

Q "I just took up yoga, and I want to look sleek and stylish. Any suggestions?"

A For a low-impact vinyasa or hatha class, wear something comfortable and stretchy so that it moves with your body. If you're going to a hot-yoga session, sport breathable tops and pants and bring a skidless mat that's sweat absorbent. Remember to drink lots of water.



Anue by New Balance wrap, \$80, newbalance.com. I Am Beyond leggings, \$77, iambeyond.com. Calani sling, \$12, gaiam.com. Manduka mat, \$68, manduka.com. Lifaactory water bottle, \$20, lifaactory.com

Phat Buddha sports

Q "Can I use the same sharpener for my eye and lip pencils?"

A Yes. Just clean it between uses with a pointy cotton swab, such as **Q-tips Precision Tips** (\$2, drugstores), dipped in an oil-based makeup remover, says Emily Kate Warren, a makeup artist in New York City. Another option: Sharpen them separately with **MAC Cosmetics Pencil Sharpener/Duo** (\$7, maccosmetics.com).

Q "I have an embarrassing nibbling problem. How can I stop it?"

A Nix the nibbling with these strat from Robbie Schaeffer of Rob/B S in Studio City, California.

Get a mani. "Studies show it takes weeks to break a bad habit," Schaeffer says. To encourage growth meanwhile treat yourself to a weekly manicure. **Correct quickly.** If your polish chip touch it up right away so that picky edges won't send you into a relaps. **Condition your cuticles.** Hydrate fingers daily with a cuticle oil that's infused with strengthening vitamin. Try **OPI Avoplex Cuticle Oil to Go** your tips more flexibility so they're

Q "I look tired in pictures. Help!"

A Whether you want to update your Facebook profile or look better in snapshots with your friends, there's an easy way to be picture perfect: Apply a color-correcting primer, such as **FusionBeauty PrimeResults Brightening Primer** (\$42, Sephora stores). Then use a light-reflecting tinted moisturizer, like **Stila Illuminating Tinted Moisturizer SPF 20** (\$32, stilacosmetics.com), which has traces of pearl to make your skin glow. Say cheese!



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