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Style 100

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292

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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.



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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.



OSMOSIS
Clarify serum, \$34; yuvaderm.com.

HER FAVORITE SKIN "DRINK"!



AVEDA Tourmaline Charged Eye Creme, \$30; 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), 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.

CITRA BY NAIL TEK
Formaldehyde Free Formula 2 base coat and top coat, \$15; nailtek.com.

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

