

Allure

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Lizzo Is Here to Talk About
All of It That Flute, That Lyric,
Her Man, and More

7 Eyeliner Styles That Are
More Exciting Than a Cat-Eye



LIZZO

"IF YOU CAN LOVE ME,
YOU CAN LOVE YOURSELF"

October 2022



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Get ready

Swiping on lipstick after lipstick,

rubbing your mouth raw with makeup remover in between, and ultimately eyeballing it...In our experience, finding the perfect shade of red isn't an exact science. But Clinique begs to differ. Each pink-y and orange-y and bluish-red bullet in the brand's Pop Reds collection is specifically designed to balance the most common mix of undertones found in different complexions. First, Clinique had to figure out what those undertones were, so they enlisted a team of engineers and data scientists to analyze more than 10 using artificial intelligence. Next, images of the faces' undertones were fed through an algorithm to determine what ratio of, say, white to pink pigments would look most harmonious with yellow tones in the skin. At this point, you might be wondering, what does an algorithm even do with 4,000 data points, like Clinique's—know about lipstick? Clinique says its algorithm is based on the Golden Ratio, a mathematical relationship that defines harmony and symmetry.

(Before lipstick, it was applied to art and architecture and has been used to explain why the Mona Lisa and the Taj Mahal are so captivating.) The seven red lipsticks the algorithm generated are based “strictly on a mathematical equation,” says Janet Pardo, senior vice president of product development at Clinique. The devil was in the details, she says, adding that though some of the shades may look similar, it's the subtleties of each red's pigments that satisfy the nuances determined by the algorithm. (Each red corresponds to a few different shades of Clinique Even Better Foundation, so it helps to know your foundation shade in order to get your red.) Since red lipsticks are notorious for transferring to teeth and bleeding around the edges of lips, Pardo chose a special “hugging” polymer that helps the formula adhere—that part, at least, is universal.

DIANNA MAZZON

Benefit Cosmetics They're Real! Magnet Extreme Lengthening Mascara

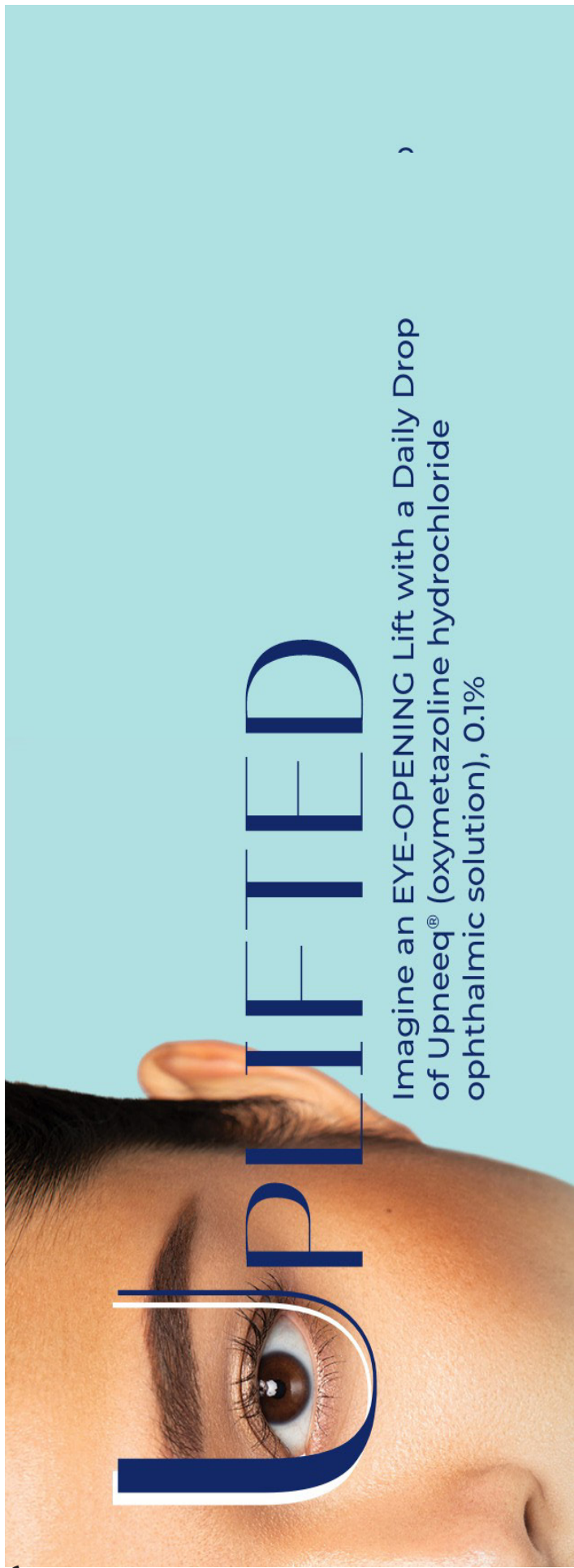
“Have you seen the staple trick?” I have not. Benefit's Maggie Ford Danielson (her mother and aunt founded the brand 45 years ago) disappears from our Zoom. A few moments later she is back, breathless, with a candy-pink stapler. She shakes the staples into her palm. Then, like a motion played in reverse, the staples start floating up and off of her hand, rising, and then clinging to a mascara wand she is dangling just above them. The wand is not magic; it is magnetic. A mascara novelty that makes for more than just a fun party trick. Benefit's research and development teams were looking for a way to make a lengthening mascara that would somehow stand out from all the other lengthening mascaras. It had to deliver a jaw-dropping lifting, elongating effect. They experimented with new ratios of standard ingredients, then reexamined what a mascara could be, considering some unusual sources of inspiration. “We looked at rulers and string and gum and spaghetti and all these things,” says Kate Helfrich, senior vice president of global product and service innovation. When a formula

