!” SHE’S GOT GAME > 124



## SILVER LININGS

"We do have a laugh. It's kind of the only way to navigate all that death," Dormer says of filming *Game of Thrones*.

**DRESS** Cushnie Et Ochs  
**EARRINGS** Eddie Borgo

Hair, Mark Hampton for Toni&Guy Hair Meets Wardrobe; makeup, Matthew Van Leeuwen at The Wall Group; manicure, Ashlie Johnson for Chanel Le Vernis; production, PeterMcClafferty.com. See Get-It Guide.

SELF

**GO BEHIND THE SCENES OF DORMER'S SHOOT!** Hover the SELF Plus app over this page for exclusive video. Details, page 14.





# *the* ULTIMATE WORKOUT

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*Welcome to obstacle course racing, where you can score major endorphin highs (and lean, sculpted muscles) by scaling walls and leaping over fire pits.*

BY COURTNEY RUBIN

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PHOTOGRAPHED BY  
HANS NEUMANN

STYLED BY LINDSEY FRUGIER







What if there was a workout that could get you into sick shape, one that you could do with friends and that you could celebrate with high fives and IPAs? There is, and it's called obstacle course racing. Launched in 2009, OCR is exploding in popularity: Last year, 4 million people tackled obstacles ranging from easy (piggybacking a friend) to *whoa* (spear throwing). Reebok's Spartan Race is now televised, and there's even a push to bring the sport to the Olympics.

How it works: As you jog along a 3- to 12-mile course, you stop to climb ropes and walls, crawl in mud, wade through streams, carry sandbags and much more. Most races have an inviting, we're-all-in-this-together vibe: Strangers are just as likely to help (and celebrate) one another as friends are. And yes, the finish line tents often welcome racers with kegs. (Find a full calendar of OCRs at [Active.com](http://Active.com).)

Race prep requires targeted workouts like the one on the next page. These tend to be challenging yet fun. Enter a new niche of classes for aspiring OCRers (and nonracers who are just looking for a great workout), like those at New York Sports Clubs and Anytime Fitness. There are even OCR-dedicated gyms, such as Epic Hybrid Training in New York City and MYLO Obstacle Fitness in Austin, Texas.

And you'll revel in the results—toned muscles, yes, but also improved balance and agility, plus a boost to your aerobic (what you use for cardio) and anaerobic (what you use to leap over a stream) systems. Because the obstacles are so far outside most people's comfort zones, the confidence you get by overcoming them can have a halo effect in other areas of life where you encounter challenges. (So... everywhere.) "I hear it all the time: 'I jumped over fire this weekend, so maybe I can ask my boss for that promotion or raise,'" says Margaret Schlachter, author of *Obstacle Race Training* and founder of [DirtInYourSkirt.com](http://DirtInYourSkirt.com). "Things seem less scary after the visceral, transformative experience you had over the weekend."

FROM LEFT **SPORTS BRA** Lucas Hugh **SHORTS** Monreal  
London **GLOVES** Specialized Bicycle Components **SPORTS**  
**BRA** Adidas by Stella McCartney **PANTS** Solow **GLOVES**  
Specialized Bicycle Components **SNEAKERS** Nike



# get OCR-READY

This plan, created by trainer Rose Wetzel, a professional Spartan OCR athlete, will prepare you for common obstacles. But even if you aren't planning to sign up for a race, these moves will tone your body—and put a smile on your face.

## THE PLAN

Do the moves two times a week for at least a month before your event. Prior to each workout, warm up with five minutes of jogging and high knees. Do each move once, then run ¼ mile at a fast pace. You should also run for at least 45 minutes at an easy pace once a week and rest or do your favorite cross training activity on other days.

## THE MOVES

### UP AND DOWN

Stand with feet shoulder-width apart. Crouch, placing hands on ground in front of you. Jump feet back into a plank. Do a push-up. Jump feet forward, then jump straight up. Continue for 30 seconds.  
**PREPS YOU FOR...** climbing walls and the penalty burpees you may have to do on failed obstacles

### ARMY CRAWL

Lie facedown and use your elbows, hips and toes to move forward. Continue for 30 seconds.  
**PREPS YOU FOR...** crawling under wires and nets, or through tunnels

### WEIGHTED PUSH-UP

Start in a plank with toes on a sturdy bench or chair and hands on ground, arms straight. Do push-ups, keeping

elbows close to body. Continue for 30 seconds.

**PREPS YOU FOR...** rope climbs, tire drags, rings

### DOUBLE-LEG HOP

Place five cones (or other markers) in a line about 12 inches apart. Stand at one end of the line with feet together, arms at sides. Keep feet together as you hop from cone to cone. Continue for 30 seconds.

**PREPS YOU FOR...** tire runs, leaping over or through mud and fire pits

### MEDICINE BALL THROW

Stand with feet hip-width apart, holding an 8- to 10-pound medicine ball at waist, left side facing a wall 2 to 4 feet away. Twist and throw the ball at wall. Catch it as it bounces back. Continue for 15 seconds, then switch sides.

**PREPS YOU FOR...** monkey bars, rings, spear throwing

### STEP-UP

Stand with feet hip-width apart, about 12 inches from a sturdy bench, step or chair. Step up with left foot, lifting right foot and driving knee toward chest. Do 15 reps. Switch sides; repeat. Make it harder: Hold 5- to 10-pound dumbbells.

**PREPS YOU FOR...** tire flipping, uphill sandbag carries, bucket carries  
—Kristin Canning

## TIME TO RACE...

Whether you want a fun 5K alternative or an epic event, there's an OCR for you.

**MUDDERELLA** These untimed races feature obstacles like Skinny Jeans, where you slide through a tunnel into a pit of muddy water. [Mudderella.com](#)

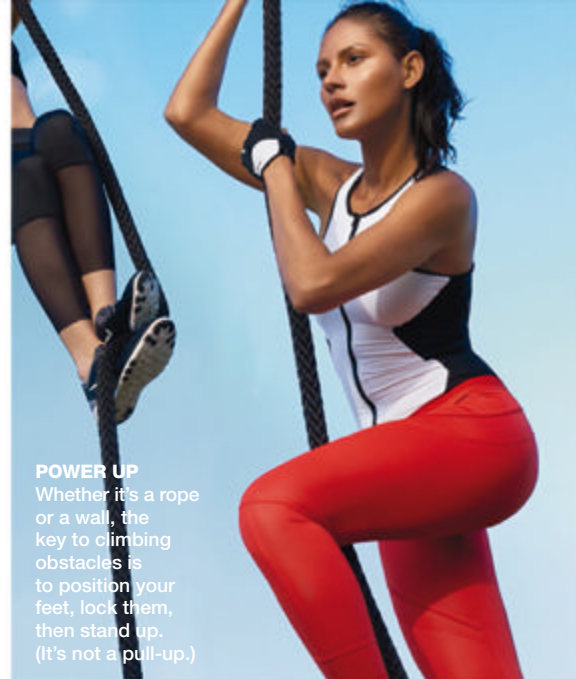
**WARRIOR DASH** The obstacles on this 3.1-mile course test you without breaking you. For example,

the crawl under barbed wire is short and flat (not 100 feet and uphill), and there's no penalty if you don't finish an obstacle. [WarriorDash.com](#)

