

SELF

UNDEFEATED
RONDA ROUSEY
UFC CHAMP

Get
That
Yoga
Glow

10

MINUTE
BARRE
WORKOUT



SHAZAM
THIS
COVER
FOR
MORE
RONDA
P. 8

FOR THE WIN!

POWER UP YOUR CARDIO,
CAREER AND LOVE LIFE

+ Post-Gym
Beauty Tricks P. 42



“TOAST LOVE, LAUGHTER AND EVER AFTER.”
UNKNOWN

ENDURING IS ON

NEW
SHADES



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(NOVEMBER)

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“When I’m having a great day in class or rehearsing a piece that I love, I can feel every muscle.”

—Raychel Diane Weiner, dancer

URBAN DECAY



NAIL ANY SMOKY EYE

NAKED

ONE PALETTE, ENDLESS SMOKY LOOKS

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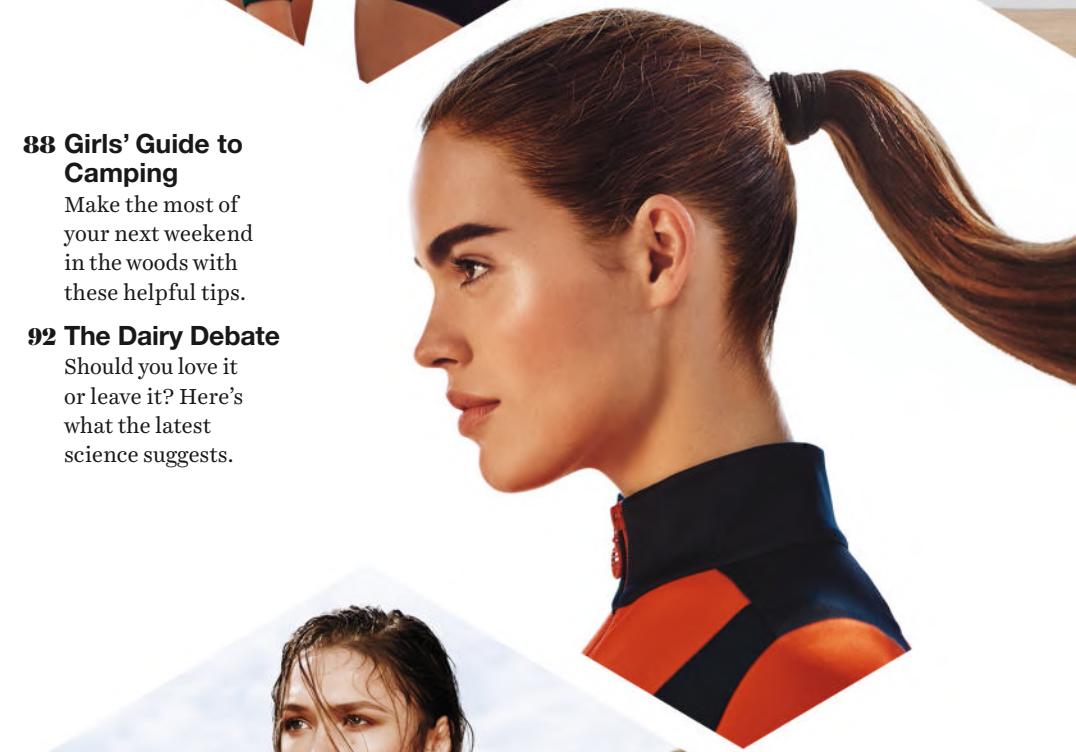
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Photographed by Jason Kibbler in Lancaster, California. Styling, Melissa Ventosa Martin; hair, Charles McNair for Kérastase; makeup, Carola Gonzales for Sisley Paris; manicure, Lisa Pena-Wong for Dior Vernis; prop styling, Anthony Asaro for 11th St Workshop; production, Brandon Zagha for Brachfeld.

CLOTHES
Bikini, OYE Swimwear. See Get-It Guide.

GET THE LOOK
Dior Addict Lipstick in Dream, \$35. Diorskin Nude BB Creme, \$45

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Hair by Antoinette Beenders.

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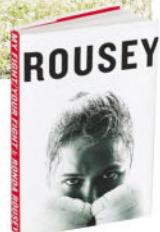
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Her story is amazing—no wonder it's being turned into a movie. *My Fight/Your Fight*, \$28; Shop.ReganArts.com

Go Quakers! Front and center, cheering with my high school team in Providence, Rhode Island



My fall look is an urban remix of my old hockey uniform (no plaid kilts involved!).

Michael Kors Collection, \$1,795; MichaelKors.com



I've traded in my cleats for these superchic sneakers. Christopher Kane, \$390; Net-a-Porter.com

EDITOR'S LETTER

MY BEST SELF

This, of course, is a goal women strive for all the time. A noble one, but it can also be incredibly daunting. What does "best" even mean? Looking at social media, it can seem like we all should be getting promoted at work every six months, traveling to exotic locations, winning marathons and happily cooking Instagram-worthy meals with our gorgeous partners and adorable pets. #Blessed, right?

I aim for the fences of my best self. But the trick, I think, is to distill "best" into a feeling. I'll use my high school field hockey days as an example (have a laugh at the yearbook photo, left!). I was not the best player by any means. But I remember that time well—especially the joy and energy on that field. I try to channel it in different ways today. The minute I stepped on the grass for this month's photo (a riff on our SELF Image opener, page 25), I dribbled around like a fool. Still not great, but I was a version of my best self that day: at one with my body, happy and free.

Which brings me to Ronda Rousey, champion of the world (page 70). She is certifiably the best, and her best is certainly more than a feeling. But what defines her is how much she loves and lives what she does. She is at one with who she is: Nothing is more right to her than when she's fighting. You know that moment when something feels right to you? It's unmistakable. Go with it. Happy November!

Joyce Chang
Editor-in-chief
Email joyce@self.com
Twitter @joycemarg
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GIVING BACK

Another way to tap into your best self

Girls on the Run introduces girls to the fun of running. When current SELF subscribers renew, \$1 will go to GOTR. GirlsOnTheRun.com

THREE MORE WAYS TO GIVE

- 1 **YOGA FOSTER** This nonprofit helps get yoga programs in public schools—and founder Nicole Cardoza was one of our first SELF Made women. Got an extra mat? Donate it here: YogaFoster.org.
- 2 **CHARITY MILES** Run for a cause. (Each mile = 25 cents to a charity you choose.) Just download the app and get moving. Learn more: CharityMiles.org.
- 3 **WOMEN'S SPORTS FOUNDATION** This #PlayLikeAGirl org helps girls and women across the country get involved in sports and fitness. Find out more: WomensSportsFoundation.org.

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vitamins...
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strengthen,
moisturize
& get hair
looking healthy.



(SELF)

STARTER

GEAR UP FOR A GETAWAY

→ *There's a new way to score all of the fishing rods, canoes, ski parkas (and more!) you need to rock your next outdoor adventure.* BY AMANDA MacMILLAN

Booking a sporty trip to the mountains or ocean is *always* a good idea.

But it's expensive buying equipment you may not use often. Genius solution: Borrow gear for a fraction of the retail (and rental shop!) price from an outdoor lending site. BoldBetties.com lends top-of-the-line outdoor apparel and accessories, like a Marmot sleeping bag for \$10 a day. GetOutfitted.com rents ski and snowboard stuff, camping gear, even kayaks. (Both sites ship anywhere in the United States, with prepaid return packaging.) Or scan the peer-to-peer listings at GearCommons.com (for everything from bikes to backpacks) and Shurfing.com (for water sports). Think of these sites as a nudge to try new things: If you fall in love with your gear—and an activity—then you can buy it!

HEALTHY NOW

→ The latest ideas to live better this month



THE VERDICT

ALKALINE WATER

Some makers of this trendy H₂O claim that its higher pH or changed chemical structure makes it easier for your body to absorb, thereby boosting hydration. But there's no good data to support that theory, and experts say the body neutralizes pH on its own. Even so, alkaline water tends to have a pleasantly smooth, slightly sweet taste. If that makes you sip more of it, then you'll be well hydrated!

SOURCES: DAN HEIL, PH.D., PROFESSOR, MONTANA STATE UNIVERSITY; STAVROS KAVOURAS, PH.D., ASSOCIATE PROFESSOR, UNIVERSITY OF ARKANSAS; CONTRIBUTING EXPERTS STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

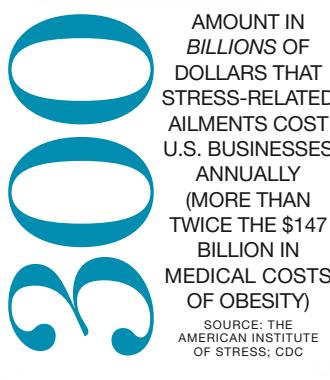


Stay sniffle-free

These natural cold and flu remedies are M.D.-approved and can help you feel better faster—no prescription necessary.

	ELDERBERRY	HONEY	VITAMIN C	SALINE
WHEN	You think you have the flu.	You can't stop coughing.	You have a classic cold.	You feel super stuffed up.
WHY	Elderberries have flavonoids that may help stop the influenza virus from replicating, studies show. While not an antidote, they can ease symptoms.	When you swallow honey, it feels like it's coating your throat. Experts think that effect keeps postnasal drip from triggering irritation and coughing.	Some experts think the vitamin stimulates your immune system, helping you fight off colds. (Not everyone finds it helpful, though, per a 2013 review.)	Research has shown that nasal irrigation may help with congestion and postnasal drip. The rinse clears mucous and washes away virus particles.
HOW	If you suspect flu, mix 1 tablespoon over-the-counter syrup into water or tea 4 times a day.	Before bed, stir ½ to 2 teaspoons honey into warm tea or water (or eat it straight).	As soon as you start feeling blah, try taking about 2,000 milligrams a day.	Use a neti pot or nasal rinse twice a day (mix saline with distilled water, <i>not</i> tap).

SOURCES: JOSEPHINE DLUGOPOLSKI-GACH, M.D., INTERNIST AND PEDIATRICIAN AT LOYOLA UNIVERSITY HEALTH SYSTEM; HARRI HEMILÄ, M.D., ADJUNCT PROFESSOR, UNIVERSITY OF HELSINKI; SANFORD NEWMARK, M.D., DIRECTOR, OSHER CENTER FOR INTEGRATIVE MEDICINE AT THE UNIVERSITY OF CALIFORNIA, SAN FRANCISCO



Donate your data

Think of it as a unique way to give back: Contribute to health research projects by sharing some of your personal info (like exercise logs and saliva samples). It's easy to do and could help lead to a key breakthrough. Learn more and enroll in studies like these at OpenHumans.org.

PERSONAL GENOME PROJECT Sequenced DNA (from your saliva or a blood sample) can reveal what genes are associated with various diseases and conditions, such as cancer and depression.

KEEPING PACE Upload your Runkeeper and GPS data to help researchers learn how cities' infrastructure (sidewalks, bike paths) affects our exercise habits.

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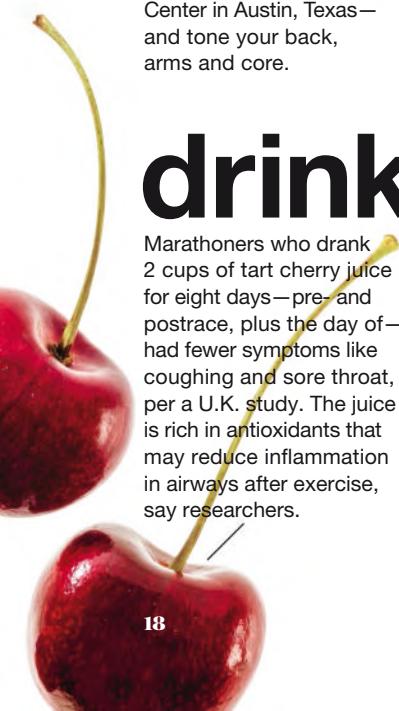


FITNESS INSIDER

→ This month's hottest trends will inspire you to get up and moving.

aim

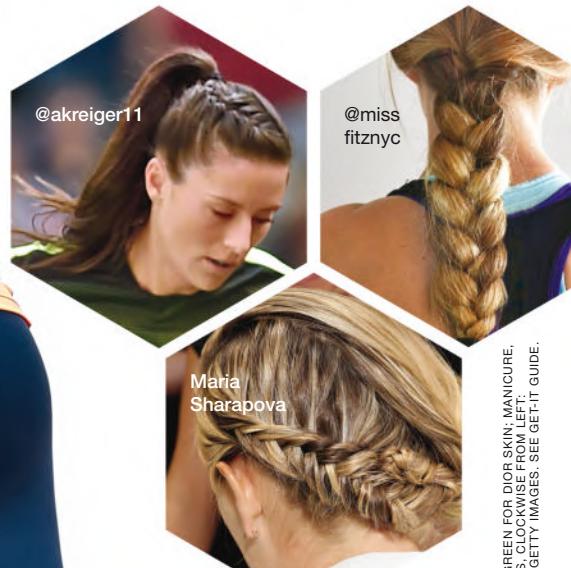
Make like *The Walking Dead*'s zombie hunter Rosita (played by Christian Serratos, pictured) and pick up a bow. Hone your skills at Gotham Archery in Brooklyn; Chicago's Archery Bow Range; or Archery Training Center in Austin, Texas—and tone your back, arms and core.



drink

Marathoners who drank 2 cups of tart cherry juice for eight days—pre- and postrace, plus the day of—had fewer symptoms like coughing and sore throat, per a U.K. study. The juice is rich in antioxidants that may reduce inflammation in airways after exercise, say researchers.

GIVE
Double your feel-good vibes with a workout that gives back: Cycling at Equinox benefits Cycle for Survival on December 1, aka #GivingTuesday; Cycle House classes in L.A. help you support Feeding America; and CityRow's Meters 4 Meals program donates 100 meals to Food Bank for New York City for every five classes you complete.



braid

It's a stylish trick to keep hair out of your face while you sweat—and there are many ways to wear it. Check out the athletes' takes above.

→ Test-drive these looks with our step-by-step instructions at Self.com/go/braids.

Photographed by
JAMES RYANG



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(SELF) STARTER

WHICH IS BETTER...

For your health:
having a dog
or *a cat* as a pet?

DOGS DO MORE FOR YOU. Pet ownership has many health benefits, but research tends to favor dogs. For one thing, they have a greater impact on their owners' physical fitness. "By taking your dog out for walks, you can automatically meet your own exercise needs," says Rebecca Johnson, Ph.D., who has led dog-walking and weight loss studies at the University of Missouri in Columbia. And when you're out and about with them, dogs tend to prompt feel-good interactions with other people. Growing up with a dog may also help to lower a person's risk of suffering from allergies and asthma. But don't worry if a pup doesn't fit your lifestyle—or if you're more of a cat person. All furry pets provide stress relief and a mood boost, thanks to the rush of oxytocin you (and they) get when you snuggle or play together, says Lori Kogan, Ph.D., associate professor of clinical sciences at Colorado State University in Fort Collins.



WHICH IS WORSE...

PUMPKIN SPICE LATTE or HOT CHOCOLATE?

LIMIT THOSE LATTES. Even if yours contains real pumpkin, it's probably not enough to have any significant health benefits. On the other hand, cocoa has antioxidants that can reduce inflammation and may improve blood flow, says Kimberly Gomer, R.D., director of nutrition at Pritikin Longevity Center and Spa in Miami. Note that coffee shop drinks can be high in sugar and calories, so consider making hot chocolate at home with unsweetened cocoa and a little sugar.

Now, cleaning your dog's teeth
is a treat for you both



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(SELF) STARTER



SELF APPROVED

BOXING GYMS

→ *This workout has never been bigger. From super gritty to sleek and chic, here are the best places to punch, jab and dodge.*

Shadowbox

NEW YORK CITY

It feels like Spin class here—dark room, club music, charismatic instructor—but instead of pedaling, you’re boxing at one of 40 heavy bags. In off-the-bag intervals, you’ll do strength moves like planks and push-ups. After class, take a private lesson in the ring (above), or hydrate at the juice and coffee bar. *Reporting by Madeline Buxton*

and music pours out onto the street from the open doors. Classes include boxing basics, endurance drills on the bags, partner work and plyometrics. *Reporting by Rachel Marlowe*

Gloveworx

SANTA MONICA, CALIFORNIA

“Punch, breathe, repeat” is the motto at this It studio, owned by former boxer Leyon Azubuike. The Signature Session begins with strength and conditioning on the turf, then heads to the ring for mitt work and moves on to heavy bags. Next, it’s time for heart-rate revving on the bike, the rowers and, finally, the VersaClimbers. *Reporting by Rachel Marlowe*

boxed before—there’s not much instruction. Classes take place in the center ring and include glove and mitt partner work, along with body-weight exercises like squats, lunges, jumping jacks and push-ups. *Reporting by Kristin Canning*

HIT Fit SF

SAN FRANCISCO

Unless your name is Laila Ali, you’ll start with mandatory beginner classes at this roomy, sunlit studio. Once you’re up to speed, you’ll gain access to the fast-paced Cardio Boxing class, where you’ll learn complicated punch sequences and footwork combos, plus intense conditioning drills. (Go pre-brunch: Delicious Mission District cafés are just outside the studio doors.) *Reporting by Devin Tomb*

Aerospace HPC

NEW YORK CITY

Don’t be surprised if you work out next to a Victoria’s Secret model at this modern, whitewashed studio. Classes with co-owner Michael Olajide Jr., a former boxing champ, focus on shadowboxing and bag work but may include

drills with jump ropes, resistance bands and light weights. *Reporting by Elyse Roth*

City of Angels

LOS ANGELES

At this huge warehouse, heavy bags hang from steel beams like an art installation, bare brick walls display graffiti art

Gotham Gym

NEW YORK CITY

This old-school, much-beloved gym is for those who’ve

Joltin' Jabs

PHILADELPHIA

In the city that brought you *Rocky*, pro fighter Joey DeMalavez's small-group 50-minute class is a standout. The sessions are structured as a series of three-minute rounds: Each begins with drills that focus on form and accuracy, then ends with 90 seconds of lung-searing conditioning work.

