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THE OPRAH
MAGAZINE

FROM Worrier TO Warrior

HOW TO FEAR LESS
AND LIVE MORE

DON'T BLAME MOM!

The therapy that
focuses on your
future—regardless
of your past

Skincare FROM THE NECK DOWN

Because why should
your face get all the love?

Chip in!

THE WORLD'S
BEST GUACAMOLE

RECIPE, PAGE 104





Hope in a Bottle

The fragrance—with notes of lily of the valley, gardenia, vanilla, and patchouli—is lovely, but the mission behind it (100 percent of net proceeds will fund depression research by an international team of scientists) is truly heartwarming.

Hope Night Parfum, \$300; hopefragrances.com

CROWNING GLORY

This hair mask helps mend split ends with shea butter and boosts your mood with refreshing floral and citrus essential oils.

L'Occitane Whipped Hair Mask SOS Splendid Ends, \$14; loccitane.com



Pretty as a Picture

A product that both my boomer mother and my Crayola-obsessed daughter can love: For Mom, the purple concealer neutralizes yellowish sallowness; the green vanquishes redness. For Parker, they're a tempting invitation to doodle on the walls.

Mary Kay At Play Limited Edition Color Correcting Sticks, \$14 each; marykay.com



GOLDEN OPPORTUNITY

You want your bronzer to inspire questions like "Did you just get back from the Tropics?"—not "Is that dirt on your face?" A dusting of this luxurious pressed powder—buildable, blendable, natural-looking, in five shades—is the most likely path to hearing the former.

Gucci Poudre de Beauté-Éclat Soleil, \$64; sephora.com



INSIDE THE Beauty CLOSET

O beauty director **Brian Underwood** handpicks his favorite new finds.



Savory Skin Saver

Turmeric doesn't just make for a mean curry—it can do some pretty cool things for your complexion, too. This cream brightens, smooths, and hydrates. Bonus: When you've used it up, you can purchase sustainable refill pods.

Korra Organics Turmeric Glow Moisturizer, \$58, and refill pod, \$46; korraorganics.com



Bright Stuff

A mélange of plant extracts—rose myrtle, acerola cherry seed, sea lily—targets dark spots and discoloration.

Clarins Bright Plus Serum, \$79; clarins.com



JOY AT YOUR FINGERTIPS

You'll get a little jolt of happiness every time you look down at nails coated in this cheery color.

Nails, Inc. Naked in Neon Nail Polish Set, \$22 for four shades (Sun Street Passage shown); sephora.com



Soft Touch

Hello, my name is Brian, and I'm an overexfoliator. Taking a break from aggressive acid-based cleansers in favor of this gentle ceramide-infused wash has left my face feeling calm and hydrated.

Kate Somerville DeliKate Soothing Cleanser, \$38; sephora.com