blunted the magnet's force. After some 75 tries, the team found a perfect match: a not-too-weak, not-too-strong Goldilocks magnet teamed with a comb created out of a thin, flexible plastic. “They got it just right,” says King. “You get better payoff and lashes are coated more evenly so they look longer.” The result: a satisfyingly (not clumsy) thick formula that cleanly combs through lashes. I, for one, find it to be a godsend for my thick, downturned outer lashes. I watch as they are lifted by the comb, and they are so well coated that the formula holds them there—a first for me without a curler. Some oily-skinned testers reported that it was on the smudgy side, but staff writer Nicola Dall'Asen says it was “hands-down the best mascara I've ever used.” So maybe it is a magic wand after all.



inspired by quick-dry nail polish didn't pan out (Helfrich recalls it made lashes look scary, chunky, and spidery), the team became intrigued by the unique pull of magnetism, “the way you can draw something across the floor, across the table,” Helfrich says. “It was kind of an insane idea. Nobody had done it.” But how, exactly, could a magnet make lashes longer? It's thanks to ferromagnetism, a fancy term for the way in which certain materials like iron—are attracted to magnets. See, iron oxides are a type of powdered pigment that come in many colors (yellow, red, black), and they're already commonly used in mascaras, blushes...just about any color cosmetic you can think of. But magnets aren't flying off your fridge onto your eye shadow palette because iron oxide pigments are not typically used in high enough concentrations to interact with other magnetic objects, explains cosmetic chemist Ginger King. But if you did really pack a mascara formula with iron oxide pigments, you'd get impressive lengthening effects. “It's like adding fibers,” King says. “The particles will automatically volumize and lengthen the eyelashes.” The challenge is getting enough of the pigments from the tube to lashes—and that's where the magnetic eureka moment comes in. The Benefit team embedded a small, rod-shaped magnet within the mascara wand's brush to attract the iron oxide particles and let you carry them where they need to go. This part was frustratingly hard to pull off, Helfrich admits. There were (many, many) magnets too weak to interact with the mascara formula; another was so strong it ended up pulling mascara right off the lashes. Further complicating matters, the plastic combs that worked for other mascaras often





