

THIS IS YOUR YEAR! 2013

Bye-bye, bad habits. Hello, new attitude. We've got 25 ways to rethink and refresh this season. Keep your spirits up with a vibrant winter wardrobe, find makeup that suits your skin tone, turn your workout into a dance party, and throw a foodie fest for your pals. Flip the page but be warned: This *will* transform your life

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Crêpe-satin pumps
with fishnet
and Swarovski
crystals, Christian
Louboutin, \$2,295;
702-818-8444.

Make Dressing Fun!

Kiss winter blahs farewell and coax joy out of your closet with this stylish plan. We thought of everything—from outside-the-box outerwear to around-the-clock sparkle—to help you transform your look

1



Wool coat, J. Crew, \$350; jcrew.com.

2



Polyester-spandex jumpsuit, Rachel Zoe, \$425; shopbop.com.

Faux-leather clutch, Melie Bianco, \$60; 562-908-9830.

3



Polyester-rayon blazer (\$99) and pants (\$90), Calvin Klein; at Macy's. Cotton tank, Chaser, \$58; chaserbrand.com.

4



5



Printed leather pumps, Charles by Charles David, \$135; nordstrom.com.

1

LAYER WITH A DREAMY-COLORED COAT

"Outerwear is a focal point when it's chilly," says stylist Emily Current. So swap out a drab puffer for an icy pastel topper. J. Crew's mint coat (left) comes in a range of pretty colors from violet to coral.

2

SLIP INTO A JUMPSUIT

Instead of reaching for another dress, try this fresh silhouette for its comfort, ease, and sleek style during the day. "Plus, it's more daring than an LBD at night," says N.Y.C. stylist Tina Chai. Opt for a flattering V-neck if you have a fuller chest; balance a long torso with a jumpsuit that cinches above the waist.

3

ROCK OUT AT THE OFFICE

Tuck a rock and roll T (search Ebay for vintage ones) into a tailored suit for a look that's borrowed from the bad boys. "A pantsuit seems so '80s power-dressing, so give it some edge to make it youthful," says Cameron Silver, owner of L.A. boutique Decades.

4

BAG A CITRUSY CLUTCH

For a pick-me-up, reach for a purse with punch. "Vivid lemon, tangerine, or jellybean red will lift your mood on gray days," says Leatrice Eiseman, executive director at the Pantone Color Institute.

5

GO FOR GRAPHIC PUMPS

"You'll get the energy of this season's the-future-is-now patterns in a smaller package," says Silver. Combine painterly digital-print heels with colorblocked clothing that picks up the hues.

6

SPARKLE DURING THE DAY

Add a shot of pizzazz to casual clothes with a head-turning necklace you'd normally save for a fancy night out.

Pair **OUTRAGEOUS JEWELS** with quieter outfits like an ivory crewneck and indigo skinnies.

Swarovski crystal, glass, and gunmetal- and gold-plated necklace, Fenton, \$700; fentonusa.com.

6



Snag Your Perfect Trendy Colors

The beauty buzz for spring? Smoky blue shadow, deep ruby lips, and super-pale nails. We asked makeup artists who created these looks on the runways and the red carpet to show us how they work for every complexion