Reporting by Ashley Primis

POW! Fitness & Martial Arts

CHICAGO

Vintage boxing art covers the walls in this open-concept studio (speed bags surround the ring). Owner Katalin Rodriguez Ogren, a black belt holder, pauses the Jack White and Beastie Boys tunes during her 45-minute classes to give technical instructions. Feeling ambitious? Score street cred with the back-to-back classes crew.

Reporting by Cindy Kuzma

Sobekick

MIAMI BEACH

Thanks to a neighborhood vibe and the no-contact mixed-level classes, this gym has a welcoming, communal feel. Workouts kick off with high-fiving, then it's on to jump squats, push-ups and core work punctuated by punches, jabs and kicks. *Reporting by Ana Mantica*

9Round PDX

PORTLAND, OREGON

True to its motto of "Get In, Get Fit," there are no class times: You just jump in on the next round of 30-minute, full-body circuit training. The activities change daily at each three-minute station, but there is one constant: The energy in the room is always sky-high. *Reporting by Jennifer Hellickson*

Find more of our favorite boxing classes at Self.com/go/boxinggyms.

HOT IN HOLLYWOOD

→ Stars can't get enough of these fitness, food and wellness trends.

FRESH CATCH

UPDATED POKE BOWLS

This traditional Hawaiian raw-tuna appetizer is hooking enthusiasts across Los Angeles. Think of it as a next-gen sushi bowl, in which the bright flavors of fish and salty wakame mingle with toasted sesame seeds in an umami-rich mouthful. Mainland Poke Shop and Sweetfin Poké—which attract star diners like **Jessica Lowndes** and **Whitney Port**—are hot spots for the dish. Says Ari Kahan, owner of Mainland Poke Shop, "It's fresh, wholesome, flavorful and packed with protein."

—*Rachel Marlowe*

→ **MAKE IT AT HOME!** Get the recipe for Mainland Poke Shop's Lu'au Bowl (pictured) at Self.com/go/pokebowl.



ONE-STOP SHOP

Zen meccas

Pack a bag and make a day of it at L.A.'s all-in-one spaces. The Springs, a downtown yoga studio with a health center and vegan restaurant, has hosted celebs like Emily Ratajkowski and Sia. Across town, Adam Levine's yoga teacher, Chad Dennis, oversees classes at Wanderlust Hollywood, which also offers meditation, wellness lectures and live music. —*Sara Gaynes Levy*

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(SELF)

IMAG

SHORT STORY

→ *This summer staple has legs for fall: Here's why tailored shorts should be your new go-to.*

BY SARA GAYNES LEVY

The days might be cool, but shorts are still hot. This season's versions are cut high on your leg (all the better to reveal those toned quads!) and come in plenty of fresh, modern colors—like this gorgeous pumpkin shade. And with a high waist, pleats and pockets, they're that stylish find you can actually run around in—perfect for weekends. On chilly days, balance their cropped silhouette with pieces that keep you covered elsewhere. Try a long-sleeved striped tee and tall, stretchy boots (the city girl's version of kneesocks). Pull on a peacoat (adding tights if you want) for an easy look that's a major hit.



SHORTS, JACKET

and **TOP** Fendi;
212-897-2244
for similar styles
BOOTS \$798;
StuartWeitzman.com

Photographed by ANDREW STINSON
Styled by LINDSEY FRUGIER



THE ROUNDUP

BEST IN SHOW

→ From stables to city streets, these equestrian finds (riding pants! tall boots!) will kick up your style.

1. PANTS Isabel Marant, \$490, and BELT \$405; 415-781-0113
2. JACKET \$1,295; Belstaff.com
3. BAG Kenzo, \$720; OpeningCeremony.us
4. BOOTS Aigle, \$209; AigleBoots.com
5. HELMET \$588; www.CharlesOwen.com
6. POLO Lacoste.com for similar styles
7. SWEATER A.L.C., \$295; IntermixOnline.com
8. WATCH Hamilton, \$1,845; Shop.HamiltonWatch.com
9. SHOES Sportmax, \$425; 212-674-1817
10. BRACELET \$2,850; Gucci.com
11. GLOVES SSG, \$42; SSGRidingGloves.com

PROP STYLING, RACHEL STICKLER
AT BERNSTEIN & ANDRIULLI.

Photographed by CHELSEA McNAMARA
Market and accessories director DANIA ORTIZ



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(SELF) IMAGE

Balance big (an oyster-inspired pendant) with small (a gold-dipped pearl).
From top: Savannah Stranger, \$1,800; Jeffrey New York, 212-206-1272. Faris, \$425; FarisFaris.com



An onyx shell dazzles even more with a cluster of colorful charms. \$400, \$450, \$550 (top, from left) and \$5,500, DeZso by Sara Beltrán; DeZsoSara.com



THE FIND

STATEMENT PENDANTS

→ *Pair these necklaces with a flash of skin and sexy Bond-girl attitude.*

A bit of bling (that diamond!) really stands out against gold-on-gold tones.
YaelSonia.com



Opposite (shapes) attract—layer together for maximum impact. \$295 (top) and \$235; XR-Jewelry.com



Photographed by JAMES RYANG
Styled by DANIA ORTIZ



Mirror check?
I don't have time for it.

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To get lipcolor similar to Julia's, try SuperStay 24® Color in Keep It Red.
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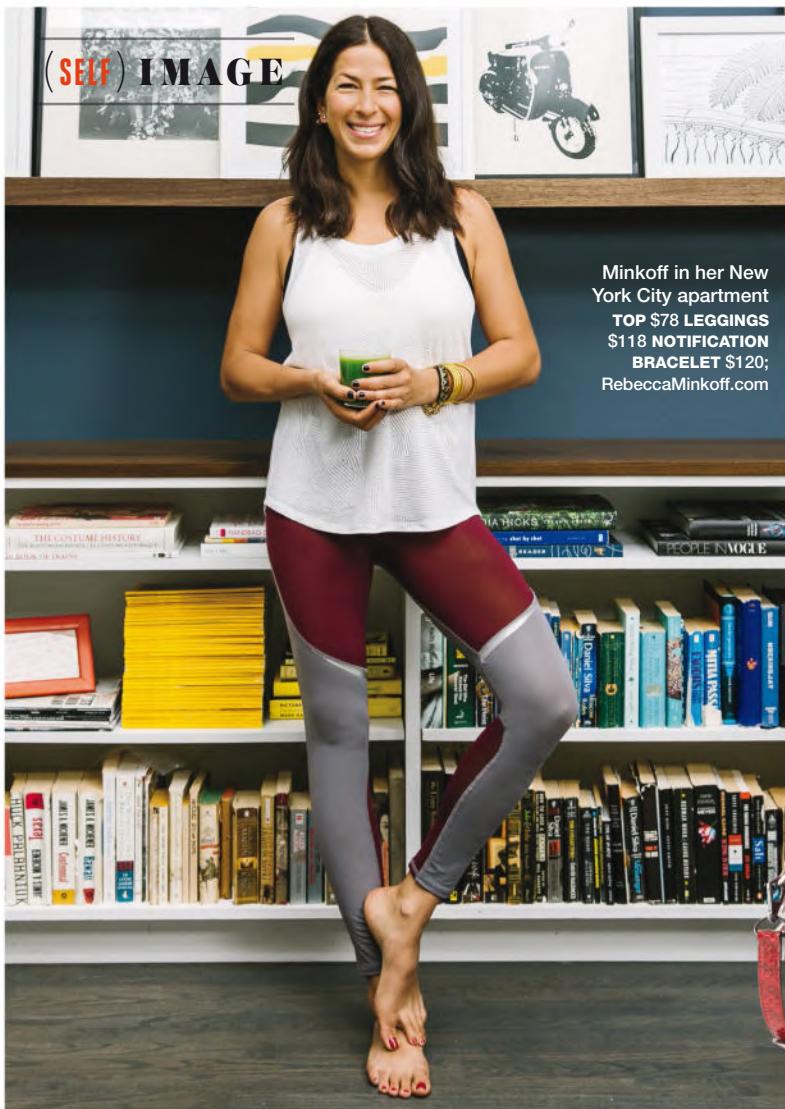


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(SELF) IMAGE

Minkoff in her New York City apartment
TOP \$78 LEGGINGS
\$118 NOTIFICATION
BRACELET \$120;
RebeccaMinkoff.com

UP & OUT

→ With cool-girl athletic wear now part of her line, designer **Rebecca Minkoff** keeps her A.M. routine active. BY SARA GAYNES LEVY

The Morning After Bag may be her signature design, but the first thing Minkoff reaches for these days is her gym bag. "Working out makes me feel powerful and energized," she says. After her son, Luca, 5, and daughter, Bowie, 2, wake her up around 7 A.M., Minkoff grabs a quick breakfast (green juice, rice toast with peanut butter). Then she pulls on a tee and graphic leggings from her new Rebecca Minkoff Athleisure line and heads out: either to a 60-minute cardio-and-weights session with her trainer ("He always kicks me into shape," she says) or a hot yoga class at Y7 Studio in New York City. Next, she speeds through her 10-minute beauty routine in the locker room. "I'm in awe of girls who do a blowout and full makeup. I'm like, *whoa*—I gotta get to work!"

5 THINGS THAT GET HER UP AND OUT

1

A SMOOTHIE, MADE WITH LOVE

"It's an easy way to pack in veggies and fruit for the kids. And spending time with them in the morning is a precious mommy moment I live for."



2

A CROSS-BODY BAG

"I'm carrying our new saddlebag right now. I'm constantly on the go, and I can fit so much in it." BAG \$355; [RebeccaMinkoff.com](#)



3

EASY BEAUTY

"I'm a minimalist when it comes to makeup. I like my lips to look as natural as possible."

LIP GLOSS
Creative Kiss, \$18; [HonestBeauty.com](#)



4

A PROTEIN BOOST

"Midmorning, when I start to feel my breakfast wearing off, I'll have a Greek yogurt and stir in honey."



5

ATHLETE INSPO

"Growing up, I wanted to be a dancer. I admire Misty Copeland [right] because she's fearless, determined and confident."



→ Tag **@SelfMagazine** on Instagram or Twitter and show us how you get #UpNOut.

PORTRAITS: SASHA ISRAEL; STYLING: ALEXANDRA GURVITCH; HAIR: VANESSA FERNANDEZ AT BUTTERFLY STUDIO SALON; MAKEUP: CRISTINA MARROON AT LINGA JARVIS; STYLING: MELISSA NICOLE BUCK AT R.J. BENNETT. CLOCKWISE FROM TOP LEFT: REBECCA MINKOFF; DAN DRURY/CNP DIGITAL STUDIO. COURTESY OF UNDER ARMOUR, STOCKFOOD.



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BEAUTY BUZZ

→ SELF's beauty department shares this month's best finds.



Serenity now

That feeling after an amazing Vinyasa class: Your muscles are relaxed, mind quiet, stress *gone*. Want to carry that worry-free vibe around with you all day? Yuni Beauty, the brainchild of a yoga instructor in Hermosa Beach, California, brings Savasana-induced calm off the mat with Body Balance Aroma Concentrate (\$25), a blend of essential oils including neroli and bergamot, and the cooling, peppermint-spiked Muscle Recovery Gel (\$15). The Body Shop's oils offer a physical and mental escape with lavender from Provence and Tahitian orchid. At night, pat on Three Part Harmony Oil-Infused serum (\$69), from Origins, to lull you to sleep—and leave skin renewed.



GAME CHANGER

DooBop

WHO Jodie Patterson, cofounder of DooBop, an e-commerce and editorial site for women of color

WHY Patterson sampled careers in music, fashion, PR and even acrobatics before launching DooBop, which aims to help women of all skin tones and hair types discover the best in beauty, from shampoos to eyeshadows.

"It can be hard to find products outside of the ethnic aisle," Patterson says. "I pull beauty from all over the world." (Hair care could come from Italy, France—or Brooklyn.) Up next: She plans to expand the online magazine with everything from makeup how-tos to deeper conversations about skin conditions like vitiligo. "These are things that don't naturally fall under the umbrella of beauty, where the standard approach is to focus on achieving perfection," Patterson says. "I want to share real women's stories and inspiration."

CLASSICS, REMIXED

In a move that provides serious #TBT inspo, some of our favorite products are now available in next-gen versions. Just in time for winter, there's Clinique Dramatically Different Moisturizing Cream, a thicker, luxe take on the famous yellow lotion. Armani has reimaged its much-loved Luminous Silk Foundation into a lightweight, matte-finish powder. Finally (and we mean *finally*), Peter Thomas Roth Strawberry Scrub is back, after a decade-long hiatus. Newly paraben-free, the gentle exfoliator is made with strawberry puree and finely ground almonds. Even better, it still smells like the freshest smoothie your Vitamix has ever known.

Giorgio Armani
Luminous Silk Compact,
\$64; Clinique
Dramatically Different
Moisturizing Cream,
\$26; Peter Thomas Roth
Strawberry Scrub, \$38

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Have you heard?

Dove's new Dry Spray Antiperspirant has everyone talking, including cousins Elana and Christina.

Besides having grown up together, Elana, 27, a marketing manager, and Christina, 26, a teacher, are lifelong friends. They got closer when both went to college in New York City.

ELANA: In college, we'd always try new fashion and beauty trends. We still rely on each other for honest advice and info.

CHRISTINA: I love that you told me about Dove Dry Spray. As a teacher in the classroom, I run around all the time. Dove Dry Spray has no dry time, and it smells great.

ELANA: One thing I love about it is the scent. It's so fresh. And you feel clean, smooth and dry from daytime to nighttime.

CHRISTINA: I'm really glad you shared it with me. Now let me borrow that top.



See what everyone's talking about.

Try new Dove Dry Spray and tell us about it at Dove.com/TryDry



"It feels really dry. Like it just goes on and disappears."

—Marilyn

New Dove Dry Spray Antiperspirant

Discover 48-hour protection that goes on instantly dry with all the care of Dove.



GAME PLAN

TRUE HUES

→ *Your haircolor is amazing right after you leave the salon, but it can fade all too quickly. These tips will keep it looking richer—longer.*

BY KATHERYN ERICKSON

WASH GENTLY

Heads up: Every time you shampoo, some of that gorgeous color goes down the drain. "Anything that removes dirt and oil is also going to remove color molecules," says Kyle White, a colorist at New York City's Oscar Blandi Salon. He suggests doing just a water rinse post-gym to give strands a break. When you do wash, use a color-depositing formula (we like Joico Color Infuse shampoos and Pravana treatment conditioners) a few days a week. Scared it'll be too much? "Dilute the product with your regular shampoo or conditioner," says White.

BRIGHTEN UP

Highlighted hair can turn brassy because of UV exposure, overwashing or minerals in your shower water, White says. Try Christophe Robin Brightening Hair Finish Lotion With Fruit Vinegar (\$48), a leave-in spritz, to remove dulling buildup with clarifying vinegar that keeps strands shiny. Too-warm color? Use a violet-toned shampoo "to neutralize yellow tones and keep those lighter streaks sparkly," White advises. Developed for blondes, R+Co's coconut-infused version restores vibrancy without stripping moisture.

TREAT WEEKLY

Pamper hair regularly with a nourishing mask. "A deep-conditioning treatment will seal your cuticle so it retains color longer," White says. Pureology Colour Fanatic Instant Deep-Conditioning Mask (\$44) feeds strands with olive and camelina oils. Or use White's DIY trick: Supercharge your conditioner with a few drops of coconut oil so it's even more hydrating. And always layer on protection before heat styling. David Mallett Hair Serum #DM027 has macadamia oil to make strands gleam. The result: Color that's good as new!