**TOUGH MUDDER** The challenges can be mentally daunting—like the electroshock therapy obstacle. (Yes, seriously.)

Each race is 10 to 12 miles. [ToughMudder.com](#)

**SPARTAN** Go big (the 12-mile, 30-plus obstacle Beast); medium (the 8-mile, 25-plus obstacle Super); or small (the 3-mile, 20-plus obstacle Sprint). Some Sprints are held in sports stadiums. [Spartan.com](#)



### POWER UP

Whether it's a rope or a wall, the key to climbing obstacles is to position your feet, lock them, then stand up. (It's not a pull-up.)



### PUSH IT

Power should come from your core and legs, not arms, in any obstacle that requires pushing, like tire flips.



### HANG TOUGH

For hanging obstacles like rings and monkey bars, use momentum to swing.

FROM TOP **PANTS** Olympia Activewear **SWIMSUIT** Tavik Swimwear **PANTS** Adidas by Stella McCartney **SPORTS BRA** Nike **PANTS** ZDDZ **ARM SLEEVE** Adidas **SWIMSUIT** ThreeAsFour **SHORTS** Adidas by Stella McCartney **WRISTBAND** Nike **OPPOSITE**, FROM LEFT **CROP TOP** and **PANTS** Lucas Hugh **SNEAKERS** Nike **SPORTS BRA** Calvin Klein Underwear **PANTS** 2XU **SNEAKERS** Nike



**STEP LIVELY**  
OCRs can be wet and muddy, so do at least one training workout wearing socks and sneakers that you've dunked in water to get used to the heavy, sloshy feeling.

HAIR: SUNNIE AT THE WALL GROUP; MAKEUP: JOHN MCKAY AT DEFACTO; MANICURE: STEPHANIE STONE AT NAILING HOLLYWOOD; PRODUCTION: PETERMCCLAFFERTY.COM; MODELS: KAITLYN FITZPATRICK AND ANNEMIEKE AT STARS MODEL MANAGEMENT; ALEKSANDRA AT LA MODELS; EMANUELA DE PAULA AT THE SOCIETY. SEE GET-IT GUIDE.





# *it takes TWO*

Got a marathon day (gym, office, happy hour)? Double-bag it. Top model **Alyssa Miller** gets a handle on the trend—and pairs it with the sleekest clothes this side of the workweek.



## **TOTE-ALLY CHIC**

A satchel takes you from 9 to 5; clip on a playful mini for off-duty. "Drop your big bag off at home and head to dinner," Miller says.

**TOTE** \$3,650 **WALLET** \$1,550  
**POM-POM ACCESSORY** \$1,150  
**SHIRT** \$1,150, and **PANTS**  
\$1,400, Fendi **EARRINGS** Melanie  
Georgacopoulos, \$2,595





**Photographed by  
Zoltan Tombor**

**Styled by  
Lindsey Frugier**

**TWO OF A KIND**

Win the day every day with a bold tote (for laptop and sneaks) and a chain-strap bag (for lunch dates). Add a luxe snakeskin skirt, and "I can imagine taking on the world in this look," Miller says.

**TOTE** \$4,490, and **PURSE** \$1,990, Akris **POLO SHIRT** Demylee, \$145 **BUTTON-DOWN SHIRT** Thomas Pink, \$185 **SKIRT** Bally, \$7,000



## SMART SET

"Mixing and matching bags from different designers can work well, too," Miller says of this kelly-green cross-body and carryall—which show you can rock a little color and still mean business.

**TOTE** Furla, \$548

**SHOULDER BAG** Bally, \$550

**POLO SHIRT** Derek Lam

**BUTTON-DOWN SHIRT** T by Alexander Wang, \$265

**SKIRT** Derek Lam, \$1,390







## HAND IN HAND

CrossFit at 7 A.M.,  
cocktails at 7 P.M.:  
A roomy shopper  
and boxy mini-clutch  
have you covered.  
“This combination is  
great for the girl on  
the go,” Miller says.

**TOTE** \$1,295, and  
**CLUTCH** \$1,595, Anya  
Hindmarch **SHIRT**  
Lacoste, \$165 **SKIRT**  
Ports 1961, \$2,495

Hair, Joey George for  
Bumble and Bumble;  
makeup, Deanna Melluso at  
The Wall Group; manicure,  
Dawn Sterling for Chanel Le  
Vernis; model, Alyssa Miller  
at IMG. See Get-It Guide.





DYES CONDIMENT  
SODA GMO  
JUICE SUGAR  
ALCOHOL  
JUNK FOOD  
ARTIFICIAL INGREDIENTS  
FAT RED MEAT DAIRY  
SECOND HELPINGS



# NEVER. HEALTHY. ENOUGH.

Obsessing over nutrition, shunning entire food groups—these are just two symptoms of orthorexia, a behavioral disorder that’s on the rise among young women. **Rachel Levine**, 30, reveals how her fixation on healthy eating almost killed her.

*As told to Erin Bried*

Eight years ago, I nearly died. In fact, at the time, no doctor understood how I hadn’t. My body was so emaciated that my heart rate had slowed to 36 beats a minute, about half of what’s considered normal. I was in constant pain, all bones, barely even able to sit. I never wanted to be *that* thin, so nothing about my body was attractive to me. I’d always wanted to be She-Ra. Or Beyoncé—who, to me, has the ideal body. I’d look in the mirror and ask myself, How did I get here? This was not supposed to be my story.

I’ve always been a perfectionist. When I went to the University of Vermont as a premed, my goal was not just to graduate with honors and become a doctor but eventually to cure some major disease. I worked hard. When I wasn’t putting in

time at the library or in class, I was dealing with all the ordinary stresses every student faces. I drank too much and ate whatever—pizza, wings. Food wasn’t good or bad; it was just food.

During my junior year, I studied abroad in Australia, where the sunny beach culture inspired me to get outside. I started running 3 to 5 miles a few times a week. It cleared my mind, and I loved the endorphin high. As I lost a little weight from my 5-foot-11 frame, I also attracted more attention. I remember a guy at a bar said, “I’m in love with your body. You’re so strong and lean.” I was, like, Yay, strength!