Upneeq

A flick of white eyeliner. A pump of an eyelash curler. These are noble ways to look more awake, but Upneeq, a prescription eye drop, makes them seem like child's play. Upneeq temporarily lifts eyelids that have drooped due to acquired ptosis, a detachment of the eyelid muscle that can happen with age. The condition is most common after 40, but some oculoplastic specialists are seeing it in younger patients, which some think may be caused by the constant strain of staring at screens. Unlike the bulky skeletal muscles in your biceps and quadriceps, your lid's aptly named levator muscle is small, smooth, and atrophies rather than strengthens with overuse, says Raymond Douglas, an aesthetic reconstructive and oculoplastic specialist and global head of scientific affairs for Upneeq. "Once the muscle weakens and the lid drops, it does not restore to the previous level," he explains. Though a so-called Botox brow lift can help approximate a more wide-awake appearance, the only method to truly lift lids before Upneeq's FDA approval last year was ptosis correction surgery. This involves shortening the lid's muscles, may or may not need to be paid for out of pocket, and may or may not require general anesthesia—costs and risks that can be unappealing, particularly if you're only dealing with slight drooping. (Severe cases of ptosis impact vision and can be dangerous for activities such as driving. It is likely that surgery would still be called for.) "Upneeq is, in my opinion, the best nonsurgical solution for acquired ptosis," says Bruce Moskowitz, an assistant clinical professor of ophthalmology at Icahn School of Medicine at Mount Sinai in New York, who has been prescribing it for over six months. (Iopidine, a glaucoma medication, has already been used off-label for Botox-induced ptosis—a temporary condition in which Botox migrates from the forehead or "11 lines" to the eyelid muscle—but was hampered by "limited availability and the large incidence of red eyes associated with its use," he says.) Upneeq's active ingredient, 0.1 percent oxymetazoline hydrochloride, stimulates receptors on the eyelid's muscles, which trigger a contraction. "It has been safely used for decades for nasal decongestants, although the concentration in Upneeq is far less," says Moskowitz. In clinical trials of once-daily use, patients noticed an improvement in as little as five minutes, with full results kicking in in two hours and lasting for about eight hours. "We fully expect that someone would be

able to potentially use it again after eight hours, but we haven't studied dual dosing yet," says Douglas. The treatment has an extremely low incidence of side effects, says Moskowitz: general irritation, dryness, redness, or sensitivity in less than 5 percent of patients. Upneeq lifts the lid's muscles from 1 to 3 millimeters—a difference that can be eye-opening. Lena Leit, a 45-year-old event producer and mother of three in Los Angeles, began using the drops regularly after noticing a new, heavy-lidded look: "My eyes look wider, brighter, and overall more open now."

Atolla

Remember those choose-your-own adventure books? Well, imagine if one grew up, went off to engineering school, and became a choose-your-own adventure skin-care series. It would look a lot like Atolla: Take a quiz with more than 50 possible paths—which you are led down depending on how you answer each question—and you'll receive a customized routine (cleanser, serum, moisturizer). If you're prone to breakouts, you will go down one track. If