	the AQUA eye	the RED lip	the WHITE nail	
LIGHT	 <p>KIRSTEN DUNST</p>	 <p>When a shade is intense, go for a wash of color. "This blue is delicate, but it adds definition," says Jouer Cosmetics' Neil Scibelli, the pro behind the eye-opening looks at Kate Spade. MAC eye shadow in Tilt, \$15; maccosmetics.com.</p>	 <p>A semi-sheer, blue-based red complements skin with cool undertones. Or try a red with hints of pink to "match the rosi-ness in light skin," says makeup artist Diane Kendal, who glammed lips at Jason Wu. Shiseido Perfect Rouge lipstick in Cerise, \$25; shiseido.com.</p>	 <p>"White polish with subtle pink tones enlivens fair skin," according to N.Y.C. manicurist Jin Soon Choi, who lacquered fingertips at the Rag & Bone show. Essie nail lacquer in Angel Food, \$8; at salons.</p>
OLIVE	 <p>EVA MENDES</p>	 <p>"Opt for a true navy—the vibrant pigment delivers the right amount of contrast to the skin's yellow undertones," says Scibelli. A matte formula makes the hue richer and deeper. Topshop Matte Eyes eye shadow in Uniform, \$14; topshop.com.</p>	 <p>"Brick red looks beautiful against golden skin tones," says L.A. makeup artist Fiona Stiles. The brown base in the one above plays up the natural glow of an olive complexion. Make Up For Ever Rouge Artist Natural lipstick in No. N47, \$19; sephora.com.</p>	 <p>Hints of gold highlight the radiance of olive skin. Choose a polish that has a "semi-opaque cream finish," says Choi, who went with a nude nail at the J. Mendel show. Jin Soon nail lacquer in Tulle, \$18; spacenk.com.</p>
MEDIUM	 <p>PADMA LAKSHMI</p>	 <p>Look for a darker navy that has some shimmer to enhance a medium complexion, says Scibelli. "It reflects the light, adds dimension to the lids, and gives a sparkle to the eyes." L'Oréal Paris Infallible eye shadow in Midnight Blue, \$8; at drugstores.</p>	 <p>Try an orange-based red: It brings out the warmth of the skin, and "it's elegant without feeling obvious or overly glam," says Stiles, who has worked with Vanessa Hudgens. Dolce & Gabbana Classic Cream lipstick in Iconic, \$30; saksfifthavenue.com.</p>	 <p>Creamy ivory flatters medium skin tones, explains Choi. Look for one that has just a hint of yellow to pick up the luminosity of warmer complexions. Joe Fresh nail lacquer in Vanilla, \$4; joefresh.com for stores.</p>
DARK	 <p>VIOLA DAVIS</p>	 <p>Darker skin can support a shadow with lots of pigment, so go all out. Saturated shades generate "a real pop of color to the eyes," says Scibelli, especially if it's a metallic shadow that's light-reflecting. Lancôme Color Design Sensational Effects eye shadow in All Made Up, \$18; lancome-usa.com.</p>	 <p>Bright, blue-based reds offer a striking contrast against dark skin. A classic hue featuring an opaque, matte texture provides a vivid finish, says Kendal. MAC lipstick in Ruby Woo, \$15; maccosmetics.com.</p>	 <p>A true opaque white lends a graphic, modern touch. "Use a thick base coat, apply two or three layers of the polish, then finish with a high-gloss topcoat," says Choi. Ciaté Paint Pots nail lacquer in Snow Virgin, \$15; ciate.co.uk.</p>



"Pat the color on with your ring finger, and blend it out to give a **SEXY STAIN** to the lip."

—DIANE KENDAL, N.Y.C.-based makeup artist

Dance Your Way Fit

Cut out the treadmill and mind-numbing reps in front of the mirror. Instead, turn up the music and groove as you shake and stretch yourself into shape with four new classes that will have you feeling—and looking—better than ever

IF YOU LIKE PILATES, TRY ... BARRE3

WHAT IT IS Ballet meets Pilates and yoga with small handheld weights and high-energy tunes.

WHY IT WORKS The disciplined barre-based moves devised by founder Sadie Lincoln target your upper arms, abs, and seat, as well as your calves.

WHO WILL LOOOVE IT Busy professionals who need an efficient workout or crave the super-toned muscles of Madonna, who has tried the class.

WHERE TO DO IT Created in Portland, Ore., this exercise routine can be found at studios in California, Missouri, Nevada, New Jersey, Ohio, and Washington, with more planned. Lincoln's signature 28 to Great program pairs online workouts with a nutrition component developed by the Barre3 team. Visit barre3.com for info or to register for online classes.

WHAT TO WEAR Stretchy but close-to-the-body garb—the better to show it off—like Nike Pro Essential 5 red compression shorts (\$25; nike.com) and a G-87 tank (\$42; nike.com) with Dri-Fit fabric that helps pull sweat away from the body.