## A NEW OBSESSION

After about six months, however, something in me changed. My running had

become less of a joy and more of an obligation. I ran through it all—torrential downpours, injury, exhaustion—with no exceptions or excuses, because it was less painful to endure the hard workouts than the hell I’d give myself if I skipped them. If I slacked off, my inner dialogue turned hateful: You’re lazy. You’ve failed yourself. Exercising made me feel like I had control over my life. Putting in 5 miles before anyone was even awake made me feel secretly superior.

That’s when the food changes started, too. I had to make sure every bite I put into my mouth was super healthy: lowfat yogurt and cereal for breakfast (carbs were OK as long as they weren’t white), a smoothie for lunch and brown rice with veggies for dinner. I had an ironclad



policy: always the same meals, same time, same chair, same utensils. This rigidity annoyed my friends. “Why can’t you just eat with us?” they’d ask, to which I’d respond, “I *like* eating this way.” It was a lie. But when you’re obsessed, you’ll say whatever you can to end a conversation.

When I moved back to Vermont for my senior year, people knew I’d changed. I was 20 pounds lighter and I was no longer my happy, social self. I stopped hanging out with friends because I never wanted to be challenged on my new lifestyle. And I stopped going to parties for fear that if I stayed up late, I’d be too tired to work out the next morning. I was lean, strong, in control—and also totally alone. For comfort, I relied heavily on my obsessions, which masked my anxieties like a Band-Aid I knew how to apply just right.

### A NEAR-DEATH EXPERIENCE

At the end of the year, I graduated from college with a 4.0 GPA (and 0.0 quality of life). I joined AmeriCorps and moved to Santa Rosa, California, to teach at-risk

the stress of graduating, though I knew that wasn’t true. I was terrified of myself and the way I looked. I remember worrying, When is this going to stop? Never. It never will!

Alone and with zero accountability, I became my sickest. I’d get up every day at 5 A.M. to put in two hours at the gym. Nothing could keep me away. Once, I was so feverish with the flu, I felt like I might pass out on the treadmill. But rather than quit, I staggered over to the recumbent bike and started pedaling. I thought, At least I’ll be seated if I faint. After the gym, I’d come home to eat half a nonfat yogurt before going to work, then sip organic chicken stock for lunch. Now I avoided anything that wasn’t 100 percent natural, which included pesticides and processed food. I never drank anything other than water or coffee, and certainly not alcohol, which I considered toxic. I still ate alone, but when I couldn’t avoid joining friends at a restaurant, I’d look up the menu in advance to find something safe.

Weekends were always hardest, with no fixed schedule. I’d stay busy to avoid anything I didn’t want to do, like going out

of Lucky Charms and recall all the good childhood memories I had of eating that food. Just being around it reconnected me with all I’d lost, and I’d fantasize about a happy, carefree life I no longer had.

By winter, my parents, frightened by my weight loss, insisted I start therapy. It didn’t help. My BMI eventually fell to 12.5, a full six points below the official “underweight” classification. My hair was falling out, and my body was covered in lanugo, fuzz to help me conserve heat. At night, I’d routinely have heart arrhythmias and run to the kitchen to crisis-eat an apple with peanut butter to get me through until morning.

### A DESPERATE INTERVENTION

My increasingly worried friends eventually contacted my mom, a nurse. We’d always been close, and she was flying out from Vermont to visit me every four weeks. For her, it was probably like watching someone you love slowly jump off a bridge. I remember waking up in the middle of one night to find her fingers pressed against my neck, taking my pulse. When I asked her what she was doing, she told me she was worried I was going to die if I didn’t stop eating this way.

One day in May, while I was standing in front of my class of 5-year-olds, my heart suddenly started racing. Panicked, I called 911, and a friend drove me to the hospital. They ran labs, but other than being emaciated and having electrolytes out of balance, I seemed fine. Not long after I was discharged, my mom flew out again and asked me to walk with her near a creek by my house. She pulled out her cell phone and said, “Rachel, I have our lawyer’s number on this phone. You’ve become a danger to yourself. So, you can either go to a treatment center, where you’ll get help and be respected, or I’ll put an involuntary hold on you right now, and you’ll go to a psych ward and get a feeding tube. Which would you prefer?”

You always hear that when you hit rock bottom, you’re going to want to change, but I didn’t. Instead, I felt angry. But I also had a moment of clarity: My masquerade was over. That thought seized me with a fear so debilitating that for a split second, I thought about just running. But when I saw the look in my



youths—a perfect prelude to my career in pediatrics, I thought. Really, though, I was just happy to get far away from everyone I knew. I felt horrible about lying to my friends and family all the time. I’d promised them that my weight loss was just from

for drinks. Instead, I’d drive to the local Safeway, where I’d wander the aisles for hours, just browsing. It was like window-shopping on Rodeo Drive—the food was all so beautiful, but I couldn’t “afford” any of it. I’d stare at bags of Chex Mix or boxes



mom's eyes and how deeply my disease was affecting her, I stayed. Filled with a deeper sadness than I'd ever known for the loss of my meticulously curated lifestyle, I chose the treatment center.

## A PLAN FOR RECOVERY

Two days later, I checked in to the Center for Hope of the Sierras, in Reno, Nevada. There are no locks on the doors, but leaving without permission will trigger a police alert. I learned I was suffering from severe orthorexia, which is an obsession with healthy or "correct" eating. At first, you might be able to live with your healthy addictions and even appear to be strong and vibrant. But in reality, you're constantly battling your own thoughts, and your behavior becomes overly restrictive. Though orthorexia is not yet classified in the *Diagnostic and Statistical Manual of Mental Disorders*, some experts think it's related to obsessive-compulsive disorder, because you become fixated on controlling every little aspect of your eating. Others think it should be classified as a new eating disorder, alongside anorexia. Ultimately, I was diagnosed with both. Here's how I picture the disorders: Orthorexia is my left hand, anorexia my right. Once one clasps the other, everything gets intertwined and it becomes difficult to know which behavior stems from which disorder.

At the center, going from a highly structured world, where I made every decision, to one where I could make none, I was gripped with terror. I had to eat everything on my plate and attend therapy. I wasn't allowed to work out. I wasn't even allowed to stand up, except when I was walking to the dining room or bathroom. Just to keep my heart beating, I needed to eat three times as many calories as the average person. But although I was crazy, I didn't want to *act* crazy—to completely freak out about a piece of pizza. So I forced down whatever they served. It was only when I called my parents that I let that mask slip. "These people are awful. You need to get me out of here!" I'd scream. Calmly, my mom would respond, "If you leave, you're not welcome home. You need that care to stay alive."