Pravana Nevo Color Enhancer Treatment in Honey Blonde (top) and Deep Burgundy (bottom), \$20 each; Joico Color Infuse shampoo in Copper and Red (center), \$16 each



SELECTS



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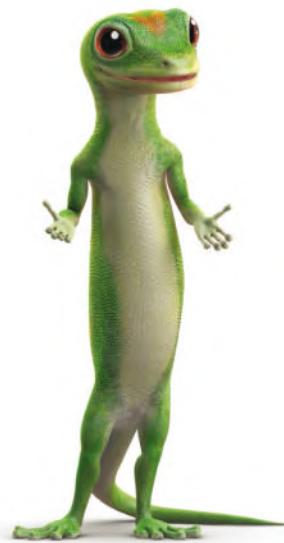
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FRAGRANCE REPORT

SURE THINGS

→ In search of a perfume as confident as she is, **Kayleen Schaefer** meets her match in fall's brave new scents.



I am proud to say that, as I've finished up my 20s and plunked into my 30s, I've pulled off my share of bold acts. I've landed jobs, asserted myself in relationships, even run a half marathon. I'm no longer at the starting line of my life, striving to morph into my best self. Instead, these accomplishments have tilted me toward being more certain of who I am: a confident, athletic, sometimes complicated woman (who, admittedly, still texts her mom when she finishes a killer run).

Even so, as I've evolved I've continued to spritz on the same easy-to-wear, powdery scents—the kind of polite fragrances that are more about blending in and being no bother at all.

Think of them as the perfume version of a loose-fitting sweatshirt or black leggings: comfortable and essential, but hardly memorable. (And maybe, if we're being honest here, a bit on the basic side.)

One morning, as I sprayed on one of my usual suspects, something occurred to me: I may have been strutting around like Beyoncé, but I smelled like Strawberry Shortcake. Inside, I felt driven, even fearless at times, but my perfume was meek in comparison. And I wanted to smell as powerful as I felt.

As it turns out, there's a scientific reason I wasn't feeling my old standbys any longer. Studies show that our sense of smell evolves as we age, which can affect our fragrance choices. (Many people prefer stronger scents as they get older.) In addition, a study in the *International Journal of Cosmetic Science* showed that when you believe your fragrance smells good, you exude more confidence and are more attractive to others. Surprisingly, the mix of the ingredients in the scent likely doesn't matter, just as long as you find it appealing.

That theory resonates with perfumer Alexandra Monet, who created the new Odin Black Line No. 12 Lacha (\$165), a deep and leathery blend of black pepper, saffron, sandalwood, musk and patchouli. "You have to be very self-confident to wear strong and bold fragrances," she says. "You want people to notice you when you walk in a room."

"THE MORE I IMAGINED MYSELF TAKING CHARGE, THE MORE I BECAME DRAWN TO DISTINCTIVE, DEEPER PERFUMES."

Sure enough, the more I imagined myself taking charge in life, the more I became drawn to distinctive, deeper perfumes. Lucky for me, fall's new fragrances are a complex, memorable bunch. Bright spices such as ginger, fresh grasses like vetiver and aromatic herbs like rosemary temper the bolder parts of these scents. But they still tend to linger, due to substantial, intriguing ingredients such as rich cedarwood and deeply intense oud.

That's not to say that I want a perfume that screams or makes onlookers cough—it's all about balance. I liked Givenchy Dahlia Divin (\$85), whose patchouli-driven earthiness is lightened with blood orange and vineyard peach. With its woody, peppered notes and lily of the valley, Miu Miu's debut fragrance (\$86) proved unexpectedly daring on my skin. And when I put on Narciso eau de toilette (\$98), I smelled an elegant vetiver just slightly sweetened with white cedarwood.

All three were compelling, but when I sprayed on Gucci Bamboo (\$92) on my way out to dinner, something immediately clicked. I actually stopped to inhale the scent on my skin again before I reached my front door, and I knew: This was *it*. The mix of sandalwood and gray amber, softened by Tahitian vanilla, captured exactly the femininity and strength I'd been seeking. I stepped outside feeling full of possibility, as though anything could happen. Like I was ready to set the world on fire—and for the first time in my life, my perfume was, too.

Which note is for you?

Let your workout (and tips from perfumer Azzi Glasser) guide you to your next scent.

MOSS

It's like outdoor yoga at 6 A.M.: fresh, calming and down-to-earth. A nature-girl favorite, moss feels "sensual, not prissy," says Glasser.

TRY IT IN *Commodity Moss* (\$99), which adds eucalyptus for a walk-through-the-forest crispness.



SPICE

It's as lively and energetic as a dance-cardio class. Exotic notes such as saffron and cardamom give you an instant boost.

TRY IT IN *Kahina Fez* roll-on perfume (\$78), which blends rose with cumin and clove essential oils.



WOOD

It's powerful but not loud—like weight training, which involves building strength over time. Wood has a similarly confident vibe.

TRY IT IN *Marc Jacobs Decadence* (\$70), which mixes papyrus woods with amber and Bulgarian rose.



OUD

Made from rare wood resin, oud packs a strong (and expensive) punch. And yet, says Glasser, it's also "warm and comforting."

TRY IT IN *Creed Royal Princess Oud* (\$260), which softens the note's intensity with jasmine and violet.



MUSK

If cycling is about endurance, so is musk. It evokes "longevity and loyalty," lingering after other notes.

TRY IT IN *Musc et Madame Neroli Daim* (\$95), which combines sensual white flowers with (cruelty-free) deer musk.



THE CLOSE-UP

FAST PASS

→ *Postgym beauty tricks from six super-fit women*

BY KATIE DICKENS

After a killer workout, you want to look as good as you feel. Bright eyes, flushed cheeks, a little sheen on your skin—this is the precise look that people spend *hours* trying to re-create with makeup. And yet sometimes that woman in the mirror is dripping with sweat, sporting a code-red complexion and has, oh, 22 minutes to get from weight bench to office chair. (We've been there.)

With that time crunch in mind, we asked six impressively fit, gorgeous women to share exactly what they do after running, pliéing and otherwise rocking their workouts. Their top beauty booster: hydration. "Water is one of the most overlooked beauty products of all!" says Hawaii-based surfer Tara Michie of Ladyslider.com. "It's the most important element for your skin and body."

Refreshingly, none of this advice requires heavy lifting in the primping department. But the results? High-impact all the way.



"A face wash with cold water helps with redness," says model and snowboarder Heather Marks.



INSTANT VOLUME

For shiny, bouncy strands, take a cue from model, wakeboarder and snowboarder **Heather Marks** (above). When she doesn't have time to wash her hair, she applies a product cocktail: dry shampoo mixed with Oribe Après Beach Wave and Shine Spray (\$39). Working the two products throughout creates volume and a lived-in texture. "I'll usually twist my hair and tie it up afterward," she says. "When I take it out, I have nice, loose beach waves." Living Proof Perfect Hair Day dry shampoo (\$22) soaks up oil and sweat, then uses a proprietary molecule to remove the powder from hair, taking the grime with it. No matter which method you choose, you'll have a movement-filled style—in no time flat.

GYM-BAG MUST-HAVES

DO-IT-ALL STICK

"I'm the type of girl who hates a bulky makeup bag," says Wander Beauty cofounder **Lindsay Ellingson**, who multitasks with On-the-Glow Blush and Illuminator (\$42). "I mix the two shades together to add a little extra sheen to my cheeks."

SUPER SPRAY

After leading classes at Sky Ting Yoga in New York City, founder **Krissy Jones** mists on rosewater. "I find it to be super hydrating for skin," she says. Try Herbivore Rose Hibiscus Hydrating Face Mist (\$32) for a complexion-calming effect.



PORE PERFECTOR

You've worked hard for that glow, so choose a foundation that lets your radiance show through. "I love the way mineral powder goes on and evens out my skin tone without feeling heavy," says surfer **Tara Michie**. Her wear-every-day pick: Bobbi Brown Skin Foundation Mineral Makeup (\$42), an ultrafine loose powder with SPF 15 protection.

After-barre basics

"My approach is about emphasizing clean skin," says Ballet Beautiful founder **Mary Helen Bowers**. After

spritzing her face with Caudalie Beauty Elixir (\$49), she pats on a moisturizing concealer such as RMS "Un" Cover-Up (\$36) under eyes. A bit of cream blush and a light layer of neutral lip gloss create a natural-but-polished look. The crowning accent? A ballerina bun, of course. "I want to look like I just dashed from the dance studio," Bowers says. "What's more glamorous than that?"

SPRINT THROUGH YOUR SKIN-CARE REGIMEN

Track-and-field star **Queen Harrison**'s guide to getting ready—fast

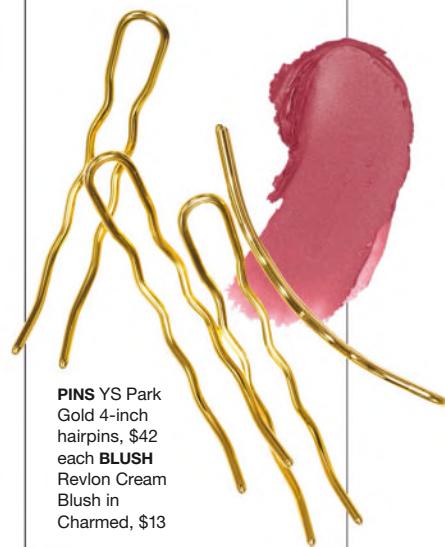


Neutrogena Body Oil, \$10

MOISTURIZE "After the shower, I lightly dry off so that my skin is still moist," Harrison says. "Then I seal the water in with body oil so that my skin stays supple."

TREAT "When I want an all-over deep-pore cleansing, I use natural face masks," she says. Try Lush's hand-mixed *Brazened Honey* clay mask (\$8), which contains free-range eggs and fresh lime juice, to clear up any congestion or dullness.

PROTECT "As a woman of color, I sometimes find the need for sunscreen is understated," she says. "But I've seen a huge difference in the evenness of my skin by implementing one in my regimen." One to try: *Alba Botanica Very Emollient Sport SPF 45* (\$12).



PINS YS Park Gold 4-inch hairpins, \$42 each **BLUSH** Revlon Cream Blush in Charmed, \$13

"AFTER A WORKOUT, I FEEL LIKE I HAVE AN INNER GLOW. ANY MAKEUP ON TOP OF THAT IS JUST EXTRA."

—QUEEN HARRISON, HURDLER

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MOTIVATE

FIRE IT UP

→ *You know hot yoga—now there's hot barre, boxing...even boot camp. But does more sweat mean a better workout? BY MADELINE BUXTON*

"I love the sweating part," says Melanie Hendel, 31, an architect who goes to heated yoga classes at Lyons Den studio in New York City almost every day. "It feels amazing walking out of class—you see the evidence of working at a high intensity." Enthusiasts like Hendel have helped make Bikram and other hot yoga classes ubiquitous nationwide. Now the "heated" trend is expanding to all kinds of studios, from barre to boxing. Most sessions of the heated boot camp classes at Body Heat Hot Pilates and Yoga in Rocklin, California, have a waiting list; business has gone up 30 percent each year at hot-cycling studio Sweat Shoppe in Los Angeles.

Our desire to feel flushed and dripping with sweat isn't new; ancient Roman baths with steam rooms became de rigueur in 25 B.C. And when it comes to heat and exercise, it turns out there are benefits—just don't count on

FIRE IT UP > 48

HAIR, CAILE NOBLE FOR KÉRASTASE; MAKEUP, ERIN GREEN FOR Dior; SKIN MANICURE, ANGEL WILLIAMS FOR CHANEL SECRET; MODEL, BRENDA FREITAS AT ONE MANAGEMENT. SEE GET-IT GUIDE.

burning exponentially more calories. "The body has to work a little harder to cool itself off when you exercise in the heat, so hot workouts may increase the metabolic load a bit, but they won't dramatically increase the calories burned," says Brian Tracy, Ph.D., associate professor of health and exercise science at Colorado State University. A comparison of two studies (one on Bikram yoga, one on traditional yoga) suggests that steamy classes burn only about 35 more calories than room-temp sessions over a 45-minute period.

Also, it's tough to give it your all when you're roasting. That factor could actually lower your calorie burn in an indoor cycling or boxing class. "Training suffers when you're in very hot conditions all the time," says Christopher Minson, Ph.D., codirector of the University of Oregon's exercise and environmental physiology labs. "You get overheated and can't exert as much effort, so that diminishes your performance."

On the upside, hot workouts do seem to have benefits for your athletic performance. Cyclists who rode in the heat over 10 days boosted their hot- and cold-weather pace by 6 percent, according to a study by Minson. The reason: Not only were they more efficient at sweating (i.e.,

better at keeping their bodies cool), but their hearts also got better at delivering blood to their working muscles, and they raised their lactate threshold. (Minson recommends doing easy days in the heat so you get the acclimatization payoff without sacrificing effort in key workouts like speed sessions.)

Another bonus: Heat helps you get bendy. When your body is warm, muscle tissues are pliable and deep stretches feel easier, says Tracy. Flexibility is most helpful for workouts where it pays to be limber, like yoga and barre. But fans say warmer muscles can be a plus for other activities, too. "The heat makes my muscles fire up faster, and I feel more powerful," says Brittany Martin Porter, 27, a television producer and Sweat Shoppe regular.

Want to try a hot workout? Experts recommend drinking about 10 ounces of H₂O 20 minutes beforehand and sipping as needed during class to keep your energy high and risk of dehydration low. Listen to your body and be ready to scale back your effort. "If you feel faint, modify the exercise or stop—and expect to take a few sessions to adjust," Tracy says. One final tip: Bring a fresh sports bra and shirt to change into after class. Because the only thing that feels better than a sweaty workout is slipping on dry clothes afterward.

FEEL THE BURN

See how your go-to workout stacks up against these hot numbers.

68°-70°

Average temperature of a studio or gym

60°

90°-95°

Temperature inside a typical hot yoga class

103.2°

Average core body temperature during a Bikram yoga session

110°

SOURCES: EQUINOX; JOHN P. PORCARI, PH.D., COLLEGE OF SCIENCE AND HEALTH, UNIVERSITY OF WISCONSIN-LA CROSSE

80°-84°

Temperature of heated cycling studio Sweat Shoppe

100°-101°

Average core body temperature during a regular workout

104°

Temperature at which heat-related illnesses can occur

TRAINER TO GO

NEXT-LEVEL CARDIO



Loyal "shredders" at Shred415—a buzzy boutique-fitness studio in the Midwest—alternate treadmill intervals with total-body resistance training, including moves with a band. This routine rockets your heart rate for calorie blasting (and allover strengthening).

YOUR TRAINERS **Bonnie Micheli** and **Tracy Roemer**, cofounders of Shred415, with locations in Chicago and St. Louis

YOU'LL NEED a circular resistance band.

DO 15 reps of each exercise in order, twice, 3 to 5 times a week.

STYLING: TAYLOR OKITA; HAIR AND MAKEUP: HOLLY GOMERS FOR DIOSSKINNUNDE; MANICURE: KAO HIUCHI FOR DIOSSKINNUNDE; VERNIS: MODEL, RACHEL NICKS AT WILHELMINA FITNESS.



1

ONE-TWO STEP

Works arms, legs, butt
Stand with feet wider than hip-width apart, band around ankles. Step right twice, twisting torso to right and punching left arm across body (as shown). Return to start; repeat on opposite side for 1 rep. Do 15 reps.



2

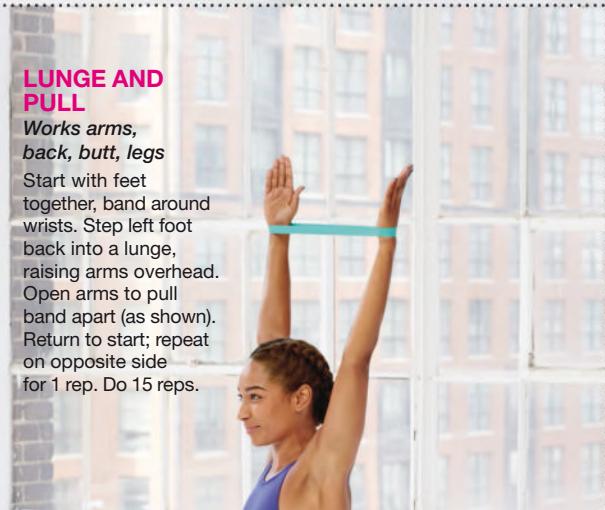
TICKTOCK

Works core, legs
Stand with feet hip-width apart, band around ankles. Lift left foot a few inches and out to side (as shown), squeezing glutes. Return to start; repeat on opposite side for 1 rep. Do 15 reps.

3

LUNGE AND PULL

Works arms, back, butt, legs
Start with feet together, band around wrists. Step left foot back into a lunge, raising arms overhead. Open arms to pull band apart (as shown). Return to start; repeat on opposite side for 1 rep. Do 15 reps.



4

KNEE TUCK

Works core, legs
Stand with feet together, arms overhead, band around wrists. Bend at waist and step left foot back, bending right knee. Pull elbows to chest (as shown), lifting left knee quickly between them. Return foot to floor for 1 rep. Do 15 reps. Switch sides; repeat.