IF YOU LIKE CARDIO SCULPT, TRY ... FLYBARRE

WHAT IT IS A fast-paced, pop music-fueled sculpting class that merges light interval-based weight training and ballet.

WHY IT WORKS The hour-long series of lunges, squats, and stretches lengthens muscles and strengthens your core. You'll get a lifted derrière, trimmer thighs, and toned arms too.

WHO WILL LOOOVE IT Women who want to develop upper-body and core strength without losing their curves, like celebrity fan Sofia Vergara.

WHERE TO DO IT FlyBarre fans flock to locations across the country, from Atlanta to Seattle. Visit flywheelsports.com for more.

WHAT TO WEAR A comfy, chic Capri Cami unitard (\$88; gaiam.com) with Gaiam yoga socks (below).



Cotton-nylon socks, Gaiam, \$20; gaiam.com.



Polyester chiffon scarf with metal coins, Unique Vintage, \$15; uniquevintage.com.

IF YOU LIKE HIP-HOP, TRY ... MASALA BHANGRA

WHAT IT IS Funky, high-energy Indian folk dancing with the glitz of Bollywood.

WHY IT WORKS This 45-minute routine engages every muscle while burning 500 to 700 calories. You'll see the biggest changes in your biceps, deltoids, and lats—plus, you'll lose inches from your midsection.

WHO WILL LOOOVE IT The free-spirited gym rat who craves a cool new regimen.

WHERE TO DO IT Masala Bhangra classes are held in gyms nationwide (Crunch, Club H, and more), and creator Sarina Jain offers instructional DVDs such as *Masala Bhangra Workout: Bollywood Diva Style* (\$23; masaladance.com).

WHAT TO WEAR Flowy, wide-leg accordion-pleat pants, a bright scarf, and the most vivid tank you can find. (American Apparel sells a variety of affordable options in tons of colors.)

IF YOU LIKE ZUMBA, TRY ... JUICY ATHLETIC MOVES

WHAT IT IS A vigorous, choreographed blend of world music.

WHY IT WORKS Each 75-minute session builds endurance, blasts hips, and carves a svelte waistline.

WHO WILL LOOOVE IT The fitness fanatic who wants to ramp up her conditioning routine to a Herculean level. Stars like Pink and Minnie Driver used it to reclaim their bodies post-pregnancy.

WHERE TO DO IT Malibu-based founder and trainer Neda Soderqvist streams her 60-minute evening classes through the JAM Web site (juicyathleticmoves.com).

WHAT TO WEAR Show up in a Stella McCartney for Adidas studio performance bodysuit (\$90; adidas.com) and Capezio canvas dance sneakers (\$62; zappos.com).

“You want an ATHLETIC SHOE that has mobility in each toe, which creates a good foundation for standing postures and allows for a full range of motion.”

—SADIE LINCOLN, founder of Barre3



Grosgrain ribbons, neoprene wraps with silicone, and mesh flats with rubber (not shown), available January 1, Nike Studio Wrap Pack, \$110/set; nike.com.

Party Like a Foodie

Send your guests home with something much more encouraging than a hangover: a brand-new appreciation for the good life. Host one of these three master-class soirées that deliver maximum fun and take far less prep work than you might think



Assorted chocolate truffles, Xocolatti, \$29/9 pieces; xocolatti.com.

WHAT TO SERVE CHOCOLATE

HOW TO THROW IT Pick up a copy of Chloé Doutre-Roussel's classic book, *The Chocolate Connoisseur* (\$5; amazon.com), to kindle your passion for cocoa. Assemble a combination of bars and bonbons with fruit and nut fillings for your friends and family. Aim for diversity:

Choose confections from a range of chocolates in a mix of dark and milk. "Six kinds of bonbons and three bars is a good number to start with for a party of six to eight so people will recall the flavor profiles of each," says Alexandra Leaf, the founder of Chocolate Tours of New York City. Try the purest dark chocolate first and move into lighter milk. Cap things off with a platter of bite-size chunks of pineapple to balance out the supersweet repast.