you're pregnant, another. And so on. Each question is designed to gather a battery of information—enter your zip code and Atolla pulls info on the water quality, pollution, humidity, and wind and sun exposure you face daily. "The online questionnaire goes above and beyond what other customized services ask," says Heather Woolery Lloyd, a dermatologist in Miami. "The questions are clinically relevant and well thought out." Atolla's algorithm maps your answers onto more than two million data points to choose your best mix of 64 possible ingredients (there were three actives in every formula I received). The sheer number of data points allows the model to be predictive of which ingredient combinations are most helpful for your skin, says cofounder Megha Maupin, an engineer who started the line after graduating from MIT with an unhappy complexion. As more people take the quiz, the data points shift: "The power of machine learning is clustering different types of data," Maupin says. "Patterns [emerge] so our predictive models continue to get more refined and more granular." Your routine is shipped to you along with four paper strips for measuring your skin's pH, oil, and moisture levels. After finishing each month's routine, you place the strips onto your cheeks and T-zone, and they change color. "You take a photo of the paper strips and a computer vision algorithm reads the ratio of light to dark and translates it to a numerical percentage of oil or moisture levels in your skin," Maupin says. Atolla then reformulates next month's products according to your evolving needs. "Including ways to track how well the skin care is doing. That makes Atolla unique," says Woolery-Lloyd. But blind deference to artificial intelligence this is not: Atolla's Skincare Manager Tool allows you to tinker with its recommendations (you can choose from 12 textural options, including gel moisturizers and lotions) and gives you tips on incorporating products from other brands. Allure's most veteran

editors, including deputy beauty director Elizabeth Siegel, were "seriously impressed" by the Atolla formulas they received (in a matter of days, no less). "My skin went from dry and blotchy to soft and radiant in a week. The shift was so noticeable, my mom asked what I was using," says Siegel. "And you get cards that tell you about your ingredients." Cosmetic chemist Ni'Kita Wilson was struck by the level of customization: "You are using diagnostic tools that touch your skin. This level of 'touch' is important to get the most accurate results. The more data collected, the better the end result. I haven't seen any other products that are this comprehensive for consumer use at home."



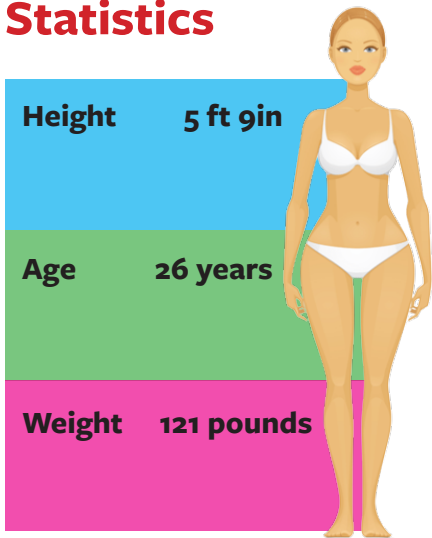
Bella Hadid's Diet Plan And Exact Fitness Routine - 2022



She has walked the runway for many famous designers like Marc Jacobs, Alexandra Wang and Moschino. She has also been a Victoria's SecretAngel!

Bella Hadid diet plan and her strict workout routine has been largely the key reasons behind her gorgeous figure and weight loss. Yes, she is one of the highest paid models. Bella is the sister of Gigi Hadid and the daughter of Yolanda Foster. She made her runway debut during New York fashion Week in 2014 at the age of 17. However, modelling was not always her goal. Her heart belonged to horses. She was a nationally ranked equestrian at the age of 18 and wanted to take part in Olympics even after entering the modelling world. Sadly, she had to quit the sport after getting diagnosed with Lyme disease—a tick-borne illness which can cause exhaustion and joint pain among other symptoms. But nothing could stop Bella from achieving success as a model.

Bella Hadid Body Statistics



Bella Hadid Diet

Bella Hadid is the most relatable person ever when it comes to dieting secrets. The secret to Bella Hadid diet and fitness is that there is no secret. Revealed by Bella herself, there is no Bella Hadid diet secret. She likes to eat and cannot restrict herself. She does not believe in going on diets. She says it can drive you crazy. And nobody wants to go crazy. So Bella eats whatever she wants and whenever she wants in portions. When asked about her top diet tip, Bella said “If you want to have a piece of bread, go have a piece of bread”.

The woman loves her pizza. And her Instagram is a witness to this love. Though don't be fooled by it. Bella does not eat tons of junk food as portrayed through her posts on the photo sharing website. She maintains a healthy and balanced diet.