5**JACK TUCK***Works arms, core, legs*

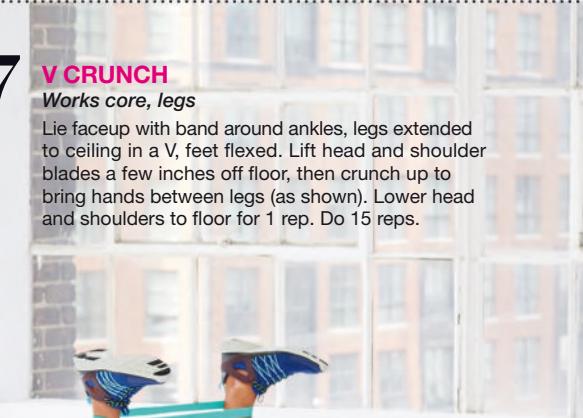
Start in a high plank with feet together, band around ankles. Keep abs engaged as you jump feet out to sides (as shown), then back together. Jump feet forward into a tuck, then return to start for 1 rep. Do 15 reps.

**6****PLANK TOUCH***Works arms, core*

Start in a high plank with band around ankles. Lift hips into a pike; touch left hand to right ankle (as shown), then return to plank. Repeat on opposite side for 1 rep. Do 15 reps.

**7****V CRUNCH***Works core, legs*

Lie faceup with band around ankles, legs extended to ceiling in a V, feet flexed. Lift head and shoulder blades a few inches off floor, then crunch up to bring hands between legs (as shown). Lower head and shoulders to floor for 1 rep. Do 15 reps.

**8****SIT-UP PUNCH***Works core, arms, legs*

Lie faceup with knees bent, heels on floor, band around ankles. Lift torso 45 degrees, then punch quickly 4 times (as shown), alternating sides. Lower to floor for 1 rep. Do 15 reps.



SHAZAM THIS PAGE
FOR VIDEOS OF
ALL THE MOVES.



SHAZAM THIS PAGE TO SHOP EVERY ITEM YOU SEE HERE.

GYM BAG

RACE DAY

→ You trained hard for your big race. Here's all the stuff you need to feel great at the start, finish and in between. **BY MEG LAPPE**

1 The quick-dry fabric in this zip-up prevents postrace goose bumps. **Essential cardigan, \$100; LoleWomen.com**

2 Put on a lightweight cap to cover sweaty hair. **Better Than Naked, \$26; TheNorthFace.com**

3 GPS apps and music drain a phone's power, so bring a battery with juice for four charges. **Kodiak Plus, \$100; OutdoorTechnology.com**

4 This smallish pack fits right inside the plastic bag you get for checking your belongings. **\$79; Athleta.com**

5 Keep your ID, phone and credit card around your waist with a wicking belt. **\$29; FlipBelt.com**

6 Bluetooth means no snagging wires, plus you can skip around your playlist with one touch. **Trainer by Gibson, \$250; Amazon.com**

7 Slip into a fresh pair of shorts after finishing your mileage—the perforated fabric won't chafe. **Perfect Pace, \$30; UnderArmour.com**

8 Crisscross mesh straps and a stay-put chest band deliver maximum support and ventilation. **Moving Comfort UpLift Crossback, \$48; BrooksRunning.com**

9 Start and finish lines

can be chilly, but a Mylar blanket traps heat to warm you up. **Quiverr Emergency Mylar Thermal Blanket, \$40 for 10; Amazon.com**

10 Take your on-the-road hydration to the next level: Drop two of these electrolyte-rich tablets in water. **\$7; Nuun.com**

11 To speed your recovery, mix this powder with water and have

with that free banana. **\$36 for 24; GuEnergy.com**

12 More eco-friendly than bottles, boxed water is great with recovery powder or sipped solo. **\$6 for 8; BoxedWaterIsBetter.com**

13 Wear sport sandals to the start line, then lace up these lightweight gel-filled kicks for the main event. **Gel-Cumulus 17, \$120; AsicsAmerica.com**

FITNESS CRUSH

INNER GLOW

→ A strong, sculpted body is a worthy workout goal. But yogi **Latham Thomas** doesn't stop there: Her warm, nurturing vibe sends students home with a sense of peace, too.

BY ALYSSA SHELASKY

It seems like Latham Thomas—yogi, doula, friend to every woman in her orbit—was destined to be nicknamed Mama Glow. "I believe every woman should have the support of another woman in her corner," says Thomas, whose students include singer Alicia Keys and top models like Doutzen Kroes. "My job is to be that, even if it's just in a one-hour workout." In our HIIT- and boot camp-obsessed world, Thomas's more holistic approach is resonating: Her yoga sessions at New York City's Aqua Studio and pop-up Glow Motion fitness classes are always full; plus she's now hosting sold-out seminars across the country. Here, Thomas shares her softer take on fitness.

WHAT'S YOUR IDEAL WORKOUT?

I think all movement is magical—even running up a flight of stairs instead of taking the elevator! But I love activities that promote self-care and self-reflection, like yoga, dance and meditation.

TELL US YOUR TEACHING PHILOSOPHY.

Since I began teaching after college at Columbia University, I've wanted everyone to leave my classes feeling swaddled with love. I try to deliver that by touching each person with aromatherapy oil during Savasana and giving hand massages. When they fall asleep, it's an accomplishment. I want students carrying that sense of peace as they move through their week.

IS THERE A SECRET TO GLOWING FROM THE INSIDE OUT?

Do more of what makes you happy, whether that's yoga, hiking, watercolor painting, dance or travel.



POWER WORDS

"My mantra is 'Make it 'til you make it.' Because there's no faking it in the hustle!"

SPORTS BRA Phat Buddha **PANTS** Heroine Sport **SLIPPERS** Nike

LATHAM'S FULL-BODY RESET

Thomas's creative moves riff on classic yoga poses: They tone your body while mellowing your mind. Here are three of her favorites.

GODDESS SQUAT

Stand with feet wider than shoulder-width apart, toes out. Inhale; extend arms overhead. Exhale; bend knees so thighs are parallel to floor. Do 20 reps. Pulse 50 times in bent-knee position, then lunge to right (left leg straight) and touch left hand to right foot. Repeat on opposite side for 1 rep. Do 20 reps.

WHY SHE LOVES IT

It strengthens glutes and thighs and melts away lower-back aches.

DOWNTURN DOG PLIÉ

From Downward Dog, bring heels together and turn toes out. Squeeze thighs together so legs are straight and firm. Exhale as you bend knees and squat deeply. Pause as you inhale, then exhale, straightening legs, for 1 rep. Do 10 reps.

WHY SHE LOVES IT

It strengthens your back, upper arms and shoulders while toning and stretching thighs, hamstrings and calves.

THREAD THE NEEDLE

Kneel on a mat, big toes pressed together, hips over feet. Fold forward at waist to rest forehead on mat, arms at sides, palms up. Take 5 deep breaths. Rest on hands and knees; reach right arm behind left arm along floor, bringing shoulders and ear to mat. Repeat on opposite side for 1 rep. Do 10 reps.

WHY SHE LOVES IT

This stretch series is not only calming but also eases neck pain.

5 Number of breaths students hold in Child's pose between moves in Thomas's class. She ends each practice with a palms-up Child's pose, and this question: "What do you want to make space for in your life?"



TOP Petra, \$66; LornaJane.com

LEGGINGS A200, \$100; Skins.net

BOARD 7S Salt Shaker, \$670; SurfIndustries.com

RUNNING BARE LEGGINGS

The cult-fave brand's pants have a figure-flattering high waist and wicking fabric to keep you dry. \$130; RunningBare.com.au



GLOBAL SURF INDUSTRIES BOARD

This lightweight soft-shell board makes paddling out a breeze, plus no fin means more speed.

Albacore, \$274; SurfIndustries.com



LOCAL SUPPLY SUNGLASSES

It's always a beach day with these rosy polarized lenses, which protect eyes from UV rays.

Freeway: Del Sole, \$85; OpeningCeremony.us

(SELF) MOTIVATE

SKINS

COMPRESSION TOP

The Aussie line specializes in gear designed to prevent sore muscles, like this soft, breathable thermal top. A200, \$110; Skins.net



GO-TO GEAR

AUSTRALIA VIBES

→ Brands from down under are serving up a crush-worthy swell of beachy blues and nature-inspired patterns. BY MEG LAPPE



KEVIN MURPHY DETANGLER

Six vitamin-rich fruit extracts nourish hair that gets sweaty (and washed) often.

\$25; KevinMurphy.com.au for salons



DUSKII VEST

Duskii's an Australian go-to, thanks to chic pieces like this neoprene vest that keeps you warm in cold water.

Capri Rush, \$145; Duskii.com

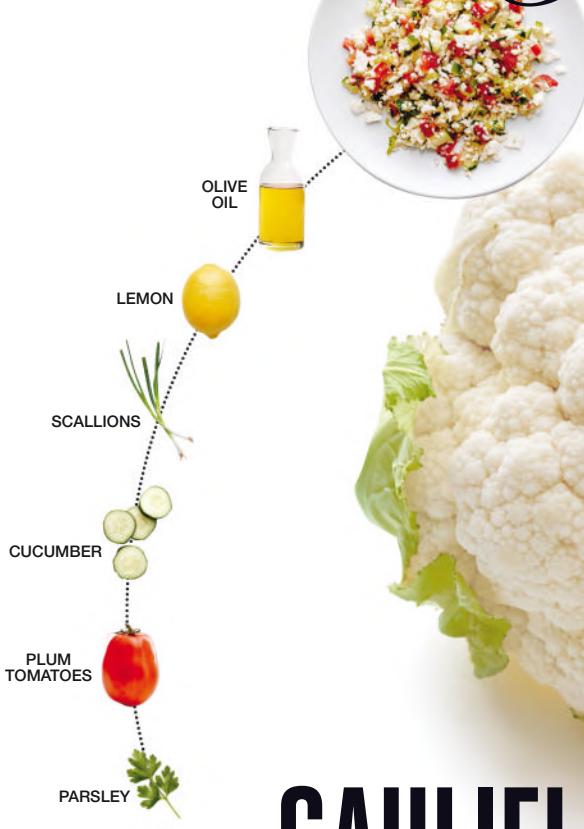


GLOBE SNEAKERS

The popular skateboard label's kicks fit like a glove. Their secret?

A soft sock liner. Roam Lyte, \$75; GlobeBrand.com

3



START HERE!

Combine these



CAULIFLOWER, 3 WAYS



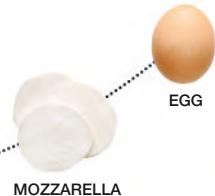
2

→ *It's full of vitamin C, fiber and potassium—plus, you can sub it for everything from steak to pizza crust.*

RECIPES BY MARGE PERRY



Bake these



1

1 Curried Cauliflower Steak

SERVES 2

Heat oven to 375°. Cut two 1-inch-thick "steaks" from cauliflower. Brush each with 1 tsp olive oil. In a large ovenproof pan over medium-high heat, cook steaks 4 to 5 minutes. Flip, transfer to oven, and cook 20 minutes more. In a bowl, mix 1 tbsp olive oil, 2 tsp apple cider vinegar, 2 tsp honey, 1/4 tsp curry powder and 1/4 tsp salt; toss with 4 cups greens. Divide between 2 plates. Top each with a steak and cilantro.

NUTRITION INFO 168 calories per serving, 12 g fat (2 g saturated), 16 g carbs, 5 g fiber, 4 g protein

2 Cauliflower-Crust Pizza

SERVES 2

In a food processor, pulse 4 cups cauliflower until finely chopped. Steam 15 minutes; cool. Heat oven to 450°. In a bowl, combine cauliflower, 1 egg, 1/4 tsp salt and 1/2 cup shredded mozzarella. Spread into a 10-inch round on a nonstick baking sheet; bake 25 minutes. Cool slightly; top with 1/3 cup tomato sauce, 3 oz sliced mozzarella and 1/2 oz prosciutto; bake 10 minutes more. Garnish with basil.

NUTRITION INFO 307 calories per serving, 15 g fat (2 g saturated), 17 g carbs, 6 g fiber, 6 g protein

3 Cauliflower Tabbouleh

SERVES 2

In a food processor, pulse 1/2 head cauliflower until florets resemble grains of rice. In a bowl, toss cauliflower; 1/4 cup chopped parsley; 2 plum tomatoes, chopped; 1/2 medium cucumber, peeled and chopped; 3 tbsp chopped scallions; 1 1/2 tbsp lemon juice; 2 tbsp olive oil and 1/4 tsp salt.

NUTRITION INFO 202 calories per serving, 15 g fat (2 g saturated), 17 g carbs, 6 g fiber, 6 g protein

EAT CLEAN

POST-THANKSGIVING

→ Get back on track after Turkey Day with these easy, healthy ideas for what to do with your leftovers. RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Roasted-Veggie Omelet With Goat Cheese and Chives

In a bowl, whisk together 1 egg, 2 egg whites, 1 tsp water, 1/8 tsp kosher salt, 1/8 tsp cracked black pepper and 2 tsp finely chopped fresh chives. In a skillet over medium heat, heat 1 tsp olive oil. Add eggs and cook until bottom is just set, 10 to 15 seconds. With a spatula or fork, gently pull eggs toward center, tilting pan to move uncooked eggs toward edge. Add 1/2 cup chopped leftover roasted vegetables (such as carrots, parsnips, sweet potatoes, brussels sprouts and onions) and 2 tbsp crumbled goat cheese. Cook until vegetables are heated through, 1 to 2 minutes more. Fold edges of omelet toward center

into thirds and garnish with 1/2 tsp finely chopped chives. Serve on a plate with 1/2 cup mixed greens.

NUTRITION INFO 280 calories, 19 g fat (6 g saturated), 8 g carbs, 2 g fiber, 19 g protein

LUNCH

Asian Turkey Salad With Tamari-Miso Dressing

In a bowl, combine 1 1/2 cups mixed greens, 1/2 cup shredded red cabbage, 1/3 cup brown rice, 1/2 cup chopped leftover roasted green beans, 2 tbsp chopped scallions and 4 oz shredded or chopped leftover roasted turkey breast. In another bowl, whisk together 1 tsp rice vinegar, 1 tsp honey, 1 tsp white miso paste, 1 tsp olive oil, 1 tsp reduced-sodium tamari (or soy sauce), 1/2 tsp finely chopped fresh ginger, 1/8 tsp garlic powder and 1/8 tsp

cracked black pepper. Pour over salad and toss to combine; arrange on a plate and top with 2 tbsp toasted cashews.

NUTRITION INFO 421 calories, 15 g fat (3 g saturated), 39 g carbs, 7 g fiber, 36 g protein

DINNER

Turkey Tortilla Soup

In a small saucepan, heat 2 tsp olive oil. Add 2 tbsp chopped yellow onion and sauté until golden, about 2 minutes. Add 1/4 tsp coarse sea salt and 1/4 tsp chili powder; cook 30 seconds more. Add 1 1/2 cups reduced-sodium chicken stock, 1/3 cup canned diced tomatoes, 1/3 cup diced leftover roasted sweet potatoes, 1/3 cup rinsed and drained canned black beans, 4 oz shredded or chopped leftover roasted turkey and 1 tsp fresh lime juice. Simmer, covered, over medium-low heat for 10 minutes. Pour into a bowl and top with 4 crumbled tortilla chips, 1/4 avocado, chopped, and 1 tbsp chopped cilantro. Serve with a wedge of lime.

NUTRITION INFO 538 calories, 19 g fat (3 g saturated), 46 g carbs, 12 g fiber, 50 g protein

SNACK

Pumpkin Pie Yogurt With Fresh Berries and Granola Sprinkle

In a bowl, combine 1/4 cup pumpkin pie filling (or 1/4 canned pumpkin mixed with 1 tbsp maple syrup) and 1/3 cup lowfat plain yogurt. Spoon half the yogurt mixture into a glass and top with 1/4 cup raspberries and blueberries and 2 tsp granola. Top with remaining yogurt mixture, another 1/4 cup mixed berries and a sprinkle of granola.

NUTRITION INFO 190 calories, 3 g fat (1 g saturated), 38 g carbs, 10 g fiber, 7 g protein

GOT EXTRA
TURKEY? TRY THIS
SUPERFOOD-
LOADED SOUP.

Photographed by JOHNNY MILLER

→ **GET COOKING!** Find healthy, delicious recipes for your Thanksgiving table at Self.com/go/thanksgiving.





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(SELF)

WORTH

THE JOB HOP

→ *Switching gigs can help you learn new skills—and give your career a leg up, too.*

BY EMILY MATCHAR

It probably won't surprise you to learn that your parents' advice about staying put in your 20s to patiently climb the corporate ladder is outdated. Women today hold an average of six jobs before age 26, with college-educated women holding more than less educated ones. "It's very rare to see young people work anywhere for more than five years," says Dan Schawbel, author of *Promote Yourself: The New Rules for Career Success*. That's because changing jobs, when done right, can help you get ahead faster; call it career cross-training. "To be successful in today's complex, tech-heavy workplaces, you need a variety of skills—and the ability to adapt quickly," says Joan Kuhl, founder of the consulting company Why Millennials Matter. Here's how to make smart leaps forward. **JOB HOP** > 60



MOVE WITH PURPOSE

“Make job hopping an intentional decision,” says Emily Miethner, founder and CEO of FindSpark.com, an online networking community. In other words, switch gigs because it’ll bring you closer to your goals or help you learn new skills, *not* simply because a more fun or better-paying option comes along. “You want to demonstrate that you’re developing your focus and passion,” agrees Kuhl. “That will help you articulate your story to future employers more effectively.”