But it wasn't really the food I hated so much. It was what it represented. Although my need for control was literally killing me, it was also what had made me

so successful. It was what earned me a 4.0 and drove me to work 60-hour weeks as a teacher. It made me perfect. And now I was imperfect. That thought petrified me to the point of tears every day. I cried not only for the life I faced but for everything I'd lost. I was 23, sitting in a treatment center in Nevada, while my friends were out there living their lives.

Four months after I'd checked in, my parents came to visit. I was still extremely underweight, but to celebrate their arrival, I got a pass to join them for lunch in town, where my counselors advised me on what to eat: a club sandwich (with cheese and ranch dressing) and fries. After I'd ordered, the waitress turned to my dad. "I'll have a salad," he said, "no dressing, grilled chicken on the side." Upon hearing his healthier-than-mine

order, I burst into tears and ran outside.

When I was growing up, food and exercise had always been a major deal in my house. Both of my parents were always physically active. My mom would often follow fad diets—with little success. And my dad, perhaps because he's a doctor, viewed everything he put into his mouth in terms of its health impact, as in "Eating too much of this could one day give you a heart attack." He was *always* concerned with his diet. So when my dad ordered, something in me clicked. Countless hours of family therapy would eventually reveal that I wasn't the only one in my family who had orthorexia. He ultimately got help, too, and our shared struggle has brought us closer.

Of course, having a parent with an eating disorder doesn't automatically put you in NEVER. HEALTHY. ENOUGH. > 125

## When healthy becomes harmful

We all want to feel good about what we eat. But orthorexics (from the Greek words *orthos*, meaning "correct," and *orexis*, meaning "appetite") become dangerously obsessive, displaying many or all of the following signs.

### 1 Going "\_\_\_\_\_free" (again)

It's one thing to have a celiac diagnosis or to test how, say, eating less sugar affects your energy. But that coworker who always has a problem with some food group likely has a bigger problem with eating in general. "They want to be vegetarian, then they're vegan, and then they cut out so many foods, they become fatigued or malnourished," says Thom Dunn, Ph.D., associate professor of psychological sciences at the University of Northern Colorado.

### 2 Thinking that clean food has superpowers

Orthorexics sometimes develop magical thinking about food, believing that eating clean will detoxify their bodies, fight aging, prevent disease and boost their fertility. The mind-set becomes, "If I eat all the right foods, I can avoid the changes that I fear and reduce my anxiety," says Sondra Kronberg, R.D., spokeswoman for the National Eating Disorders Association in New York City.

### 3 Fetishizing "pure" and healthy food

They regularly spend so much time shopping for, preparing and Instagramming/pinning/tweeting about food that it interferes with work and relationships. Orthorexics may spend more than they can afford on GMO-free, no-preservative, artisanal-quality local food. And, most significant, they spend very little time enjoying their meals.

### 4 Avoiding eating in public

"Orthorexics have really rigid rules that cause them a lot of anguish," says Trish Lieberman, R.D., director of nutrition at the Renfrew Center in Philadelphia. They feel intense guilt and self-loathing if they "cheat." As a result, they often wind up eating at home, avoiding "hazardous" foods at parties and restaurants—and avoiding people who they feel don't understand their lifestyle. —Juno DeMelo



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# Michelle Wie

# THE MENTALIST

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**The key to a truly amazing performance—in sports and in life—isn’t just innate talent, strength or even hours of practice and hard work. It’s how you think when you’re under pressure. Top-ranked golfer Michelle Wie shares her secrets for getting into the champion’s mind-set. BY ERIN BRIED**

Imagine you’re standing on a sunny patch of tightly trimmed green grass. The air is stiflingly hot. Television cameras zoom in on your face as a crowd surrounds you. You’ve trained your whole life for this moment. Your goal: to tap a tiny white ball into a 4.25-inch-wide hole. If you make the shot, you’ll win \$720,000 and a trophy, confirming that your thousands of hours of hard work have all been worth it. If you miss? Your worst critics, including you, may claim you never had what it takes in the first place. With everything on the line, you step up to the ball, take a deep breath and swing your putter.

Michelle Wie, 25, has coped with this sort of intense pressure more than half her life. The 6-foot-tall golfer is one of the strongest, longest-driving players in the Ladies Professional Golf Association (LPGA). But it’s her mind, not just her muscles, that has made her a champion. “The game is 80 percent mental,” says Wie, who is currently ranked sixth in the world. “It’s five to six hours of stop and go, which makes it hard to find your rhythm. Plus, you need to envision the perfect shot on every hole, and

most of the time, it doesn’t end up that way.” Champions, she says, recover. No matter what, they always remain confident. They focus on the present. And they never give up.

You don’t have to be a golfer, or even a fan of the sport, to understand how the mental skills that lead to victory on the fairway can lead to success in all areas of life. “You can have all the talent and skill in the world, but if you don’t have the ability to execute under pressure, it’s as if they’re not there at all,” says Wie’s former performance psychologist, Jim Loehr, Ed.D., cofounder of the Johnson & Johnson Human Performance Institute in Orlando, Florida. In fact, you can attribute most ace accomplishments to the power of the mind. “The difference between your best and worst performance always hinges on your mental game,” says Jim Afremow, Ph.D., author of *The Champion’s Mind*. “You can never be better than your best, but if your mind is not in the right place, you can be worse.”

Wie was born with a drive to succeed. She started playing golf at age 4 and, by 12, became the youngest player ever to

**PHOTOGRAPHED BY SAM KWESKIN**  
**STYLED BY LINDSEY FRUGIER**



## EYES ON THE PRIZE

"I see golfers who make mistakes and they can't recover," Wie says.

"But I try to see my mistakes as anomalies. And I don't let my past determine my future."

**ALL CLOTHING, VISORS,  
GLOVES and SHOES**  
Nike Golf **WATCH** Omega





## ABOVE PAR

"I have confidence in myself just knowing that I work harder than a lot of people," Wie says. "Winning just helps cement it."



qualify for an LPGA event. By 15, she was gunning for a spot on the men's tour. "From a very young age, I always wanted to be really good at something," she says. "I played baseball, soccer, tennis and golf, and once I realized I couldn't run, I was like, 'OK, I'll just play golf.'" Her passion made practice easy. From 10 to 16, she spent up to five hours a day on the links just to see how long she could last. "I've always been a grinder," she says. "Whenever I didn't feel like practicing, my parents would ask, 'How good do you want to be?' That's what it took to get me back out there." Wie's perseverance is called grit, and research shows it's one of the most significant predictors of success. "We all have inner drive, but we may talk ourselves out of it or let others do it for us," Afremow says. "Champions, on the other hand, give themselves permission to see how great they can be."