WHAT YOU NEED A sharp paring knife helps break up the bars, and a wood cutting board (Handmade Wood Cutting Board, Canvas, from \$48; canvashomestore.com) makes an elegant serving piece. Use tiny photo stands (Shiny Silver memo clips, \$6; crateandbarrel.com) to display wrappers and label chocolates. "As a general rule, what you drink should be sweeter than what you're eating," says Leaf, who recommends sherries and ports such as Rosa Regale Brachetto d'Acqui. "It's almost like an amazing cherry pop for grown-ups." Hand out copies of Doutre-Roussel's book or a box of bonbons as favors.

WHAT TO SERVE SALT

HOW TO THROW IT Check out *Salted* by Mark Bitterman (\$22; amazon.com), the bible of all things briny. Corral two artisan salts, he says: "foundation" (fleur de sel, sel gris, and flake) and "playful" (black diamond, Hawaiian red, and smoked). Find them in a kit from Bitterman's Portland, Ore., shop the Meadow (Salt Starter Set, six 1 oz. tins, \$24; atthemeadow.com). Have guests sample pinches of salt with buttered bread, then on cucumber slices, which helps to compare flavors. Let them sip slightly acidic wine, such as Nigl Grüner Veltliner Privat, between bites.

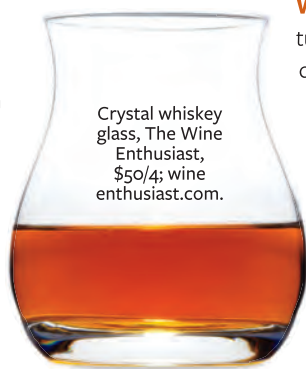
WHAT YOU NEED Small shallow dishes or a large platter to display salts, and tiny spoons for ladling. "Use dark plates to make lighter flakes pop," says Bitterman. Himalayan salt blocks (right) can double as trays for appetizers—and as centerpieces. Send people home with a jar of pink Himalayan salts (the Filling Station, \$6/2 oz.; tfsnyc.com) tied with ribbon.

Black flake sea salt, the Meadow, \$9/1.3 oz.; atthemeadow.com. Porcelain dish, Impulse Enterprises, \$5; cocktailvibe.com. Gold-plated demitasse spoon, Harold Import Company, \$13/4; laprimakitchen.com.



WHAT TO SERVE WHISKEY

HOW TO THROW IT It's not just your grandfather's guilty pleasure anymore! Whiskey is having a renaissance thanks to the popularity of artisanal cocktails and speakeasy-style bars, so toast to the trend now: Bourbon enthusiast.com is a one-stop whiskey destination. Offer an all-American lineup of six spirits chosen from single-barrel (Evan Williams, \$28; 502-348-3921), small-batch (Four Roses, \$35; fourrosesbourbon.com), and big-name (Maker's Mark, \$25; makersmark.com) producers. Be sure to have a pitcher of filtered water for guests to mix with the good stuff. As



Crystal whiskey glass, *The Wine Enthusiast*, \$50/4; wineenthusiast.com.

Allen Katz, director of mixology and spirits education at Southern Wine & Spirits in New York, says, "Add anywhere from a few drops to a tablespoon or two so the whiskey's natural flavor is more detectable."

WHAT YOU NEED Clear tumblers showcase the golden drink. Katz suggests keeping ice on hand for guests who like it on the rocks. Serve appetizers such as a cheese plate or grilled shrimp with a citrus glaze, as both pair well with whiskey's wide range of flavors. Hand out a cute journal (\$4; 33whiskeys.com) so guests can jot down favorite brands.

"SALT is a natural artisan food with its own character. The goal is to get people to take a second look at it."

—MARK BITTERMAN,
author of *Salted*



Himalayan salt blocks, the Meadow, from \$17 each; atthemeadow.com.