BUILD YOUR NETWORK

“Relationships are everything,” Kuhl says. So work hard to build yours—and maintain them. While changing jobs helps you meet lots of different people, it’s easy to let those relationships flounder when you move on quickly to the next thing. Keep in touch with your network through email, lunches and social media. But don’t just focus on casual contacts: Develop deep, enduring connections with mentors who inspire you. Doing so will ensure you can get thoughtful, no-holds-barred feedback when you really need it.

ADD TO YOUR EXPERTISE

Want to try something different, but worried you're not qualified to change gears? There are plenty of ways to pick up new skills outside the office. "Don't wait for an opportunity to fall into your lap," says Miethner. "Instead, volunteer, take online classes or start a side project." Then be sure to talk up these experiences in your next interview. 

PERSONAL BEST

→ *Donate time, empathize and other ways to live generously*

GIVE & FEEL GOOD

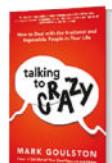
Interested in volunteering but frazzled by the thought of adding another commitment to your schedule? Research shows that helping others is associated with better health and may even reduce stress. You'll reap the most benefits if you pursue projects that resonate deeply with you, says Jenny Santi, author of *The Giving Way to Happiness: Stories and Science Behind the Life-Changing Power of Giving*. "Feeling passionate about a cause will help keep you engaged," she explains.



Q / A

THE EXPERT MARK GOULSTON, M.D.

The *Talking to Crazy* author on how to deal with more difficult relatives this season



Why do seemingly normal people act “crazy”?

A/ It's called impotent rage—the rage of powerlessness. They feel the world has wronged them, so they stir the pot at a holiday dinner or unfairly take things out on other people.

Is there a tactful way to defuse the tension?

A/ Be proactive. A week in advance, reach out to that problem relative and ask for help with something. Making someone feel important is a way to get their sane side out.

And if that doesn't work?

A/ Listen receptively; talk *with* them, not over them. They'll cave because they'll feel heard. And you can look back afterward and know you were the bigger person.



SELF MADE

CHANGE THE RULES

→ *A cofounder of Watsi, an innovative health care start-up, Grace Garey is tackling big problems in new ways.*

By the time she graduated from college, Grace Garey, now 25, had worked in a Liberian refugee camp and helped coordinate emergency response for war-torn countries at a humanitarian organization in Washington, D.C. While she loved solving problems in international development, she felt frustrated by the bureaucracy. “I came away from those experiences thinking, There must be a more creative way to make health care accessible to every person on the planet,” she says. So Garey cofounded Watsi, a global crowdfunding platform that connects donors directly with individual patients in the developing world. The nonprofit, which recently celebrated its third anniversary, has already raised \$5 million for more than 5,000 patients in 20 countries. “You can scroll through stories on the site,” she explains, “and read about a single mother in Kenya who overcame cancer because 30 strangers funded her treatment.” Watsi is also radically transparent, publicly updating all its finances in real time. Says Garey, “I think this is the future of health care.” —Jen Schwartz

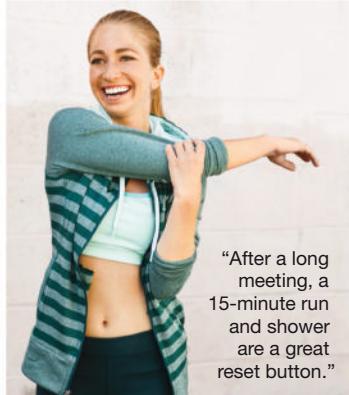
Garey on how to be bold and stay inspired—at work and in life

100

Percentage of Watsi donations that directly fund health care

“I'D NEVER KNOW THERE WAS A BETTER WAY TO DO CHARITY IF I HADN'T TRIED THAT MOTIVATES ME.”

SPEAK UP “When I was still an intern, a manager I admired told me that I was great at assigned tasks but never formally proposed the ideas I chatted about casually. I hadn't realized I could do that! At my next gig, I pitched a new program that is now raising millions of dollars a year.”



“After a long meeting, a 15-minute run and shower are a great reset button.”

“THE BEST ADVICE I’VE HEARD: PROGRESS IS THE AUDACITY TO THINK BIG AND THE DISCIPLINE TO START SMALL.”

CHECK YOURSELF “We ask for feedback from our doctors and administrators ridiculously often. That way, even if we have microfailures, we're always broadly moving in the right direction.”

“I TAKE DANCE CLASSES: IT’S FUN TO SET GOALS FOR AN ACTIVITY THAT ISN’T WORK-RELATED.”

PERSEVERE “When I’m learning something new, like finance or data crunching, I identify an end goal and tell myself it’s more important than the temporary pain of a steep learning curve.”





LEARNING CURVE

AROUND THE WORLD IN ONE SUITCASE

→ On a nine-month journey with her fiancé, writer **Cecily Wong** discovered how much can happen when you live with less.

Three years ago, my fiancé, Read, and I made a plan to shake up our lives, which were growing cramped and unruly as we worked in Manhattan, pouring long hours into Read's start-up while I managed a restaurant and endeavored to finish a stubborn novel. We yearned to feel the open sky, to use our bodies for more than riding elevators and consuming brunch. Before we turned 30, we promised each other, we would quit our jobs and see as much of the world as our funds would allow. Last year, we seized our chance.

We spent our weekends in intensive preparation, devouring travel books and documentaries, placing pins on the world map fastened to our living room wall, creating our route: New York to India to Indonesia, a loop through Asia and westward to Europe, with many stops in between. When we delivered the news to friends and family, they weren't that concerned about the ambitious length or the potential dangers of

traveling through developing countries. Instead, they were skeptical about the fact that for nine months we'd each be living out of a single carry-on suitcase. The purpose of the trip was to feel agile and liberated, we explained, not weighed down by possessions. We wanted to live lean! My mother, remembering the 60 pounds of luggage I'd hauled to Rome a few years earlier—multiple pairs of boots for a two-week trip—simply laughed at me.

Yes, I knew my reputation for stockpiling clothes, for changing outfits a few times a day to fit the occasion. I knew Read's proclivity toward Amazon Prime, a box of kitchen gadgets or a trio of dress socks arriving at our front door in a steady, two-day cycle. Still, we were ready for adventure, to explore distant lands and to be far away from our consumerism. Into a storage bin went six years of New York accumulation—the spoils of sample sales, the infinite dresses, the Amazon deluge—and Read and I turned our attention toward the practical: assembling our suitcases for pure function.

We each handpicked the pieces of clothing our trip required: one pair of perfect pants (lightweight, quick-dry), one set of sturdy shoes (breathable, treaded), one all-purpose jacket (black, waterproof). We acquired a miniature pharmacy of mosquito repellents and stomach settlers, melatonin and antibiotics. Our suitcases were small but well curated, a showcase of our careful planning. As we boarded our flight from New York to Mumbai, we felt fortified by foresight, the lightness of our baggage still romantic.

But within hours of landing, India assaulted us. The colors, the smells, the filth and the crowds—after a day at the outdoor market with hot vats of grease-fried samosas and pakora, we would return to our tiny room and peel our damp clothes from our bodies, wanting to throw them in the washing machine and change. But in India, clothes are often washed by hand. So for seven weeks, we washed everything we had in our mini hotel sink and cramped bathtub. We laughed at how we looked, sitting there together in our underwear, waiting for our clothes to dry in the one sunny spot in our room.

Yet as we met other travelers, their belongings fresh from modern washing

TAKE YOUR HAIR TO PARADISE



HAIR THAT SMELLS AS GOOD AS IT FEELS

and a single overseas flight, I felt tidal waves of Western jealousy. I was stuck with my one gray dress (for seven more months!). My most elegant shoes were blue Tevas. Without my regular assortment of possessions, my piles of stuff, I was insecure, my mind unsettled by my appearance. I compared myself to others, was shy in front of the camera; I began to fear that the carry-ons would inhibit our trip in a way I had not predicted.

Two weeks before we left India, Read and I received a surprising invitation to the wedding of a local Goan prince we had met by chance, over a few drinks, in a hotel lobby. *But you'll have to dress up*, our inviter warned; and as we began to hesitate, thinking of our suitcases, our new friend insisted, leading the way to a solution. In a small wooden shop lit up by jewel-colored fabrics, a young attendant dressed us in hand-dyed silk tunics, Read in stark white pants with 6-foot drawstrings and me in a shimmering *dupatta*—a scarf I draped around my shoulders for the special occasion. After a month of feeling disheveled, I was struck by my polished reflection.

As we watched the new couple circle a pit of holy fire and sat beneath trellises of marigolds, we felt we had stumbled upon a new trick: We could buy things to *replace* items in our suitcases. In India our purchasing power was enormous (the wedding outfits cost less than 50 U.S. dollars), and the dormant consumer in me wanted everything I saw at the beautiful bazaars. But purchasing something new meant giving up something old to make room in my suitcase: an Indian kurta for a basic T-shirt, handmade leather sandals for a pair of flip-flops. Unless the item was better than what I already owned (more durable, more versatile), I couldn't validate the purchase.

A month later, we landed in Japan and found ourselves freezing. In stylish, trend-chasing Tokyo, our tropical clothing made us look like idiots. I needed a decent jacket, but I was more enticed by the expensive cashmere sweaters and leather pumps in the window displays of Ginza. I dragged Read through a dozen department stores, searching for items to quiet the voice, but the price tags were astronomical. As

much as I craved material security, I knew I couldn't abandon our budget.

So instead, we found a thrift store and each chose one warm outfit and a pair of (neon!) sneakers. Without the distraction of shopping on my mind, I turned my attention to what we could do, seek and explore. For the next month and a half, we trekked to Shinto shrines and through 16th-century castles. We wandered the grounds of classical Zen gardens. By the time we moved on, I was more interested in ancient temples than strappy sandals.

As we crossed into Southeast Asia, I only grew stronger in my resolve. I could buy a new dress or we could rent a motorcycle for two days and take the winding road up the Mae Hong Song and see waterfalls set against a dusty red sky. I began to think of commodities in these terms. A swimsuit was the equivalent of a boat ride to an outer Thai island or a week of tuk-tuk rides or a cooking class. I realized I had everything I needed to enjoy my days: sneakers for hikes, a scarf to cover my head or my shoulders, a coat to shield me from the afternoon rainstorms.

Swap out sugar for a sweet afternoon



Of course, we picked up souvenirs along the way—a skirt from Bangkok's Chatuchak Market for me, a canvas backpack from a street stall in Taiwan for Read. But our few belongings became talismans, and to

an outdoor café and spent the rest of our budget on Chardonnay and Camembert. As we boarded our flight home to America, I actually mourned retiring my trusty suitcase, for the liberation it had delivered.

WITHOUT THE DISTRACTION OF SHOPPING ON MY MIND, I TURNED MY ATTENTION TO WHAT WE COULD DO, SEEK AND EXPLORE.

replace them with fresh things for the sheer sake of having something new seemed, for the first time in my life, absolutely absurd.

For our final two months, we wound through Europe. In Paris, in Rome, in the cities known for style, I proudly wore my Indian tunic and now-beloved Japanese sneakers. As we sat beside Parisians cloaked in Chanel, I didn't feel a spark of envy or insecurity. Instead, I felt confident: Our eclectic appearance hinted at a life well-traveled. Our things weren't fancy or expensive, but they had taken us across miles and had memories and stories attached to them. On our last night, we went

Growing up, I remember hearing this advice: If you find something you really like, buy two. Until last year, I found this phrase logical; there was wisdom in its gratuitousness, a lesson on being doubly prepared. But in each new country we visited, there was an overwhelming reason to reject this kind of thinking, and it wasn't just the shock of seeing people with next to nothing. So much of my learning, I realize now, hinged on that suitcase. It gifted me a type of mandatory freedom, an exercise in active living. Its 22-by-14-inch dimensions forced me to focus on the intangible, the meaningful interactions that had no material width or weight.

When I returned to New York last winter and pulled my belongings from storage, I was astounded to see the discrepancy between what I owned and what I actually needed. The sheer volume of nonsense—the shoes that had been worn just once, the collection of identical black blouses—went against everything I'd learned from my time on the road. As I began to pack for our new, and smaller, Manhattan apartment, I adhered to the same criteria I'd used to assemble my suitcase. Only the necessary items would make the cut. (A blanket from my mother came with us. A machine that turns zucchini into pasta did not.) Purged of my stuff, there's nothing that I've missed.

A year after the trip, I still love sales, keep a drawer full of jeans and occasionally complain that I have nothing to wear. There is a subtle pull toward my old stockpiling ways, but mostly I crave the simplicity of my suitcase. When I open my tiny closet and see it sitting there, empty and waiting, I'm reminded that for nine months, three seasons and 17 countries, it was so much more than enough. ●

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EDWARD STEICHEN, 1928

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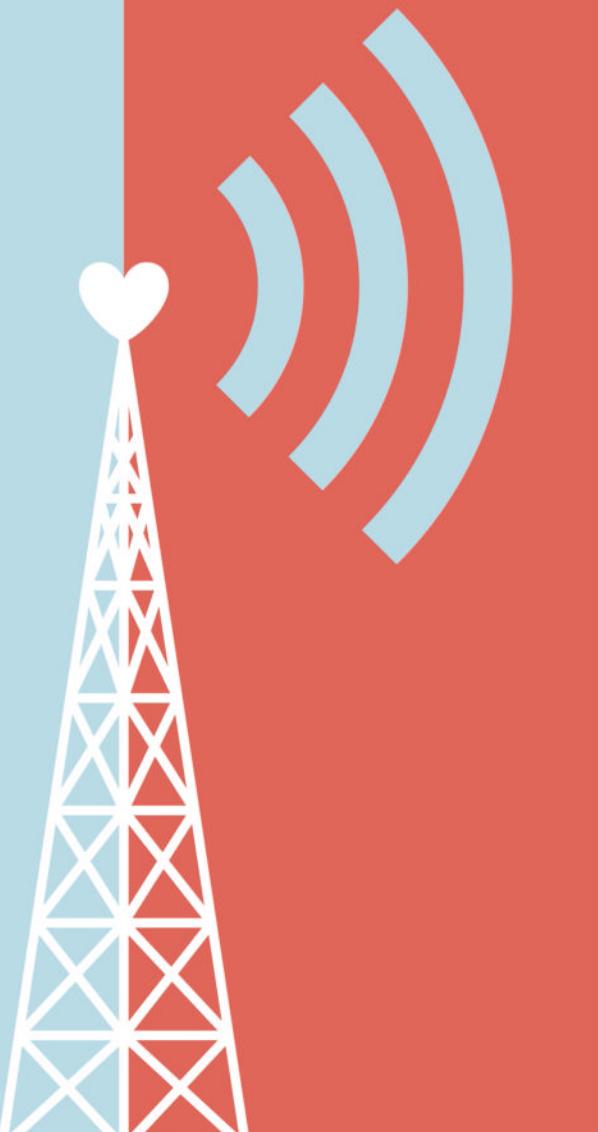


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LOVE & CHEMISTRY

“SO, IS HE GOOD IN BED?”

→ OK, some people want to know *all* the details—but there are reasons not to broadcast everything. **BY JEN DOLL**

Recently, I met up with a friend for wine and cheese. After a few minutes, she leaned across the table. “So, tell me about this guy you’re dating!” she said. Honestly, I’d been wanting to spill some details since we settled in—about that romantic vacation we took last month, his prowess at cooking risotto, our nine-year age difference. But I wasn’t sure I was *quite* ready to go there. So how much should I actually reveal?

In the era of Instagram and Snapchat, when sharing so much about our personal lives is considered normal, it’s tempting to expose everything, right down to the last whispered secret (“He does this thing...”). Still, you want some parts of the relationship to be special and private just for the two of you, not fodder for friends, family and your social feed. In the end, finding that sweet spot is the key to strengthening your bond with your partner *and* your inner circle.

GO DEEP WITH YOUR FRIENDS Chances are, you have long, meaningful conversations with your friends. That’s what they’re there for, right? In fact, research has found that talking things over with trusted confidantes helps build friendships. The one thing to keep in mind: Every discussion is different. I have one friend I talk openly with about my sex life; she doesn’t judge, and I return the favor. My married pals often reflect wisely on whether someone has long-term potential. Either way, take turns listening to each other, but note that it’s best to draw the line at actual therapy. (I got the hint when one friend asked me, “Have you spoken to someone—like a professional—about this?”)