Wie's indomitable self-confidence has landed her on the leaderboard in tournament after tournament. "People always ask which comes first: winning or believing you can win," says sports psychologist Bob Rotella, Ph.D., author of the upcoming *How Champions Think*. "I tell them, if you had to win first, no one in history would ever have won anything. Perception of talent is way more important than actual talent." Wie agrees: "To be great, you have to be cocky," she says. "I've always struggled with that, but as I get older, I'm getting better at embracing my strengths. Every tournament I enter, I believe I can win."

Of course, it's tougher to control your thoughts when things aren't going well. Wie learned this the hard way: Just two years before winning the U.S. Open last June and swinging her way into the top 10, she fell to 62nd overall. In 2012, Wie not only failed to win a single tournament but also was cut from 10 of the 23 events she entered. Even in the face of failure, she remained resilient. "I try to see my mistakes as anomalies," she says. "And I don't let my past determine my future."

Staying in the present helps Wie sink those \$720,000 putts. "I focus on what I'm doing in the shot rather than on the scoreboard," she says. "You only have two options in the moment: Make it or miss it. If you take care of your own stuff, everything else will fall into line."



# THINK LIKE A WINNER

Master these four aspects of mental toughness, and you'll perform better under pressure at any time—in *anything* you do.

## 1 Resilience

The quicker you can bounce back from mishaps, the quicker you'll find success.

**WELCOME FAILURE** "We learn more when we lose than when we win," says Michael Lardon, M.D., author of *Mastering Golf's Mental Game*. Of her most painful mistakes, Wie says, "They just teach me what to do differently next time."

**FACT-CHECK YOUR THOUGHTS** To avoid getting stuck in "I'm no good" mode, watch your inner dialogue. "We almost always distort things after a loss," Dr. Lardon says. Just because you were edged out by someone else doesn't mean you're talentless or unworthy. Instead, check your accuracy. Chances are, you made one mistake. "When you restate what really happened, you'll feel better quickly," he says.

**MOVE ON** Don't replay your lowlights reel; cap rumination at 10 minutes, author Bob Rotella says. "Feeding your subconscious mistakes only helps you make them."

## 3 Grit

Talent alone isn't enough. You need perseverance, too.

**FIND YOUR WHY** Have a reason bigger than yourself that makes all the work worth it. "If you have a deep sense of purpose, you'll never allow yourself to surrender," says Loeher. "You'll feel you have a destiny to fulfill."

**FALL IN LOVE** When things get tough, write down everything you once loved about pursuing your dream. "It's like any relationship," Rotella says. Reminding yourself of what excites you can reignite your passion and help you stick with it.

**WIN EVERY DAY** Write down daily action steps to help you get closer to your long-term goal, Afremow says. Wie agrees: "I really don't think about the big picture at all. I just try to break it down as small as I can."

## 4 Focus

Varying between high and low intensity is key.

**WELCOME YOUR BUTTERFLIES** "We grow up thinking that if we get really anxious before we talk or compete, there's something wrong with us," Afremow says. "But nerves are just your body getting ready to perform. You need that energy, so let it flow."

**TAKE BREAKS** Save your focus for when you need it most. "If you grind for five hours, you'll be so exhausted, you'll make mistakes," Dr. Lardon says. Instead, break for 15 minutes each hour.

**PSYCH YOURSELF DOWN** "If you call it a 'big game' or a 'big day,' you've already screwed yourself," Afremow says. Instead, make like Wie and flip the script: "I always try to make practice feel like a tournament, and vice versa."

## 2 Confidence

Believing you can win makes it more likely to actually happen.

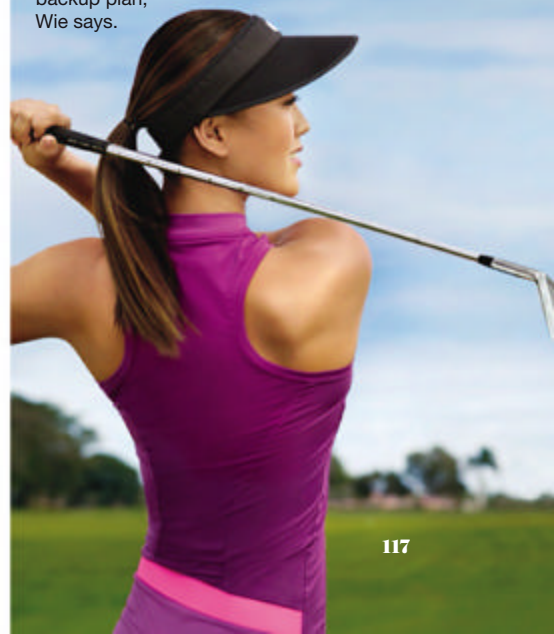
**EMBRACE YOUR EGO** "There is no such thing as too much confidence," author Jim Afremow says. "That's like saying your eyesight is too good." Trusting in your own abilities helps you perform, whereas second-guessing can lead to overtrying.

**ACT LIKE A CHAMP** "When you're not feeling good, use your body to fake out your brain," says Sian Beilock, Ph.D., author of *How the Body Knows Its Mind*. Standing tall increases confidence, perhaps by boosting levels of testosterone. "I always stand up straight, look ahead and smile when I'm playing, even when I don't want to," Wie says. "It definitely does help."

**AMP UP YOUR ENERGY** Wie credits her comeback in part to her no-refined-sugar diet and new two-hour, six-day-a-week workout. Energy boosts physical and mental confidence, psychologist Jim Loeher says.

### TEEING OFF

"I play like I don't have a backup plan," Wie says.







# Nuts.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



# Crazy.

15 POTATO CHIPS

- 160 calories
- 2 grams protein
- 1 grams fiber

Wrap your noggin around this: a heaping helping of pistachios has the same calories as a handful of potato chips. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart friendly. A recent Harvard study also suggests that eating nuts seven times a week or more is as healthy as it is smart. Which makes pistachios the sane choice when it comes to snacks.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12340



Get Crackin'



( SELF )

# INDULGE

## CHOCOLATE CREAM PIE

*Dark chocolate, hints  
of espresso and whipped  
cream? Yes, please!*

# SPRING SWEETS

→ *Treat yourself to one of Love  
Comma Cake blogger  
Samantha Seneviratne's  
deliciously decadent  
desserts. A slice, a bite—or  
two—never hurt.*



### UPGRADE YOUR CUPCAKE

These vanilla cupcakes are plenty tasty on their own, but a luscious custard center makes for a fun surprise. Just cut a small hole in the top of each cake, fill with custard and top with reserved cake.