Bella's Struggle With Lyme Disease

Bella was diagnosed with Lyme disease in 2012. She had to give up her lifelong Olympic dream because of this disease. She was also robbed off her teenage years. When everyone was enjoying being a teenager, Bella was struggling with her illness. Recalling the time when she first got sick, Bella says,

It was a dark time. I was exhausted all the time. It affected my memory so I suddenly wouldn't remember how to drive to Santa Monica from Malibu where I lived. I couldn't ride. I was just too sick. And I had to sell my horse because I couldn't take care of it. I couldn't get out of bed for six days. And my brain would get all foggy, and I couldn't see. That was the hardest time of my life.

Despite struggling with her illness so much, Bella fought through. Modelling was difficult because she was often exhausted and had to take her medications. But she persevered. Today, Bella has become the most in-demand top model of her generation.

Bella Hadid Before & After



According to her nutritionist, Dr. Charles Passler,

Bella Hadid diet is low on carbohydrates and high on protein to help the beautiful model stay fit and lean. “It's adequate protein, adequate fat and lots and lots and lots of non-starchy vegetables. That is typically the most bulletproof, easiest, soundproof way to make sure that somebody stays on track,” says Passler on Bella's diet.

If you will take a look into Bella Hadid's fridge, you will find that it is full of dietician approved food items. Vegetables, blueberries, blackberries, raspberries, baby carrots, celery sticks, cashew and almond butter, hummus, and yogurt are common residents of the model's fridge. If you will notice these are all protein rich foods.

She also has a stash of Siggis yogurt. It is an Icelandic yogurt which is similar to Greek yogurt in its nutritional values but has a higher level of protein and tastes better.

Bella Hadid Fitness Routine



Bella has low blood sugar, which means she has to eat constantly. But if she eats too much, she feels tired. So as a solution to this problem Bella eats a whole lot of protein. This keeps her feeling full for a longer time.

Whenever Bella has to reach out for a snack, her favorite go-to option is celery sticks and protein rich cashew butter. This forms a highly nutritious snack with multiple health benefits.

Bella Hadid diet also includes green juices. Bella keeps a stock of green juices in her kitchen and when she is out working, she orders a lot of green juices to get her through the day. She also keeps ginger shots in a cooler with her while she is on a shoot. She drinks one whenever she starts feeling low.

Bella has followed in the footsteps of her mother when it comes to having a healthy lifestyle. One habit that she still follows from her friendly tradition is having an early dinner. When she was a child, she used to have dinner with her family at 6 pm. She maintains this tradition of an early dinner and takes hers at 7.30 pm.

The key reason behind Bella Hadid weight loss has been her strict diet and workout routine. She has reduced

almost 20 pounds and has reduced her weight from 140 lbs to 121 lbs.

Bella Hadid Diet Plan

Bella Hadid diet is balanced, low on carbs and high on proteins. The Bella Hadid diet plan in a day is:

- Breakfast: Eggs and sausage
- Lunch: Salmon and vegetables; if not these, then pasta; Chicken and brown rice is another option she likes a lot.
- Dinner: Sautéed kale

To maintain her energy during the workout, she drinks a smoothie or a protein drink before the workout session.

Bella Hadid Workout

Bella Hadid starts her day with stretching. She stresses on the importance of eating right with a serious workout schedule.

On her pre and post workout diet habit, Bella says,

I count on a smoothie, a juice or a protein drink 30 minutes before the session. After the session I eat something full of protein like chicken and wholegrain rice. It's ideal to strengthen the muscle mass and to increase the effects of the session.

Bella is very dedicated to her fitness and is a regular at gym. She likes to train in the Gotham gym in NYC with her trainer Rob Piela. She likes to train for 2 to 3 hours daily and increases the hours spent further when she is preparing for her fashion show.

Bella likes to do yoga but feels it is too slow for her. Yoga calms her mind but she likes to get in on some serious action. Her go-to workout is boxing. She is very much obsessed with it and likes to include either boxing or boxing related elements to the Bella Hadid workout. Bella revealed that the credit for her washboard abs goes to boxing techniques she employs in her daily workout routine.

