



THE OPRAH
MAGAZINE

How to Feel So Much Better!

Surprising, slightly strange,
highly effective ways to
get body & soul in perfect
working order

Shoes! Shoes! Shoes!

Sarah Jessica Parker designed them,
Gayle King falls head over heels
(and you will, too)



**O's Guide
to Loving
the One
You're With**
Fix your relationship
by dinnertime

**Getting
Out of Your
Own Way**
A remarkable
simple 3-step plan

**Heaven
Is a Place
on Earth**
And Rob Bell wants
to take you there

**Reality
Check in
Aisle Five**
Decoding your
food labels

FEBRUARY 2014 \$4.50





THE OPRAH
MAGAZINE



O's Guide
to Loving
the One
You're With
Fix your relationship
by dinnertime

Getting
Out of You



Fekkai Full Blown Volume Foam Conditioner (\$20; fekkai.com)

WHY WE LOVE IT: This fresh-smelling foam pumps up the volume without heavy silicones—especially good for fine, easily weighed-down hair.

Stop That!

Shampoo Missteps

Think you know how to wash your hair? Think again! We've discovered five common mistakes we didn't even know we were making.

FRAGRANCE: MARCO METZINGER/STUDIO D; SKIN CREAM: COURTESY OF JERGENS; CONDITIONER: COURTESY OF FEKKAI; HAIR: JOSH VAN GELDERI/GALLERY STOCK.

You use the same shampoo seven days a week, 365 days a year... Not only are you shampooing too frequently—every other day is usually enough, says hairstylist Mario Russo—but you should also switch shampoos occasionally to prevent buildup of certain ingredients (like silicones). Every couple of months, replace your current shampoo with another formulated for your hair type, says

cosmetic chemist Mort Westman. You can also use a clarifying shampoo once a month, says celebrity hairstylist Kimberly Kimble.

You're not completely wetting your hair pre-shampoo... Without enough water, shampoo doesn't lather—and you may be inclined to compensate by using more product (stripping your hair and your wallet). Stand under the

shower spray for an extra minute before sudsing up.

You always begin by applying your shampoo to the same spot on your scalp (usually at the crown)...

You might notice that the top of your scalp is dry or flaky. Try alternating your routine by starting your shampoo at the nape of your neck and distributing the lather onto your hair before moving toward the top

of your head, says Russo.

You're creating too much friction...

To avoid damaging hair, massage your scalp with your fingertips rather than your fingernails or palms.

You're rinsing with hot water...

Piping hot water dries your scalp and hair. Use lukewarm instead (which helps to preserve color).



PEACE
TOGETHER

If your better half's bathroom shelf looks, shall we say, uninspiring, give him fresh, sexy *The Scent of Peace for Him* (\$250 for 100 milliliters; bondno9.com), in its handsome royal blue bottle suited up with a black bow tie. An easy-to-wear mix of bergamot, patchouli, and amber, the fragrance is spicy but not overpowering—perfect, in other words, for sharing.

Magic Potion

The skincare genies have granted one of our fondest wishes: a body treatment that delivers the many benefits of a facial BB cream—deep hydration, illumination, and an all-over even-toned look. **Jergens BB Body Perfecting Skin Cream** (\$13; drugstores) does the trick with shea butter (and other emollients), light-reflecting particles, and just a touch of DHA (the skin-darkening ingredient in self-tanners). The lotion imparts a sheer glow and a subtle sheen that helps hide flaws, from spots to mild spider veins; it's available in two formulas, for light and medium to dark skin tones.