**RECIPE:** In a small saucepan, whisk 3 egg yolks, 3 tbsp sugar and 2 tbsp cornstarch. Add 1 cup coconut milk,  $\frac{3}{4}$  cup whole milk,  $\frac{1}{2}$  tsp vanilla and a pinch of salt. Cook, stirring constantly, over medium heat until thick. Let cool.

### COCONUT CREAM CUPCAKES

*Crumbly vanilla cake with meringue frosting is a perfect pick-me-up.*





**SOUR-CHERRY  
ALMOND PIE**

*A buttery crust plus a  
tart, fruity filling—just  
grab a fork.*

FOOD STYLING: SAMANTHA SENEVIRATNE;  
PROP STYLING: MEGAN HEDGECOCK





## Chocolate Cream Pie

SERVES 8 TO 10

- 1 store-bought frozen pie crust
- 8 large egg yolks
- ¼ cup sugar
- 3 tbsp cornstarch
- 3 tbsp Dutch-process cocoa
- ½ tsp kosher salt
- 3½ cups milk
- 8 oz dark chocolate, chopped
- 4 tsp pure vanilla extract, divided
- 3 tbsp unsalted butter, cut into pieces
- 1 tbsp instant espresso
- 3–4 tbsp confectioners' sugar
- 1¼ cups heavy cream

Bake crust per package instructions. Let cool. In a medium saucepan, whisk yolks, sugar, cornstarch, cocoa and salt. Slowly add milk to create a smooth mixture. Stir over medium-low heat until thickened, about 12 minutes. Pour through a sieve into a bowl. Add chocolate, 2 tsp vanilla and butter; let stand 2 minutes, then whisk until smooth. Pour into crust. Chill at least 6 hours or overnight. Just before serving, in a bowl, whisk espresso and remaining 2 tsp vanilla until combined. Add confectioners' sugar and cream; beat until soft peaks form. Top chilled pie with cream.

## Coconut Cream Cupcakes

MAKES 12 CUPCAKES

- 1½ cups unbleached all-purpose flour
- 1½ tsp baking powder
- ½ tsp kosher salt
- ¾ cup coconut milk
- ½ cup milk
- ½ cup melted coconut oil
- 1¾ cups sugar, divided
- 1½ tsp pure vanilla extract, divided
- 2 eggs
- 1 cup sweetened flaked coconut, toasted
- Custard filling (optional; recipe, page 120)
- 3 egg whites
- Large-flake coconut shavings, toasted

Heat oven to 350°. Line a 12-cup muffin pan with paper cupcake liners. In a bowl, whisk flour, baking powder and salt. In another bowl, mix coconut milk and milk. In a third bowl, whisk coconut oil and ¾ cup sugar until smooth, then whisk in 1 tsp vanilla and eggs. Add flour and coconut milk mixtures a little at a time, alternating between them, and stir until combined. Stir in sweetened flaked coconut. Transfer to prepared pan and bake until cupcakes are puffed and golden, about 25 minutes. Remove from pan and cool completely on a rack. Add custard filling, if desired. In a small saucepan fitted with a candy thermometer, heat remaining 1 cup sugar and ¼ cup water to 235° to form a syrup.



### CHOCOLATE PISTACHIO ÉCLAIRS

*End the day on a sweet note: Try a flaky pastry with a nutty crunch.*



**BONUS!** Get the recipe for these éclairs, plus two more desserts, at [Self.com/go/springsweets](https://www.self.com/go/springsweets).

In a stand mixer, beat egg whites on medium until frothy. While beating egg whites, add syrup in a thin stream. Continue beating until stiff peaks form. Beat in remaining ½ tsp vanilla. Top cupcakes with meringue and coconut shavings.

## Sour-Cherry Almond Pie

SERVES 8

- ¾ cup sliced almonds, toasted and cooled
- ¼ cup sugar
- 2 cups unbleached all-purpose flour, plus extra for dusting
- ¾ tsp kosher salt, divided
- 14 tbsp unsalted butter, cut into ½-inch pieces, divided
- 4–6 tbsp ice-cold water
- 5 cups jarred sour cherries, drained and divided, plus 1 cup reserved juice
- ½ cup packed light-brown sugar
- 2 tbsp cornstarch
- ¾ tsp cinnamon
- 1 tsp almond extract
- 1 egg white
- Sanding sugar

In a food processor, combine almonds and sugar. Pulse until very finely ground. Add flour and ½ tsp salt; pulse to combine. Add 12 tbsp butter and pulse until mixture resembles coarse meal. Add 4 tbsp cold water; pulse until dough

just comes together, adding up to 2 tbsp more water if necessary. Divide dough evenly between 2 pieces of plastic wrap. Flatten them into 2 disks. Wrap disks and refrigerate at least 1 hour. In a small saucepan, toss 2 cups cherries, brown sugar, cornstarch and remaining ¼ tsp salt. Add reserved cherry juice. Bring to a boil, then cook, 1 to 2 minutes. Remove from heat and use a potato masher to break down cherries. Cool completely. On a lightly floured surface, roll 1 dough portion into a 12-inch circle. Transfer to a 9-inch pie pan. Fold dough over edge of pan to reinforce edges. Place in freezer for 20 minutes. Roll remaining disk into an 11-inch circle. Using a fluted pastry wheel, cut dough into ¾-inch strips. Chill strips until you're ready to assemble the tart. Heat oven to 400°. Stir remaining 3 cups cherries and 2 tbsp butter, cinnamon and almond extract into cooled filling. Place pan on a foil-lined baking sheet. Add cherry filling. Top with pastry strips arranged in a lattice. Press edges of lattice into edge of pan to secure; trim excess dough. Brush top with egg white and sprinkle with sanding sugar. Bake until filling is bubbling and pastry is golden brown, 45 to 55 minutes. Transfer pie to a rack to cool completely before slicing.





What exactly is the difference  
between want and need?





## SHE'S GOT GAME

CONTINUED FROM 100



She's sensitive to revealing spoilers, but part of the reason Dormer can't say what will ultimately become of her character is that she doesn't know. When season 5 finishes, the cast will have mostly caught up to the end of the five published books from the author of the series, the prolific George R.R. Martin. Though Martin is still working on at least two more books, those manuscripts won't be ready by the time production on season 6 begins this fall, which means the television adaptation will move past its source material. Dormer says she knows about as much as the viewer does regarding Margaery's eventual fate. "But that's what makes for good drama," she says. "It's fun to shoot. We do have a laugh. It's kind of the only way to navigate all that death."