Usually the Bella Hadid workout starts with 20 minutes of non-stop running followed by a boxing session and weight training which targets her abs and glutes.

Bella doesn't believe in following the same routine every day. She likes to have fun even in the gym. She mixes her routines which often include a lot of cardio and Pilates other than boxing.

Running is a form of cardio and Bella loves to run. She is often captured in the act by the paparazzi.

Seeing the young model's interests and requirements, Rob Piela created a special 25 minute leg cardio for the Hadid sisters. This workout includes 3 minutes of boxing, and then 1 minute of doing any combination of leg-focused strength-training moves from the following:

- Squats – 20 reps
- Donkey kicks – 12 reps each side
- Plié squats – 12 reps each side
- Banded squat walks – 12 reps each side

As a practice Bella stretches her body before and after the Bella Hadid workout for 7 to 10 minutes so as to get the maximum benefit out of her intense workout sessions. Bella also states that after an intense workout you should keep moving.

Like most of us, Bella too does not wake up every morning feeling very enthusiastic about going to gym. But she comes around and pushes herself when she is there. She says,

The key to a successful workout is to put in 100% from the start to the end of a workout. There is nothing better than to push yourself to the limit, while making the most of it. Going to the gym for two hours with only 50% motivation is the best way of erasing the feeling of accomplishment and well-being that boosts self-confidence that you get from a workout.

Bella has faced her own share of difficulties. It could have been easy to just give up. But that's not Bella Hadid. She keeps herself motivated with the support of her loved ones.

Bella Hadid Diet And Fitness FAQs

Q- What does bella hadid eat?

Bella hadid follows a strict diet and makes sure to complete her dinner by 7:30PM. Her daily diet consists of the following:-
Breakfast: Eggs and sausage
Lunch: Salmon or chicken and vegetables; if not these, then pasta
Dinner: Sautéed kale
When she has cravings for junk food she does have pizza, french fries and burgers as well. However, she makes sure to burn the excess fat by exercising regularly.

Q- Does Bella Hadid eat pizza?

Yes, Bella does have Pizza when she has cravings for junk food. In addition to pizza, she also likes to have french fries and burgers.

Q- How much does Bella Hadid weigh?

Bella Hadid's weight is 121 pounds or 55 kg.

Q- How did Bella Hadid lose weight?

Bella has lost almost 20 pounds by following a strict diet and workout schedule. She monitors her diet and finishes off her dinner by 7:30PM. She stresses on the importance of eating right with a serious workout schedule. She follows the following diet plan:-
Breakfast: Eggs and sausage
Lunch: Salmon or chicken and vegetables; if not these, then pasta
Dinner: Sautéed kale
Bella is a regular at gym and takes her fitness seriously. Her trainer is Rob Piela and she trains in the Gotham gym in NYC. She prefers to train for 2 to 3 hours daily and increases the hours spent further when she is preparing for her fashion show. She likes to have fun in the gym and does not follow the same routine everyday. Her workout routine involves a mix of cardio and pilates other than boxing. She also performs yoga regularly but feels it is slow for her. Her favourite workout is boxing and she is obsessed with the same.

Q- What is the BMI of Bella Hadid?

Bella Hadid's BMI is 18.

Q- Is Bella older than Gigi?

No, Gigi is older than Bella. Gigi was born on 23 April 1995 whereas Bella was born on 9 October 1996 so Gigi is older than Bella by about 1.5 years.

Q- What does Bella Hadid eat for breakfast?

Bella Hadid loves to have a protein rich breakfast around 8 AM. Her favorite breakfast is egg sandwich on plain bagel.

Q- How much weight did Bella Hadid lose?

Bella Hadid lost around 20 pounds and she currently weighs 121 pounds. Her strict diet and workout routine has been primarily responsible for her perfect body.

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Bella Hadid opens up about
health struggles, happiness
and everything in between

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