

The **MAKE-YOUR-DREAMS-REAL** Issue!



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

“Life is a big
ol’ canvas. And you
have every
combination of
colors to paint with.”

— Oprah



Imagine!

Yes, You Can Have...

**YOUR IDEAL BODY • A BETTER JOB • EXTRA ENERGY
MORE LOVE • LESS STRESS • A FRESH OUTLOOK**

The New You Begins Here!

Plus:
**20 QUESTIONS
THAT CAN CHANGE
YOUR LIFE**

FEBRUARY 2011 \$4.50





LASHES

Going to Extremes

Lucky you, if what makes you happy is long-longer-longest eyelashes. You can lengthen your fringe by brushing the base of your lashes with either the prescription treatment Latisse or an over-the-counter product (like RevitaLash, \$98 for three-month supply; revitalash.com) containing growth-stimulating peptides. Here's what you need to know:

Joel Schlessinger, MD, a dermatologist in Omaha, finds that Latisse works more quickly than OTC products, though the result can often be longer yet spikier—rather than fuller—lashes.

For best results, use Latisse daily for three months, then cut back to two or three applications per week, says New York City dermatologist Doris Day, MD. On the off days, she recommends brushing on RevitaLash for maintenance.

Don't use lash-extending formulas on your lower lashes; they can irritate the eye.

For details see Shop Guide.