Still, at some point, Dormer knows there will be life after *Thrones*, and, as she did with her marathon training, she's ready to push past her comfort zone and try something new. "It got to the point where if there was a manipulative femme fatale who was going to be seducing the leading man, it was 'Call Natalie Dormer,'" she says with a laugh. "Every actor, whenever they are on the hierarchy, gets put in a box to a certain extent. And isn't it wonderful when people like Matthew McConaughey can turn around and go: 'You thought I was this, but look what I can do!' You have to start challenging people's perceptions of you, and the perceptions you have of yourself, really."

Besides the fact that it meant she got to join the cast of *The Hunger Games*, part of the appeal of playing Cressida for Dormer was that, for once, she wasn't portraying the damsel in a dress. Instead, she played a strong female character in pants and boots, one whose power wasn't just about manipulating her sexuality. While her two most famous characters are vastly different, they share the same

skill: being able to influence people around them because they're so comfortable in their own skin.

Dormer's own confidence has come, in part, from embracing her inner quirks. "I'm a bit of a geek," she says. While she worked with director Ridley Scott on his 2013 film *The Counselor*, she had him sign a poster of one of his most famous films, *Blade Runner*, which she then hung on a wall of the house she shares with her fiancé, director Anthony Byrne. And that tattoo on her arm is a quote from the sci-fi novel *Dune*.

Her confidence also comes through in her approach to style. "I think women should have style, but it should be undermined by a slight casualness," she says. "Like they haven't tried that hard, because the minute you're self-conscious about it, it doesn't really work anymore."

Late last year, Internet rumors swirled that Dormer was an early favorite to be cast as Captain Marvel, a flying, ass-kicking female superhero who will get her own movie in 2018. When asked if she's up for the responsibility of saving the world, Dormer laughs. "There's no script!" she

says. "Obviously, I'm aware of the rumors, and my friends find it hilarious and wonderful, but I think they're a year off from writing that script."

Though Dormer says it's premature to talk about Captain Marvel, she's honored that her name has come up in chatrooms and on fan message boards. "It made me really proud because the comic-con community, the geek community, the fan-boy community—I've had the privilege of becoming part of their world through *The Hunger Games* and *Game of Thrones*. It's the most passionate, informed fan base I've ever come across. When they want to support something, they throw all their weight behind it. There is an acceptance of the work I try hard to make worthy for them."

That's not to say she's against playing a regular woman living on planet earth. At this point, perhaps the edgiest role for Dormer would be that of a housewife in jeans and a T-shirt. "I'd like to do some really good naturalistic drama," she says. "I'd love to do some comedy. There are so many roles out there I'd love to play. It's like, 'How big and wide is life?'" ●

## GET-IT GUIDE

**Cover** Dress, Christopher Kane, \$3,095; Forward by Elyse Walker, 866-434-3169. Earrings, \$195; TonyBurch.com.

**Page 4** On Dormer: Tank, \$315; OpeningCeremony.us. Triangle earrings, Guess, \$18; Macys.com. Hoop earring, Lady Grey, \$180; LadyGreyJewelry.com. On model, right: Jacket, Alexis Mabilie, \$2,535; EShop .AlexisMabilie.com. Crop top, Kenzo; OpeningCeremony.us for similar styles. Shorts, \$540; OrganicByJohnPatrick .com. Necklace chain, \$295, and charms, \$2,045 and \$2,915; DavidYurman.com.

**Page 21** Sports bra, \$40, and pants, \$90; BaliniSports.com. **Page 22** Shoes, \$180; Spinning.com.

**Page 42** Speckled top (top left), \$116; Relique.us. Green crop top, \$26; AmericanApparel.net. Maroon bra (top right), \$17; Dancewear Solutions.com. Navy crop top, \$18; AmericanApparel .net. Navy bra (bottom left),

\$85; HeroineSport.com. White swimsuit, \$325; Araks .com. Gray dress (bottom right), T by Alexander Wang, \$190; AlexanderWang.com. Maroon swimsuit, \$290; Seilenna.com.

**Page 57** Vest, \$110, socks, \$36, and sneakers, \$110; Nike.com. Shirt, C9 Champion, \$28; Target.com. Shorts, APL, \$55; APLRunning.com. Headband, Under Armour, \$15; UA.com. Fitness tracker, Samsung Gear Fit, \$150; Samsung.com.

**Page 68** Sports bra, Lululemon Athletica, \$48; Lululemon.com. Jacket, Lauren Ralph Lauren Active, \$130; RalphLauren.com (available in May). Pants, Porsche Design Sport by Adidas, \$160; Porsche-Design.us for stores. Sneakers, \$150; Nike.com.

**Page 84** Bra top, VPL, \$95; ALine-Online.com. **Page 86** Bra top; DionLee.com for similar styles.

**Page 92** Anorak, \$650;

Lacoste.com. Dress, Monreal London, \$385; Matches Fashion.com. Gladiator sneakers, \$895; Vionnet.com for stores. **Page 93** Anorak, \$695, shirt, \$395, and shorts, \$795; Rag & Bone; 212-219-2204. Necklace chain, \$295, and charm, \$2,915; David Yurman.com. **Page 94** Green anorak, \$796; NicholasK.com. Orange jacket, \$90; BrooksRunning.com. Blue jacket, \$625; Lacoste.com. Tank, \$24; AmericanApparel .net. Shorts, \$225; 31Phillip Lim.com. **Page 95** Anorak, \$400, and skirt, \$250, Nike x Sacai; Nike.com/NikeLab. Wristbands, \$8 for two; Nike .com. Bag, \$1,285; J-W-Anderson.com. Gladiator sneakers, \$895; Vionnet.com. **Page 96** Pink anorak, price upon request, and skirt, \$950; AcneStudios.com for information. Green liner, \$90; Nike.com. Swimsuit, \$250; sales@katiegallagher.com. **Page 97** Jacket, \$861; Dorothee-Schumacher



## NEVER. HEALTHY. ENOUGH.

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danger. But researchers believe that genes do play a role—and may account for up to 60 percent of your chances for developing a disorder. Most people with low genetic risk might feel fat and skip dinner, but the next morning they'll be hungry and eat breakfast again. Though some experts may disagree, I think that when you have a genetic predisposition, it's not so easy. Your biology kicks in, and your brain just tells you to keep going.