TALK (SOME) STUFF OUT WITH FAMILY There was a time you’d rather stay grounded forever than delve into your love life with your parents. But you’ve grown a bit, and Mom and Dad have evolved, too. It might surprise you to see what happens when you open up and let them in—after all, your elders have years of experience from both good and bad relationships. My mom, for instance, has always been a champion of me sowing my wild oats. “Why be with someone who’s not great when you can have a great life all to yourself?” she once told me. Just be prepared: If you confide in your parents, you have to listen respectfully to their opinions (it’s only fair, right?).

DON’T OVER-INSTA YOUR RELATIONSHIP Sure, it’s cute to post a photo of you two feeding goats at the country cottage you visited, or tweet about the 5K you guys ran (good job!). But unless you’re aiming to be the next #FollowMeTo duo and (professionally) photograph every life experience you have as a couple, you don’t want those shared selfies to get in the way of enjoying actual moments together. You’re building memories, not an Instagram-worthy photo album for others to like. What matters is that *you* like the stuff you’re doing together.

KEEP A FEW THINGS PRIVATE Inside jokes, secret confessions, late-night pillow talk: Those moments are sacred—they heighten your bond, build trust and highlight why you’re together in the first place. After all, love isn’t about what others witness. So every once in a while, remind yourselves of that in a way only the two of you can see. ●



PHOTOGRAPHED BY JASON KIBBLER
STYLED BY MELISSA VENTOSA MARTIN

RONDA

UFC champion **RONDA ROUSEY** has killer moves and steely confidence, but

TOUGH ENOUGH

"I love feeling like I'm inhabiting the body of a ninja," Rousey says, "like I could rob a liquor store with my bare hands if I wanted to."

TOP Prabal Gurung **BRA**
Baserange **BRIEFS** Caffe
Swimwear **OPPOSITE**
SWEATSHIRT Calvin
Klein Jeans **PANTS** Norma
Kamali **SHOES** Feiyue



RISING

there's another key to her success: She fights from the heart. **BY MOLLY KNIGHT**

RONDA

Rousey is, pound for pound, the best fighter in the world—male or female. Her record is 12–0, and every few months a chiseled contender dashes in for a shot at glory, or at least headlines. The foolish ones spend the lead-up to the main event yapping about how she is beatable. The wise pray for divine intervention (A leg cramp? A power outage?), then collect their paychecks in defeat with a shrug of the shoulders—if they’re still able to move them. A jab to the face, a knee to the liver and her signature arm bar move to end it: Rousey once won a fight in 14 seconds flat. And when she retires, years from now, she will go out as one of the greatest athletes in any sport.

But Rousey’s utter dominance of the Ultimate Fighting Championship (UFC) is not why she’s been cast in *Furious 7*, *Entourage* and the upcoming remake of *Road House*, in which she will reimagine Patrick Swayze’s iconic role. It’s not why Ellen DeGeneres invites her onto her talk show for a girls’ gabfest, or why her memoir, *My Fight/Your Fight*, has become a national best seller. Millions of people who are put off by blood sports find themselves strangely captivated by her. “It’s about more than just fighting,” she says. Indeed.

Rousey, 28, is beloved because she’s the ultimate underdog—her toughness, heart and epic backstory have turned her into a symbol of strength. After a traumatic birth that deprived her of oxygen and caused brain damage, she suffered from a speech impediment so severe that she could not form a coherent sentence until she was 6. But she fought through that hell, and perhaps because of it her words are now as sharp as her jabs. “Even if they don’t know it, everyone has the instinct to survive,” she says.

That kind of grit comes from her mother, AnnMaria De Mars, a world judo champion turned psychology professor. (Her father committed suicide when she was 8; she fought and survived that loss, too.)

As an adult, she’s gone to the Olympics twice, winning a bronze in judo in Beijing in 2008. She’s also skewered critics who say her figure is too manly by pointing out that every muscle in her body has a purpose, none of which involves attracting a guy. This attitude has earned her legions of fans, including one named Beyoncé, who played an audio clip of Rousey riffing on the virtues of female independence at a sold-out concert in Philadelphia in September. Rousey says, “That she would use my words is the highest compliment I could possibly be paid by somebody I respect.”

At one point, Rousey was so broke that she slept in her car. She now lives in Venice, California, and is most likely (there are no official numbers) the highest-paid fighter in her sport, with endorsements from fast food chains, shoe companies and more. “I want my name to be mentioned along with Mike Tyson and Muhammad Ali,” she says. “And I don’t want the word *woman* to be in front of *champion*.”

Comedian Chelsea Peretti considers herself a Rousey superfan. “Ronda fearlessly speaks her mind,” she says. “I can see how her physical strength is powered by mental strength.” Peretti, 37, is known for her role on *Brooklyn Nine-Nine*—and for her no-holds-barred sense of humor. “We both dislike being typified by our gender,” she says. “Plus, we’re both beautiful blondes! Just kidding—I’m not blonde.” The duo talked about what it means to be a strong woman in 2015.

CHELSEA PERETTI How does it feel to be the most famous badass in America?

RONDA ROUSEY I like being given that label, but I wouldn’t give it to myself.

CP What’s your definition of a badass?

RR Someone who’s willing to do what needs to be done. There are plenty of times where people know and they don’t do it—because it’s not comfortable or easy. If you do what’s right regardless of how it’s going to make you look, then you’re really a badass.

CP You’re objectively the best in your sport—how does that make you feel?

RR It’s motivating, because it’s something I have to keep earning. When I was a kid, all I did was train. I never went to a dance, I never had a date, I never went to a single party. Training was my whole life, and it was because I wanted to be able to win the Olympics more than I wanted to go to the movies with my friends. It’s funny, because people get offended by the mind-set that it takes to be the best.

CP What do you mean?

RR If I say that I’m the best in the world, sometimes people think that’s really cocky and arrogant, but I had to work hard to be able to believe in myself. In your teens, you start to become super self-conscious. I had to build that up.

CP Did you ever get in street fights as a teen?

RR Yes. Santa Monica didn’t used to be so nice! After school, my friend and I would go to the

TRUE GRIT

"It's about more than just fighting," Rousey says. "Even if they don't know it, everyone has the instinct to survive."

SWIMSUIT Chromat
SWEATSHIRT Vejas





**“I WANT TO BE
REMEMBERED AS ONE
OF THE GREAT
FIGHTERS—AND NOT
HAVE THE WORD
WOMAN IN THERE.”**



KICK-STARTER

"Female athletes are some of the most passionate, sensitive women I've met," Rousey says. "They do this because they need an outlet."

BIKINI TOP Caffe Swimwear
PANTS Pleats Please Issey Miyake
RIGHT SWEATSHIRT Norma Kamali
GRAY SHORTS Clu Too BLACK
SHORTS Capezio SHOES Feiyue

Promenade, where a lot of shady characters hung out. I *loved* Frappuccinos, but I only got \$5 a day for lunch. If I ate, that meant I didn't have enough money for a Frappuccino. So we would go over to these kids and say, "I bet you \$10 I could beat up any one of you." There were always some guys who could use the money. We'd fight and I'd do something to get them to give up, and they'd give us \$10 and we'd go get Frappuccinos.... That was, like, my side gig for a little while.

CP I don't think anyone would take that \$10 today.

RR Well, I don't fight for Frappuccinos anymore, either.

CP Do any fighting strategies carry over into daily life?

RR The one that really sticks out in my mind comes from my mom. She'd always tell me that you have to be your best on your worst day, because what if the Olympics fall on a bad day?

CP What else did you learn from her? A lot of girls aren't brought up to fight.

RR Well, my mom never forced us to do anything. I fight, but my three sisters don't. What she really taught me was the value of giving up what you want now for what you want most. My sisters were taught that, too, and they carried it through the professions they decided to pursue.

CP How do you wind down after a fight?

RR I eat about 50 hot wings. I love hot wings. After my last fight, one of the UFC owners flew in a private chef from São Paulo to Rio de Janeiro so that he could make me hot wings, because there are no hot wings in Rio! That's how important they are to me.

CP Those were some expensive hot wings.

RR They were really good, though.

CP Do you let other people eat them, too?

RR The thing is, you've got to let me eat a couple before anyone else has any, because otherwise I'll start eating faster. It's a race to see who can eat the most. I'm so competitive, I even compete with hot wings.

CP What's downtime like for you?

RR I'll wake up, eat my little chia bowl, train. Then get a sandwich, go home and make out with my dog, watch TV shows about how the universe was made while playing *Taichi Panda*. If you have crazy, crazy days, doing nothing is such a luxury.

CP Are your closest friends also athletes?

RR Yeah, my three best girlfriends—our fans jokingly call us the four horsewomen. My best friend, Marina [Shafir], is also my roommate. I've gotten really close to Shayna [Baszler] and Jessamyn [Duke], too. I absolutely love them. I would go to war for those girls.

CP Do you ever get nervous at press conferences, or on the red carpet?

RR Fighting kind of dulls everything else. What's the worst that can happen outside of the ring? If I'm shooting a movie or doing a press conference or walking a red carpet, the worst that can happen is that I'll look stupid. That's all. I'm not afraid to be embarrassed.

CP That's a good attitude. I'll start keeping that in mind on Twitter. How do you



SHAZAM THIS PAGE FOR AN INSIDE LOOK AT HOW RONDA TRAINS.



A photograph of a woman's legs and lower arm in a desert setting. Her legs are crossed, and her right arm is resting on her knee, showing a tattoo of a laurel wreath. The background is a dry, rocky landscape with some sparse greenery.

WEIGHTY MATTERS

"You have to have a big heart and be so full of love that you fight for it," Rousey says.

SWIMSUIT Proenza Schouler

**"I AM AFRAID OF
FAILURE. THAT'S
WHY I WORK
HARDER THAN
ANYONE ELSE."**

handle competing in a male-dominated sport?

RR I wasn't trying to come into a male-dominated sport, it's just that I wanted to do that sport and no one really paid attention to the girls. But that's the job I wanted to have. Since it didn't exist, I created it for myself.

CP What in your life is challenging right now?

RR I need to rest more. I'm really bad at it. There have been times I've been in the gym, like, two days after a fight because I don't know what else to do. Sometimes I'm afraid of what I'm going to do with myself when I retire.

CP How do you feel about your body these days?

RR I've learned to appreciate all the forms it can take. I love feeling like I'm inhabiting the body of a ninja—like I could rob a liquor store with my bare hands if I wanted to—but I also like when I eat a little more, fill out and get a little bit curvier. I feel more feminine.

CP Tell me one secret to being an amazing fighter.

RR You have to have a big heart and be so full of love that you fight for it. I'm a much more sensitive person than people think. I probably cry every other day.

CP Is this a common misconception people have about female athletes?

RR People think we're all really hardened and callous. I have found that female athletes are some of the most passionate, sensitive women I've met. They do this because they need an outlet.

CP What's the best thing about being you right now?

RR I don't have to worry about eviction anymore.

CP Are you afraid of anything?

RR I am afraid of failure. That's why I work harder than anyone else: I'm the most afraid to lose. But fear is also what motivates me.

CP Is there something specific you're fighting for?

RR I want to leave a legacy behind. Ali's legacy was more than just fighting—he is remembered as a political figure. I would love to be considered a figure of social change. I want to see the standards that women hold themselves to change. In terms of looks, I feel like we're given an impossible standard to live up to. It should be more diverse and show that every single woman can attain an attractive body just by being as healthy as possible. I don't think that's an impossible goal.

CP How do you personally want to be remembered?

RR Well, I want to retire undefeated and be remembered as one of the great fighters of all time—and not have the word *woman* need to be in there.

CP Yes, I want that for you, too! People do that all the time with comedians as well.

RR That's one of the awesome things about the UFC. They were the first to take the word *woman* out. So when I fight, they don't introduce me as the "women's" bantamweight champion. I'm just the bantamweight champion.

CP Well thanks, champ.

Peretti is a stand-up comedian who stars in FOX's Brooklyn Nine-Nine. Her special, One of the Greats, is currently streaming on Netflix.

HOW SHE TRAINS

On average, Rousey fights for her title three to four times a year. After each bout she takes a few days off, then returns to training; by her next fight, she may be working out as many as four hours a day. No two days of training are the same—but whatever point she's at, Rousey gives it her all. "Ronda is a dream student," says her longtime trainer, Edmond Tarverdyan. "She runs straight into the gym every day and gives me a big hug when she gets there. I don't see fighters like that." Tarverdyan shares her typical workout.

WARM-UP

"Ronda jogs on the treadmill for 20 minutes with a 2-pound dumbbell in each hand. The pace is good but not too fast. The point is conditioning, and the little weights help tone her arms. Believe it or not, even though she is very strong we use a lot of light dumbbells in her training—the kind of weight any woman can use."

ARMS

"With the same dumbbells in her hands, she throws uppercuts for 30 seconds, followed by punches straight ahead for 30 seconds. Then she punches up at a 45-degree angle for 30 seconds. By this point her arms are starting to burn! Some days, she works her shoulders by extending her arms in front of her at shoulder height and lifting the dumbbells to the ceiling, then back down, for 30 seconds total. To top it off, she extends her arms out wide like a cross and holds them there for 30 seconds. Then we run through the cycle again."

LEGS

"Ronda does a lot of stair work. She runs the Santa Monica Stairs—there are almost 400—and she'll run straight up doing one at a time. Then she'll do side steps, first leading with her right leg, then her left. Then she'll go up two stairs at a time and repeat the whole routine. You could do the same thing on stadium steps."

ABS

"She doesn't do anything fancy. We just have a rule that when she lies down on the mat, she doesn't get up for 20 minutes and she's working the entire time. We do exercises in three-minute rounds—crunches, oblique twists, planks—but the main thing is, we hit it hard."

FIGHTING FORM

"In terms of looks, I feel like we're given an impossible standard to live up to," Rousey says. "It should be more diverse."

BODYSUIT Alix SCARF

Pleats Please Issey Miyake

Hair, Charles McNair for Kérastase; makeup, Carola Gonzales for Sisley Paris; manicure, Lisa Pena-Wong for Dior Vernis; prop styling, Anthony Asaro for 11th St Workshop; production, Brandon Zagha for Brachfeld. See Get-It Guide.



FIT X FASHION

TAKE A
TURN
EN POINTE
WITH
THE STARS
OF NEW
BALLET
DRAMA
**FLESH
AND
BONE,**
THEN TRY
OUR
TONING
BARRE
MOVES
AND
MIND/BODY
TIPS.

BY ELYSE ROTH

**first,
focus**

"Dancing is like yoga—you use your mind and body," says Sarah Hay, a star of *Flesh and Bone*, which premieres on the Starz network November 8.

TOP Vionnet, \$1,750 **BRIEFS** Rochelle Sara, \$118 **HEADBAND** Chanel, \$225 **SHOES** Bloch, \$102



PHOTOGRAPHED BY **alexander neumann**
STYLED BY **lindsey frugier**

own your power

"There's this spot in my back—somewhere between my shoulder blades—that's where I feel my strength," says Raychel Diane Weiner, who plays a soloist in the drama.

TOP Rosetta Getty, \$420
BRIEFS Rochelle Sara, \$118



the cast

Flesh and Bone works hard to accurately depict the world of ballet—four ballerinas were cast, and they dance in every single take.

emily tyra

(right) “Physical activity makes me feel alive and happy,” says the former Boston Ballet dancer, who now regularly swims, runs and bikes. “I’ve established a respect for my body, and I’m not reckless with my instrument.”

raychel diane weiner

(page 81) “When I’m having a great day in class or rehearsing a piece I love, I can feel every muscle, every tendon,” Weiner says. “It’s an incredible experience. I don’t feel any stronger than that.” In addition to twice-weekly ballet classes, she does gyrotonics.

irina dvorovenko

(opposite) “In ballet, you need to have enough strength and stamina in your muscles to keep everything tight, to make it look like it’s nothing,” says the Ukrainian-born Dvorovenko, a former principal dancer for American Ballet Theatre in New York City. “You can’t scream or make faces like athletes in other sports.”

sarah hay

(page 84) “Dancing is a lot like acting—you have to believe in yourself and try to fight any self-consciousness,” says Hay, who took a break from her soloist role in Germany’s Semperoper Dresden Ballett to film in New York City.



work your core

Core strength is the foundation for every dance step. That's why Irina Dvorovenko does planks almost every day. She holds them for 2 minutes, but you can start with 30 seconds.

ON DVOROVENKO
DRESS Adam Selman

ON TYRA
(OPPOSITE) **TOP**
Issa, \$395
SKIRT 3.1 Phillip Lim, \$495





stand tall

"If you're not confident, you tend to lean forward and your chin goes down," says Hay. "But when you have confidence, people sense it."



the moves

At Barre3, a popular boutique-fitness studio with locations nationwide, students lengthen and tone from head to toe with ballet- and yoga-inspired moves. Founder and instructor Sadie Lincoln designed the routine below for stage-ready results. Do these four moves in order:

DANCER SLIDE Stand with feet wider than hip-width apart, toes turned out. Bend knees 90 degrees into a plié, arms rounded at waist (like you're holding a beach ball), back straight. Balancing on right foot, sweep left leg forward and across body with toes pointed while raising right arm overhead. Return to plié and repeat on opposite side. Continue for 2 minutes, alternating sides.

