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40s

KELLY WEARSTLER

Interior, fashion, and accessories designer; age 43

Wearstler may be known for her use of bold colors and elaborate touches, but when it comes to her beauty routine, the L.A.-based designer and author maintains a minimalist approach.

DIET “I’ve been eating healthy for the past 10 years, but after reading the nutrition book *The China Study*, I began sticking to raw foods and avoiding refined flour and sugars.” **BREAKFAST:** “A double macchiato with foam and two shots of espresso, and berries with my homemade granola and almond milk.” **MIDMORNING SNACK:** “Every day at 11 A.M., I get a drink with beets, kale, spinach, ginger, and lemon from Erewhon Market in Los Angeles. It’s really spicy, so it takes me a couple of hours to finish, but it gives me energy all day, so I never feel sluggish.” **LUNCH:** “A lentil salad or a sandwich with sprouts, hummus, and avocado. I love whole wheat or seven-grain bread, which is important because I exercise every day.” **DINNER:** “A green leafy salad with fish or chicken, but I try to get most of my protein from beans and other sources. When I eat at restaurants, I order a salad with protein, no added salt, and use olive oil or balsamic vinegar as dressing. I don’t eat red meat.” **BEVERAGES:** “I’ll have a glass of Amarone red wine three nights a week; otherwise, I like mint tea. I also drink Pressed Juicery Detox 1 water: lemon water with liquid cayenne pepper. I mix it with alkaline water from my alkaline water machine and drink 50 ounces each day to flush out my body.” **SNACKS:** “I keep tons of nuts and fruit at the office. I like whatever is in season because it tastes fresh.” **SPLURGES:** “Dark-chocolate-covered

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\$165



Edward Bess
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Liner in
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Oribe
Supershine
Moisturizing
Cream, \$49



Chantecaille
Faux Cils
Mascara in
Black, \$40



Kelly
Wearstler

fruits and truffles.” **VITAMINS:** “Every morning I drink 38 ounces of alkaline water with a scoop of Macro Greens and Miracle Reds. I take wheatgrass, Pomegranate Plus, calcium, fish oil, and plankton supplements.”

FITNESS “I’ve been going to Barry’s Bootcamp six days a week for the past 10 years. I go at 5 or 6:30 A.M.; I love the music and the class environment. It isn’t natural to sprint to loud rap music that early, but I don’t feel like myself if I don’t exercise—it’s part of my routine. I also do Bikram yoga once a week where you sweat your ass off. It’s so cleansing.”

SKIN CARE “I get a FotoFacial treatment from my dermatologist, Mark Rubin, in Beverly Hills three times a year to rejuvenate my skin cells and keep my texture smooth. I cleanse with Mustela Gentle Soap [\$6] and use SkinMedica TNS Recovery Complex gel, Luzern Laboratories Force De Vie Pure Oxygen

Crème Luxe [\$125], and Karin Herzog Eye Cream [\$60]. I also love Natura Bissé the Cure Pure Serum [\$250] and the Cure Sheer Cream [\$170], which is tinted and contains SPF 20 for light coverage and protection. When I’m outdoors on the weekends, I always apply La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid [\$29.95] and have a parasol umbrella with me. I have a nice collection from Japan.”

MAKEUP “I love Edward Bess foundation and Chantecaille mascara, but I’m not great at applying my own makeup. I wear Bobbi Brown liner on the outer corners of my eyes and Edward Bess lip liner on my lips with Dr. Hauschka Lip Balm [\$16.95] on top. It’s natural and easy. If I’m going to an event, I may add blush and wear a darker, smoky eye. I don’t ever wear a bright lip; I go for more soft pinky hues. I get manicures and pedicures done in my office so that I can multitask during in-house meetings. I like Deborah Lippmann, OPI, and Chanel nail polishes in dark grays or neutral shades.”

HAIR “I wash and condition my hair every night with MoroccanOil Moisture Repair Shampoo [\$21] and Davines Love Conditioner [\$26] and let it dry naturally as I sleep. In the morning I apply Oribe Supershine Moisturizing Cream on my ends. I never use a blow-dryer, flat iron, or curling iron because I don’t like my hair to look styled. I get haircuts with Sally at Sally Hershberger, and I see Negin Zand for highlights once every five months.”

BODY “I’ve been getting deep-tissue massages once or twice a week at home for the past seven years. I do them in the evening, and they help me fall asleep instantly and loosen my muscles. I don’t go to spas, but I have someone from Queen Bee in Brentwood come to my house for waxing. I bathe with Mustela Stelatopia Cream Cleanser [\$14], moisturize with Aesop Geranium Leaf Body Balm [\$95], and wear a small spritz of Maison Francis Kurkdjian Aqua Universalis fragrance [\$155] every day.” ▶