



# InStyle

**GIANT  
GIFT  
GUIDE**

**75 ITEMS  
UNDER  
\$100**

# Style 100

**BEST LOOKS  
& TRENDS  
OF THE YEAR**

**292**

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TIPS &  
TRICKS**

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HAIR &  
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**HEIDI KLUM**  
Her Beauty &  
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InStyle

ADVERTISING PROMOTION

# InStyle INSIDER

For where to go, what to wear and what to toast, visit [InStyleInsider.com](http://InStyleInsider.com).



## THE PERFECT PATRÓN COSMO

2 oz. Patrón Silver  
3/4 oz. Patrón Citrónge  
Splash of cranberry juice  
Squeeze of lime  
Lime wheel for garnish

Method: Combine all ingredients into a pint glass filled with ice. Shake well and strain into a chilled martini glass. Garnish with a lime wheel.



**SIMPLY PERFECT.**  
[simplyperfect.com](http://simplyperfect.com)

The simply perfect way to enjoy Patrón this holiday season is responsibly.  
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## Beauty | Q&A



ALICIA SILVERSTONE



**TERRALINA**  
Gentle facial cleanser, \$24; [terralina.com](http://terralina.com).



**OSMOSIS**  
Clarify serum, \$34; [yuvaderm.com](http://yuvaderm.com).

HER FAVORITE SKIN "DRINK"!



**AVEDA** Tourmaline Charged Eye Creme, \$30; [aveda.com](http://aveda.com).

**Q** Alicia Silverstone has beautiful skin, and yet I've heard she uses only natural products. What's her routine?

**A** Silverstone's skin-care philosophy is quite simple: "If I won't drink it, I won't put it on my skin," the actress says. That means no parabens, harsh detergents or artificial fragrances—among other synthetic ingredients. For her daily regimen, she relies on Terralina's Gentle facial cleanser with olive oil and botanical extracts, followed by Aveda Tourmaline Charged Eye Creme and Osmosis chamomile-infused Clarify serum. Twice a week, she uses Tammy Fender Epi-Peel (\$80; [tammyfender.com](http://tammyfender.com)), which combines skin-brightening lavender and rosemary extracts.

**Q** My nails are brittle and peeling at the tips. How can I bring them back to life?

**A** In winter nails require extra nourishment and hydration. Start by upping your daily intake of biotin, a nutrient proven to strengthen nails that's found in almonds and eggs but is also available as a dietary supplement. To restore surface moisture, N.Y.C. aesthetician Joanna Czech recommends an at-home soak of lemon juice, olive oil and vitamin E oil in the evening. "First remove nail polish, then buff nails gently with a towel to exfoliate and maximize absorption during the soak," she says. Afterwards, slip on a pair of cotton spa gloves to keep the benefits going all night. Before applying polish, protect nails with a hydrating base coat.



**SPA SISTER**  
overnight softening gloves, \$7; [amazon.com/beauty](http://amazon.com/beauty).

**CITRA BY NAIL TEK**  
Formaldehyde Free Formula 2 base coat and top coat, \$15; [nailtek.com](http://nailtek.com).

**SALLY HANSEN**  
Nail Essentials dietary supplement with biotin, \$13; at drugstores.