BARRE PUSH-UP Start in a high plank, palms shoulder-width apart on a waist-high surface (like a countertop). Bend elbows toward ribs; pause, push back up to a high plank. Continue for 2 minutes.

SINGLE-LEG CHAIR Stand with feet hip-width apart. Bend knees as if sitting in a chair, feet under knees. Shift weight onto right foot and lift left heel (toes stay on floor). Lower butt down and back 1 inch; return to start. Continue for 2 minutes, then switch sides.

BACK TWIST Sit on floor with knees bent, feet flat. Keep arms rounded as you extend them in front of you at shoulder height, back straight. Twist left as you sweep left arm back and down. Return to start. Repeat on opposite side. Continue for 2 minutes, alternating sides.

be fearless

"I've always wanted to be an artist, to shine," says Dvorovenko.

BODYSUIT
Norma Kamali,
\$80 **BRIEFS** Beth
Richards, \$110

Hair, Claudio
Belizario for Oribe
Hair Care; makeup,
Tracy Alfajora for
Chanel; manicure,
Angel Williams
for Chanel. See
Get-It Guide.



SHAZAM THIS PAGE FOR MORE BALLET-
INSPIRED WORKOUTS.

SPRING TIME HEALTHY WEAR



PHOTOGRAPHED
BY CHRISTOPHER
FERGUSON
STYLED BY
LINDSEY FRUGIER



SHOW OF FORCE

To tame flyaways, mist on **Nexxus Frizz Defy Hair Spray**, \$12
JACKET Tory Sport

Are you maximizing your hair's potential? For fuller, shinier, bouncier results, *this is your ultimate training routine.*

BY KARI MOLVAR

Take a cardio dance class with New York City trainer Katherine Greiner and the first thing you notice is her ripped, washboard-flat abs. The second thing: her enviably strong, glossy brown hair. "I definitely work on my hair like I do my body," Greiner says. Nicole Winhoffer, another top trainer in NYC, has a ponytail that's as fierce as the aerial jumps she performs in class. "I treat my body like a temple, and my beauty and hair routines are an extension of that," she says. This connection between wellness and your hair is definitely real—when you eat right, exercise regularly and manage stress levels, your locks look all the better for it.

Of course, genetics play a role, too. You're born with certain hair qualities (thick versus thin, curly versus straight), but beyond that benchmark, you can actually help your strands become stronger and more resilient. It starts with rotating in the latest products—many of which boost endurance deep within the cortex for long-lasting benefits—and recruiting healthy habits into your everyday routine. Here's your three-step plan to crush any signs of weakness (breakage! split ends!) and pump up your hair so it looks as gorgeous as the rest of you.

BUILD CORE STRENGTH

Your hair has to fight off many aggressors, including heat from styling tools, chemicals in hair dyes and straightening treatments, environmental stress (sun, wind, salt water) and abrasion from your brush. In other words: daily life. These things can wear out the outer layer of your hair, making it more prone to damage, notes Melissa Piliang, M.D., a dermatologist at the Cleveland Clinic.

How to strike back? By preserving keratin, a key protein that gives hair steel-caliber strength, Dr. Piliang says. Klorane Conditioning Balm With Desert Date (\$16) repairs the cortex and cuticle with the wheat protein hydrolysate, the plant equivalent of keratin. Swap it for your usual conditioner, saturating ends to fend off splits. "The molecules in the balm work like glue to bind cells together, so when you bend your hair, it won't break," explains James Kivior, manager of education for Klorane USA.

You can also knock out damage from postworkout showers. "Metal impurities in tap water can cause oxidative damage and weaken the internal structure of the hair fiber over time," says Rolanda

STRONG HAIR > 100





girls' guide to **CAMPING**

MAKE A BREAK FOR THE GREAT OUTDOORS—HERE'S
EVERYTHING YOU NEED FOR A FUN, ACTIVE WEEKEND IN
THE WOODS. BY JEN SCHWARTZ

photographed by **CHRISTOPHER FERGUSON** styled by **LINDSEY FRUGIER**



PACKING ESSENTIALS

Bring quick-dry tops, water-resistant pants and an oversize coat to wear at base camp.

JACKET Kenzo, \$2,000

BIKINI TOP Lisa Marie Fernandez, \$315 **PANTS** American Apparel, \$68

WATCH Cogito Pop, \$100 **SNEAKERS** Adidas Outdoor, \$70 **OPPOSITE VEST** Patagonia, \$149

SWIMSUIT Lisa Marie Fernandez, \$395 **SPORTS BRA** Adidas by Stella McCartney, \$55 **WETSUIT** Quiksilver, \$175



FROM LEFT **VEST** Patagonia, \$179 **TOP** Tanya Taylor, \$255 **BRIEFS** Roxy, \$58 **SWIMSUIT** Onia **JACKET T** by Alexander Wang, \$595 **SNEAKERS** Adidas Outdoor, \$75 **VEST** \$495, and **SWEATER** \$655, Rag & Bone **BINOCULARS** L.L.Bean, \$60

Crisp autumn days are ideal for a weekend camping trip—the pesky mosquitoes have subsided, the sweltering temperatures are gone and the seasonal changes produce a magical flurry of colors (and wildlife). Even if you travel only an hour's distance, just getting out in the woods can be enough to change your perspective: The air is fresher, your mind is clearer, and you get a much-needed dose of calm.

I like taking camping trips with groups of friends for this very reason. When I'm away from my home base in New York City, surrounded by dense trees and rocky terrain, my senses ramp up. I become a different version of myself. All the mindful habits I struggle to practice in my rushed urban life (Breathe! Don't overthink things!) automatically switch on: It's suddenly easy to be present and in the moment when I have to build a campfire and snap tent poles into place. And sharing a summit success, after you've charged hard for hours and your quads are burning, can lead to serious bonding. Chilling some cans of rosé (yes, way!) in the creek for later works wonders, too.

As the sun goes down at dusk and your ears become more attuned to the little noises in the forest, you have no choice but to embrace your mild fear: Exposing yourself to the elements and the will of the wild is part of the adventure, after all. And when your attention gets consumed by thoughts of "Wait, is that a bear rustling in those bushes?" there's simply no headspace to worry about a work deadline. (Relax, it's probably just a chipmunk.)

KNOW BEFORE YOU GO

Exactly what to bring—and more tips for when you pitch your tent

PICK A LOCATION

Camping spots are more accessible than you may think. The National Park Service's website (NPS.gov) is a great resource for finding ones near you, or try Hipcamp.com, which lets you search by criteria (isolated wilderness site or communal car-based campground?). Then map your hiking trails by checking out SummitPost.org. Your neighborhood outfitter is also a reliable source for guidebooks written by savvy locals.

GEAR UP

Fall is all about layers. Fleece, flannel and down feel cozy, while durable, antimicrobial merino wool is beloved for keeping you warm or cool as needed (and smelling fresh even after you exercise). Opt for synthetic base layers in a poly blend and water-wicking outerwear. Don't own a kayak, headlamp or sleeping pad? REI rents

gear (and offers tutorials), as do many supply shops. (See page 15 for more recommendations.)

PLAY IT SAFE

Always tell someone where you're going. Buy a trail map—don't rely on your phone (service may be spotty, and cold air drains the battery). Pack a small kit of safety essentials: a lighter, basic first aid, a flashlight and do-it-all duct tape, which can be used to fix a rip in your puffy vest or mend a worn-out boot sole. "Check the weather before going onto the water or climbing above the tree line, and carry plenty of water on long hikes," says Katie Baum Mettenbrink, a field instructor for the National Outdoor Leadership School in Lander, Wyoming. "Conditions can change quickly, so be prepared for rain and dropping temps even if the day started out sunny and warm."

GET COOKING

Camping food is not just about trail mix. Firing up an inspired, healthy dinner is possible with a tiny propane stove and prepped ingredients in zip-top bags. Try a medley of chopped veggies, rice and Parmesan, and season with a DIY spice packet. Ground meat (stored in a cooler) makes a protein-packed addition. And good coffee is always essential. A French press or a pour-over setup are both camper favorites.

TOP IT OFF

Once you hit the summit after a strenuous hike, take a minute (or 20!) to enjoy the moment. Stop and think: If you can tackle this mountain, what else can you take on? That sense of accomplishment can fuel your motivation to achieve all sorts of other amazing things. So hold on to the rush—even as you descend back into regular life.





WATER'S FINE

Mix up your activities beyond hiking: Go stand-up paddleboarding, rock climbing or zip lining. (Just bring a buddy—remember, safety first!)

FROM LEFT **SWIMSUIT**
(worn inside out), Duskii,
\$160 **SWIMSUIT**
Flagpole Swim, \$450

Hair, Wesley O'Meara for AG Hair; makeup, Sam Addington for Chanel Les Beiges; manicure: Katherine St. Paul Hill for Dior Vernis; prop styling, Jim Gatson at Atelier; production, A+ Productions; models, Grace Mahary and Nadine Leopold at IMG. Special thanks to Jeep. See Get-It Guide.

FOOD
WARS

THE DAIRY DEBATE

We grew up believing that milk does a body good. Now a dairy backlash is causing a stir. SELF investigates who, if anyone, should be giving it up. **BY VIRGINIA SOLE-SMITH**





An ice-cold glass of milk was once the beverage equivalent of comfort food: wholesome, quintessentially American. It paired perfectly with cookies and completed a healthy breakfast. These were facts that you probably didn't question as a kid. I know I didn't, coming of age in the "Got Milk?" era, when 300 celebrities (from Salma Hayek to Kate Moss) wore milk mustaches to remind us how important it was to drink up.

Today, I eat Greek yogurt for breakfast and gulp organic (full-fat!) chocolate milk after working out. My husband got me a fancy cheese grater last Christmas because I firmly believe that everything tastes better with Parmesan. But I find myself among an ever-shrinking minority of dairy-loving Americans. More and more of my friends are giving up cheese because they say it messes with their skin or their stomach, or switching to raw milk because they swear it clears up their allergies. Celebs like Alicia Silverstone and Megan Fox—who have espoused vegan or paleo diets— trumpet the supposed evils of dairy. Since 1978, Americans' milk intake has dropped from nearly a cup per day to a little more than half; 54 percent of us no longer drink it daily at all. But what facts justify this widespread milk mutiny? "It can be difficult to wade through the information and know which sources to trust," says Lisa Sasson, R.D., a clinical associate professor of nutrition at New York University. So I dove into the research to sort through the myths and hype on both sides of the dairy divide.

PHOTOGRAPHED
BY RYAN LIEBE

LOVE IT?

WHAT YOU'VE HEARD

"Milk is the best source of calcium."

A serving of nonfat milk provides 30 percent of our RDA of calcium, according to the National Institutes of Health. The NIH advises women ages 19 to 50 to consume 1,000 milligrams per day—nearly impossible without dairy. (Women under 30, who are still actively building bone, are most in need of calcium.) But the World Health Organization suggests just 400 to 500 mg of calcium per day for all adults, or roughly the amount you'll get if your meals include kale, beans and two packets of instant oatmeal (without milk). Tofu, broccoli, sardines, almonds and calcium-fortified orange juice are additional sources. "If you're eating a nutrient-rich diet, you'll get calcium through lots of foods," Sasson says. (As for bone health: Leafy greens and weight-bearing exercises help, too.)

It's worth noting that the USDA not only oversees American dietary guidelines but also promotes the sale of American agricultural products—including dairy, explains David Katz, M.D., director of the Yale-Griffin Prevention Research Center in Derby, Connecticut. Some experts believe the USDA-recommended three daily servings of dairy may actually be too much. Walter Willett, M.D., chairman of the nutrition department at the Harvard School of Public Health in Boston, says that "preventing bone fractures has always been the primary justification for drinking milk." But when his team reviewed six studies of almost 200,000 women, they found no relationship between drinking milk and lower rates of fractures. And a study of 60,000 Swedish women found those who drank 21 daily ounces or more had a 60 percent *higher* risk of hip fracture (possibly due to a milk sugar that may have a weakening effect on bones).

WHAT YOU'VE HEARD

"You need milk for vitamin D."

Vitamin D—critical for calcium absorption and bone health and thought to be helpful in mood and weight regulation—is added by manufacturers to every cup of milk, as well as to some cheese and yogurt. That's because few foods contain vitamin D naturally; nondairy sources are limited to egg yolks, beef liver, fatty fish, fortified OJ and some cereals. (The sun is another source, but exposure increases your risk for skin cancer and premature aging.) Still, it's not clear that more D—beyond the 600 IU per day recommended by the NIH—is always better. Healthy adults who took vitamin D supplements didn't see any significant improvement in bone mineral density, according to a 2014 meta-analysis. Still, if you avoid dairy, talk to your doctor about the right D levels for you.

WHAT YOU'VE HEARD

"Chocolate milk is a perfect postworkout recovery drink."

The protein in milk (8 grams, or 17 percent of the RDA for women) is said to be key for rebuilding muscle fibers frayed during workouts, while the sugar in chocolate milk replenishes fuel stores. I found a dozen studies validating these claims—and then noticed that about half of them were funded by the National Dairy Council. While non-industry-affiliated experts I talked to were wary of possible conflicts of interest in some chocolate milk research, they didn't dispute that it's important to replace fluids and glycogen stores after a hard workout. Research also supports the value of protein for muscle recovery. Yet chocolate milk is high in calories, and recovery fuel may not be necessary after less intense workouts. "If you eat a balanced diet, your body has what it needs," says Dr. Katz.



LEAVE IT?

WHAT YOU'VE HEARD

"Everyone's allergic or intolerant."

It's true that 65 percent of adults develop some level of lactose intolerance as they age, according to the National Library of Medicine (among Asians, the rate is closer to 90 percent). "We're all born with an enzyme that allows us to digest our mother's milk during infancy, but lots of us lose that enzyme, to some degree, as we age," explains Steve Taylor, Ph.D., codirector of the Food Allergy Research & Resource Program at the University of Nebraska. Many of our ancestors didn't drink milk past childhood, so there was no evolutionary advantage to being able to digest it. If you guzzled milk as a kid but now notice bloating or GI distress within a few hours of drinking it, ask your doctor to test you for lactose intolerance. But don't rush to give up Brie just yet: Most lactose-intolerant people can comfortably handle dairy in moderation, according to Taylor. Yogurt with live active cultures has bacteria that predigest lactose, and cheese manufacturers occasionally remove the lactose-laden whey for easier digestibility. (Some people still have problems with tiny amounts of dairy, but they're rare.)

True milk and dairy allergies, of course, are serious, causing symptoms from hives to vomiting to anaphylactic shock. But they affect less than 1 percent of adults, according to Food Allergy Research & Education, an advocacy nonprofit.

WHAT YOU'VE HEARD

"Dairy makes you fat." Americans drink 58 percent less whole milk than we did in 1978, thanks to our national fat phobia. Saturated fat became public enemy number one after scientists concluded it increased

our risk for heart disease, not to mention diabetes, strokes and cancer. The dairy industry dutifully loaded grocery stores with lowfat and fat-free milk, cheese, yogurt and ice cream. Unfortunately, the lowfat-diet craze backfired. "We cut fat but replaced it with refined sugars," explains Dr. Willett, whose research (published in the *British Medical Journal* in 1996) shows that lowfat dieters did not reduce their risk for heart disease. Sasson, for her part, recommends small amounts of full-fat dairy in place of lots of lowfat dairy and high-sugar, low-nutrient foods, since fat will at least make you feel full.

WHAT YOU'VE HEARD

"It could even cause cancer."

Studies have suggested that dairy consumption contributes to our country's high rates of breast, ovarian and prostate cancer. Some experts are wary of the growth hormones used on factory farms to boost milk production; others suspect milk's natural sugars and saturated fat. But the science is far from definitive. (Dr. Katz says it's "murky at best.") On top of that, "I could find as many studies that say dairy helps prevent cancer," Sasson says.

So where does this leave health-conscious dairy devotees like me? Nothing I've learned has persuaded me to quit, full stop. Dr. Willett has shown that eating yogurt may even correlate with a *lower* risk for type 2 diabetes. And cheese and ice cream give my life joy. I have learned that dairy products aren't superfoods, fortifying my bones into steel. But I'm skeptical that they're wreaking havoc on my health. They're just foods with a complicated backstory, probably best consumed in moderation—like just about everything else we eat. ●

THE OTHER WHITE DRINKS

Whether you're lactose-intolerant or just choosing to cut back on dairy, there are many milk substitutes.

SOY

Soy is the only plant to come close to the protein content of dairy (though it falls way short on calcium). In one cup of soymilk, you'll also get 19 percent of your daily recommended magnesium intake and 14 percent of your daily vitamin B6.

ALMOND

It's super low in calories and pretty high in calcium, but most of the protein and other nutrients found in whole almonds are strained out of almond milk during the manufacturing process.

HEMP

You'll get 6 to 10 percent of your daily iron from hemp milk—plus, it contains omega-3 fatty acids.

COCONUT

Because coconut milk drinks are fortified, they're a great source of calcium. They also pack 50 percent of your daily vitamin B12 and 25 percent of your vitamin D. But keep in mind that coconuts are high in saturated fat.