Relearning to eat was a struggle, since I hadn't fed myself appropriately in more than three years. I didn't even know what "appropriate" meant. I started by eating preselected meals, then progressed to practicing how to handle certain situations: "You're at a restaurant with a friend

who eats only half her order. What do you do?" my advisor would ask. After a few months, we started going out to restaurants. If I didn't eat enough, my advisor would get on my case. If I complained about being served white rice, not brown, she'd say, "I don't care—you should've eaten it all." At first, I ate to avoid confrontation. Eventually, I stopped eating for her sake and started eating for my own.

By December, I'd regained enough weight that I was allowed to go home for a few days. It was the first time in seven months I'd been more than 5 miles from my doctors, and it felt amazing. I went out for Mexican—margaritas and enchiladas—with friends, like any normal 23-year-old. I got this beautiful taste of life that I thought I'd lost forever, and that night, I told myself, I'll be damned if I don't get better. On my return flight to Reno, I listened to "Survivor" by Destiny's Child on repeat. It became my recovery anthem.

## AN APPETITE FOR LIFE

On April 5, after 11 grueling months, I graduated from the program, and the staff sent me off with a huge party. (There was

chocolate cake and, yes, I ate some.) I'd be lying if I said the first year out was easy. At first, I'd go through the motions of healthy eating, but my disordered thoughts lingered. Even now, seven years later, there are days when I'll have a doughnut in the teachers lounge and find myself thinking about it at night. In my old mind, that playback reel would've kept spinning. But now I can have the thought and move on.

I don't plan out my eating anymore, but I do have one nonnegotiable—I eat three meals. I can have pizza for lunch and not feel bad about it. I can cook dinner for friends—with butter, because it tastes good. I have not stepped on a scale—other than facing backward at the doctor's office—since I left the center. I exercise about four times a week, depending on my schedule and energy. I don't run much, because, it turns out, I don't love to run at all. Instead, I usually hike or do yoga with friends. If I'd rather sleep in, I do. And I no longer hide my feelings behind a treadmill or a 60-calorie yogurt. I actually feel them more. I've learned that when I feed, care for and listen to myself, my body just knows what to do. ●

.com. Shirt, \$16; WeLoveColors.com. Shorts, Solow, \$86; SolowStyle.com.

**Page 98** Dress, Versace; 888-721-7219 for similar styles. Circle earrings, Trademark, \$198; Trademark.com. Triangle earring, \$250; VanessaGade.com.

**Page 99** Dress, Prabal Gurung, \$2,750; Elyse Walker, 310-230-8882. Earrings, \$965; Roberto Cavalli.com. **Page 101** Dress, Cushnie Et Ochs, \$1,795; Bergdorf Goodman, 800-558-1855. Earrings, \$300; EddieBorgo.com.

**Page 102** From left: Sports

bra, \$235; LucasHugh.com. Shorts, Monreal London, \$209; Carbon38.com.

Gloves, Specialized Bicycle Components, \$35; Specialized.com. **Page 103** Sports bra, Adidas by Stella McCartney, \$50; Adidas.com. Pants, Solow, \$78; SolowStyle.com. Specialized Bicycle Components, \$30; Specialized.com. Sneakers, \$100; Nike.com. **Page 104** From top: Black pants, \$96; OlympiaActivewear.com. Swimsuit, Tavik Swimwear, \$130; Tavik.com. Red pants, Adidas by Stella McCartney, \$80;

Adidas.com. Sports bra, \$50; Nike.com. Pants, \$240; ZDDZ.co.uk. Arm sleeve, \$15; Adidas.com. Swimsuit, \$488; ThreeAsFour.com. Shorts, Adidas by Stella McCartney, \$85; Adidas.com. Wristbands, \$6 for two; Nike.com. **Page 105** From left: Crop top, \$245, and pants, \$420; Lucas Hugh.com. Sneakers, \$225; Nike.com. Sports bra, Calvin Klein Underwear, \$39; Bloomingdales.com. Pants, \$110; 2XU.com. Sneakers, \$140; Nike.com. **Page 106** Tote, \$3,650, wallet, \$1,550 and

pom-pom accessory, \$1,150, shirt, \$1,400, and pants, price upon request, Fendi; 212-897-2244. Earrings, Melanie Georgacopoulos, \$2,595; Bergdorf Goodman, 888-774-2424. **Page 107** Tote, \$4,490, and purse, \$1,990, Akris; Neiman Marcus. Polo shirt, \$145; Demylee.com. Button-down shirt, \$185; ThomasPink.com. Skirt, Bally, \$7,000; 844-442-2559. **Page 108** Tote, \$548; Furla.com. Shoulder bag, \$550; Bally.com. Polo shirt; DerekLam.com

for similar styles. Button-down shirt, T by Alexander Wang, \$265; Alexander Wang.com. Skirt, \$1,390; DerekLam.com. **Page 109** Tote, \$1,295, and clutch, \$1,595; AnyaHindmarch.com. Shirt, \$165; Lacoste.com. Skirt, \$2,495; Ports1961.it for stores. **Page 115** Tank, \$55, skirt, \$90, visor, \$22, and shoes, \$210; Nike.com. Watch; OmegaWatches.com. **Page 116** Shirt, \$70, skirt, \$75, visor, \$22, and glove, \$22; Nike.com. **Page 117** Dress, \$95 (available in May), and visor, \$22; Nike.com.

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WHY I...

# HIGHLINE

By **CALLEE HAGARTY**, 22, highliner, nanny, and kids' soccer and T-ball instructor from San Clemente, California



On my first day of college, I saw people on the quad slacklining—walking across a thin rope set up between two trees. They were getting ready for highlining, which is the same thing but between the edges of two rock formations. I was instantly drawn to it, and to them.

The first time I joined them in the mountains, I just took it all in. The way it works is, half the group climbs up to a point and drills in a bolt to connect a thin piece of nylon webbing to the boulder. Then, we throw the line down to someone at the bottom, who feeds it up so the rest of the group can attach it on the other side. After the line is rigged, you all walk. At first, I just sat on the line. Then I stood up. A year later, I crossed.

You bond quickly with your team over the intense experience—it's a social sport. But when it's time to walk, you need silence to focus. I try not to panic. If I fall, I'm hooked to the line, but I'm still hundreds of feet in the air. I have to grab the line and pull myself back up, crouch to get my balance, stand up and finish the walk. It helps to remind myself that I can do this on the ground—doing it in the air is a mental challenge, not a physical one.

Mastering those moments up in the mountains helps me conquer everyday fears, and I try to instill that confidence in the kids I teach. On the line, I don't focus on my destination: I'd miss everything that happens on the way. And that is the most beautiful part.

“

I remind myself that I can do this on the ground—doing it in the air is a mental challenge, not a physical one.”

Hagarty highlines Dana Plateau in Lee Vining, California.

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