RICE

Though high in calories and sugar and low in protein, rice milk is enriched to give you a third of your daily calcium and 25 percent of vitamins D and B12.

Join the dairy debate on Twitter with #SELFEats.

MORE ON FOOD WARS Read parts one and two of this series, on gluten and soy, at Self.com/go/foodwars.



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INDULGE

PIES!

→ No Thanksgiving is complete without a slice of something sweet. This year, give it a healthy twist with vegan, gluten-free and no-sugar-added recipes from trendy Brooklyn bakery Four & Twenty Blackbirds.

VEGAN PUMPKIN PIE

Coconut milk subs for cream in this seasonal classic.

APPLE CIDER PECAN PIE

Nutty, gooey and sweetened with maple (not corn) syrup

(SELF) INDULGE

BUTTERMILK CHESS PIE

Our editors flipped for this custardy creation—made with Greek yogurt!

BLUSHING APPLE PIE

Beets add color (and a shot of vitamin C) to this fall fave.

GLUTEN-FREE CHOCOLATE PIE

A crumbly pecan crust meets rich dark chocolate with a dash of Cointreau.

Pecan-Coconut Crust

MAKES 1 CRUST

- 1 cup pecan pieces
- ½ cup shredded unsweetened coconut
- 2 tbsp sugar
- ½ tsp kosher salt

In a medium skillet over medium heat, toast pecans until fragrant; set aside and cool. Reduce heat to medium-low and toast coconut, stirring, until golden, 2 to 3 minutes; cool. In a food processor, process pecans, coconut, sugar and salt until mixture is fine and sticks together slightly. Pour into an ungreased 9" pie pan. Press into bottom and sides of pan. Freeze until solid.

All-Butter Pie Crust

MAKES 1 CRUST

- 1¼ cups unbleached all-purpose flour
- ½ tsp kosher salt
- 1½ tsp sugar
- 8 tbsp cold unsalted butter, cut into ½-inch pieces, plus more for buttering pan
- ½ cup cider vinegar
- 2-3 ice cubes

In a bowl, combine flour, salt and sugar. Add butter. With a pastry blender (or fingers), mix butter into flour until butter chunks are pea-sized. In another bowl, combine ½ cup cold water, vinegar and ice. Sprinkle 2 tbsp water mixture over flour mixture and combine using a spatula; repeat, adding 1 to 2 tbsp at a time until dough comes together in a ball. Shape into a disk, cover with plastic wrap, and refrigerate at least 1 hour. Remove from fridge and set aside, 5 to 10 minutes. On a lightly floured work surface, roll dough into a circle about 12 inches in diameter. Fit dough into a buttered 9" pan and trim overhang. For a single-crust pie, crimp edges and freeze until solid. For a double-crust pie, refrigerate until ready to fill. To prebake a single-crust shell, heat oven to 400°. Place shell on a baking sheet, line with aluminum foil, and fill with dry beans. Bake on bottom rack of oven until set, 15 to 18 minutes. Remove and cool.

Vegan Pumpkin Pie

SERVES 8 TO 10

- 1 Pecan-Coconut Crust, frozen
- 1 cup packed brown sugar
- 3 tbsp cornstarch
- ¾ tsp ground cinnamon
- ½ tsp grated nutmeg
- ¾ tsp grated ginger
- ½ tsp kosher salt
- ½ tsp vanilla extract
- 1 can (15 oz) pumpkin puree
- 1 can (13 oz) coconut milk

Heat oven to 375°. In a bowl, whisk together sugar, cornstarch, cinnamon, nutmeg, ginger and salt. Add vanilla,

pumpkin puree and coconut milk and mix until well combined. Place frozen shell on a baking sheet and slowly pour in filling. Bake on center rack of oven 25 minutes. Rotate 180 degrees and continue baking until filling is set and no longer looks wet at center, 20 to 30 minutes more. Cool 2 to 3 hours. Serve lightly chilled.

Apple Cider Pecan Pie

SERVES 8 TO 10

- 1 All-Butter Pie Crust, prebaked
- ½ cup sugar
- ⅔ cup maple syrup
- 6 tbsp unsalted butter
- 1 tbsp apple cider vinegar
- 2 tbsp plus ⅓ cup apple cider, divided
- ½ tsp kosher salt
- ½ tsp cinnamon
- ½ tsp ground ginger
- 1 tbsp cornstarch
- 3 eggs, whisked lightly
- 2 cups pecan pieces, chopped and toasted

Heat oven to 325°. In a medium saucepan over medium-high heat, cook sugar, syrup, butter, vinegar and 2 tbsp cider until deep golden brown, 5 to 7 minutes. Remove from heat and slowly add remaining cider. Set aside and cool. In a bowl, combine salt, cinnamon, ginger and cornstarch. Add cider mixture, then eggs and pecans. Pour into cooled shell, place on a baking sheet, and bake on center rack of oven 25 minutes. Rotate 180 degrees and continue baking until set at edges but slightly wobbly at center, 10 to 20 minutes more. Cool 2 to 3 hours before serving.

Buttermilk Chess Pie

SERVES 8 TO 10

- 1 All-Butter Pie Crust, prebaked
- ¾ cup sugar
- ¾ tsp cinnamon
- 3 tbsp all-purpose flour
- ½ tsp kosher salt
- 3 tbsp unsalted butter, melted and cooled
- 2 tsp vanilla extract
- ⅔ cup Greek yogurt
- 3 eggs
- 1 ½ cups buttermilk
- 1 tsp white vinegar

Heat oven to 325°. In a bowl, whisk together sugar, cinnamon, flour and salt. Add butter, vanilla, yogurt and eggs, one at a time; whisk to combine. Add buttermilk and vinegar; whisk until well combined. Pour into pie shell. Place on a baking sheet and bake on center rack of oven 30 to 35 minutes. Rotate 180 degrees and continue baking until edges are set and puffed, and center is wobbly, 20 to 25 minutes more. Cool 2 to 3 hours before serving.

Gluten-Free Chocolate Pie

SERVES 8 TO 10

- 1 Pecan-Coconut Crust, frozen
- 1½ cups milk
- 9 oz bittersweet chocolate, chopped
- ½ tsp kosher salt
- 2 eggs, whisked
- 4 tbsp Cointreau

Heat oven to 325°. In a medium saucepan over medium heat, bring milk just to a boil. Remove from heat, add chocolate, and let stand 5 minutes. Add salt and whisk until well combined. Slowly pour chocolate mixture into eggs, stirring constantly. Add Cointreau and mix to combine. Place frozen shell on a baking sheet. Pour filling into shell, leaving 1 inch of space below top edge. Bake on center rack of oven 20 minutes. Rotate 180 degrees and continue baking until pie is set at edges but still slightly wobbly at center, about 5 to 10 minutes more. Cool at least 2 hours. Serve at room temperature or chilled.

Blushing Apple Pie

SERVES 8 TO 10

- 2 All-Butter Pie Crusts
- 6 apples, cored, peeled and thinly sliced
- ½ orange, juiced
- ¼ cup plus 2 tbsp sugar, divided
- ½ cup packed brown sugar
- ½ small cooked beet, chopped
- ¼ tsp ground ginger
- ¼ tsp ground cardamom
- ½ tsp kosher salt
- 3 tbsp all-purpose flour
- 2 tsp vanilla extract
- ¼ tsp orange zest
- 1 tbsp apple cider vinegar
- 1 egg whisked with 1 tsp water (for egg wash)
- Demerara sugar, for finishing

Line a 9" pie pan with 1 pie crust and roll the other into a 10" round. Refrigerate both. Place oven racks in bottom and center positions, and heat oven to 400°. In a bowl, toss apples with orange juice and 2 tbsp sugar. Set aside 20 to 30 minutes. In a food processor, combine remaining sugar, brown sugar, beet, ginger, cardamom, salt, flour, vanilla, zest and vinegar and puree until smooth. Drain excess liquid from apples. Add beet mixture; toss to combine. Tightly layer apples in pie shell, mounding them slightly higher at center. If desired, use a small cookie cutter to cut shapes into pastry round, then place on top of pie and crimp edges of crust together. Brush top with egg wash and sprinkle with demerara sugar to taste. Place on a baking sheet and bake on lowest rack 20 to 25 minutes. Reduce heat to 375°; transfer to center rack and continue baking until top is golden brown and juices are bubbling, 35 to 40 minutes more. Cool 2 to 3 hours before serving.

STRONG HAIR

CONTINUED FROM 87



J. Wilkerson, Ph.D., a principal scientist for Pantene. Pantene Pro-V Repair & Protect Miracle Repairing Shampoo (\$5) and Protecting Conditioner (\$5) contain an antioxidant called histidine, which binds to metal deposits and deactivates them. "After the first wash, your hair looks smoother and shinier," Wilkerson says. (And in the company's lab tests, this cleansing duo doubled hair's strength after one use. Impressive.)

Another idea: Lather up less often, "to give your hair a chance to rest and recover," Greiner says. On those off days, try misting your roots with a mattifying sea-salt spray, she says, which helps absorb excess oil and grease.

ADD TONING SESSIONS

Hair masks and serums are like the conditioning sessions you do a few times a week to target different body parts. Phyto PhytoKeratine Extreme (\$59) is rich in amino acids and sapote butter to make hair resistant to almost anything you throw at it. Keep it on hand if you color or straighten your strands often (for fine hair, leave the mask on for 2 to 3 minutes; for thicker types, let it sit for 10 minutes).

Or consider Winhoffer's DIY trick: She massages nourishing olive oil into her scalp, then covers her head with plastic wrap for 20 minutes. (Like your postrace Mylar blanket, it seals in heat, and in this case, helps the ingredients penetrate.) "I do this two times a month so my hair stays thick and beautiful," she says.

MAINTAIN THE RESULTS

To keep those Ironwoman-like locks, stick with healthy practices: Go easy on styling tools and limit heat. "Three hundred degrees is the max setting I'd put any

tool on," Dr. Piliang says. It also helps to apply a heat-protective spray beforehand. Oribe Imperial Blowout Transformative Styling Crème (\$68) contains skin-care-like ingredients and humectants to seal in hydration; it morphs from a cream to an oil to a volumizing powder to solve multiple needs (the CrossFit of stylers!).

When doing your workout ponytail, secure it with no-crease hair ties, recommends Jill Engelsen, a senior stylist at Butterfly Studio Salon in NYC (her pick: L. Erickson Ponytail Holders). At night, let your hair down. "Don't sleep with it tied up, as it can cause breakage," she says.

Lastly, mitigate damage from those forces you can't control—like the weather. "When the humidity drops in winter, there's less moisture in the air, which can cause dryness and dullness," Dr. Piliang says. Greiner's fix: drinking hydrating green juices and hitting the gym even harder. "Working up a sweat really moisturizes your hair with natural oils," she says. It's all part of a healthy cycle. As Greiner puts it, "Everything you do is connected: healthy mind, healthy body, healthy hair." ♦

GET-IT GUIDE

Cover Bikini, \$350; OYESwimwear.com.

Page 18 Tank, VPL, \$120; Shopbop.com. Capris, VPL, \$115; HoltRenfrew.com. Fanny pack, M.R.K.T., \$55; MRKTStore.com. Bow, \$500; BearArchery.com.

Page 25 Field hockey stick, \$279; HarrowSports.com. Ball, Harrow Sports, \$13; Amazon.com.

Page 28 Wet suits, Abysse, \$350 each; AbysseOfficial.com. Pendants (bottom left), \$6,500 and \$9,000; YaelSonia.com.

Page 47 Sports bra, \$135; LiveTheProcess.com. Capri pants, Augusta Sportswear, \$27; AugustaActive.com.

Page 48 Bikini top, Kore Swim, \$112; KoreWear.com. Leggings, \$91;

NeshNYC.com.

Page 52 Sports bra, Phat Buddha, \$44; PhatBuddhaWear.com.

Pants, \$110; HeroineSport.com. Slippers, \$114; Nike.com.

Page 61 Trench, \$1,595; Coach.com. Top, The Kooples, \$235; 212-219-0515.

Pages 70-71 Top; PrabalGurung.com for similar styles. Bra, \$62; BaseRange.net. Briefs, \$234 for set; CaffeSwimwear.com.

On ninja: Sweatshirt, Calvin Klein Jeans; CalvinKlein.com for similar styles. Pants, \$190; NormaKamali.com. Shoes, Feiyue, \$65; Feiyue-Shoes.com.

Page 73 Feiyue-Shoes.com. **Page 73** Swimsuit, Chromat, \$226; Neneys.com. Sweatshirt, Vejas; VejasKruszewski.com for similar styles.

Pages 74-75 Bikini top, \$234 for set; CaffeSwimwear.com. Pants, Pleats Please Issey Miyake, \$265; 212-226-0100. On ninja, right:

Sweatshirt, \$140; NormaKamali.com. Sweat shorts, Clu Too, \$127; CluUSA.com. Black shorts, \$26; Capezio.com. Ankle wrap, \$30; TommieCopper.com. Shoes, Feiyue, \$65; Feiyue-Shoes.com.

Page 76 Swimsuit, \$475; ProenzaSchouler.com.

Page 79 Bodysuit, Aix, \$98; Shopbop.com. Scarf, Pleats Please Issey Miyake, \$425; 212-226-0100.

Page 80 Top, \$1,750; Vionnet.com. Briefs, \$118; RochelleSara.com.

Headband, \$225; Chanel.com. Shoes, Bloch, \$102; BlochWorld.com.

Page 81 Top, Rosetta Getty, \$420; Fivestory, 212-288-1338. Briefs, \$118; RochelleSara.com.

Page 82 Top, Issa, \$395; IssaLondon.com. Skirt, \$495; 31PhilipLim.com.

Page 83 Dress; AdamSelman.com for similar styles.

Page 85 Bodysuit, \$80; NormaKamali.com. Briefs, \$110; BethRichards.com.

Page 86 Jacket, \$165; TorySport.com.

Page 88 Vest, \$149; Patagonia.com. Swimsuit, Lisa Marie Fernandez, \$395; Shop.LisaMarieFernandez.com. Sports bra, \$495, and sweater, \$655; Rag & Bone; 212-219-2204. Binoculars, \$60; LLBean.com.

Page 89 Jacket, \$2,000; Opening Ceremony.us. Bikini top, Lisa

Fernandez, \$315; Shop.LisaMarieFernandez.com. Pants, \$68; AmericanApparel.net.

Watch, Cogito Pop, \$100; Amazon.com. Sneakers, Adidas Outdoor, \$70; Zappos.com.

Page 90 From left: Vest, \$179; Patagonia.com. Top, \$255; TanyaTaylor.com. Briefs, \$58; Roxy.com. Swimsuit; Onia.com for similar styles. Jacket, T by Alexander Wang, \$595; Alexander Wang.com. Sneakers, Adidas Outdoor, \$75; Zappos.com. Vest, \$495, and sweater, \$655; Rag & Bone; 212-219-2204. Binoculars, \$60; LLBean.com.

Page 91 From left: Swimsuit (worn inside out), \$160; Duskii.com. Swimsuit, \$450; FlagpoleSwim.com.

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Knight slides into a play at a pre-Olympic event.



WHY I...

PLAY HOCKEY

By **HILARY KNIGHT**, 26, power forward for the U.S. Women's National Team and the Boston Pride, one of four teams in the new National Women's Hockey League, now in its first season

When I was 5, I began taking ice-skating lessons at a rink near Chicago. One day, I saw older kids with hockey sticks and thought, I want to do what they're doing! I started as soon as I could. I loved the feeling of speed—of being able to go faster than my feet could take me. I loved the cool air rushing through my helmet. I was so infatuated with the sport, my parents would have to drag me off the ice.

In middle school, I decided to get serious about hockey. Becoming an Olympian was my guiding passion, and at 17, I made the U.S. team. Skating onto Olympic ice in Vancouver in 2010 nearly knocked me off my feet—I was so excited to be there. I remember thinking, Calm down. You're smiling too much.

We wanted to win a gold medal that year, but as a team, we were young and didn't have enough experience. When I prepared for the

Sochi Olympics four years later, the idea of bringing home a gold medal was what motivated me through my workouts every day. We won silver, and even though it was an amazing accomplishment, I felt heartbroken. Going for gold still fuels me every day.

Another passion of mine is putting women's hockey on the map as paid professional work. After college, I had an opportunity to play men's professional hockey in Europe. But I knew if I did it, I'd leave behind my dream of a professional league for women. So I decided to stay. I needed to.

In the spring, I joined the new National Women's Hockey League, and season one began in October. Every time I step onto the ice, I want to be the best player there. I love that so many girls will grow up seeing me play—and I hope it inspires them to become players, too.



Knight and her teammates Brianna Decker (left) and Kendall Coyne (right) after winning the Women's World Championship in April. Check out NWHL.co to support the new league.

“Every time I step on the ice, my goal is to be the best player there.”

FROM TOP: MADDIE MEYER/GETTY IMAGES. COURTESY OF HILARY KNIGHT.