

*FENTON*  
*MODEL MANAGEMENT*



*DARIA P*

Height: 5'9" Dress: 2-4 US Bust: 32.5" Waist: 26.5" Hips: 37.5" Shoes: 7.5 US Hair: Light Brown Eyes: Green

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**batik**



Manteau ceinturé en gabardine  
natto et pochette en cuir saffiano,  
le tout Prada

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GRAZIA MODA



Mantel **Burberry**, šorts i majica **La Perla**, narukvica i ošala **Michael Kors**.  
Na desnoj strani: Haljina i kaiš **Versace**, sandale **Philipp Plein**  
Model: Daria Pilitetskaya@MP management  
kosa: Rory Rice@wm management

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GRAZIA MODA



Bomber jakna **Trussardi**, haljina **Nicholas K**, ošala **Versace**, sandale **Philipp Plein**, narukvica **Michael Kors**.  
Na strani desno: Prstuk **Michael Kors**, suknja **Ermanno Scervino**, torba **Trussardi**, narukvica **Versace**

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LOVE STORY

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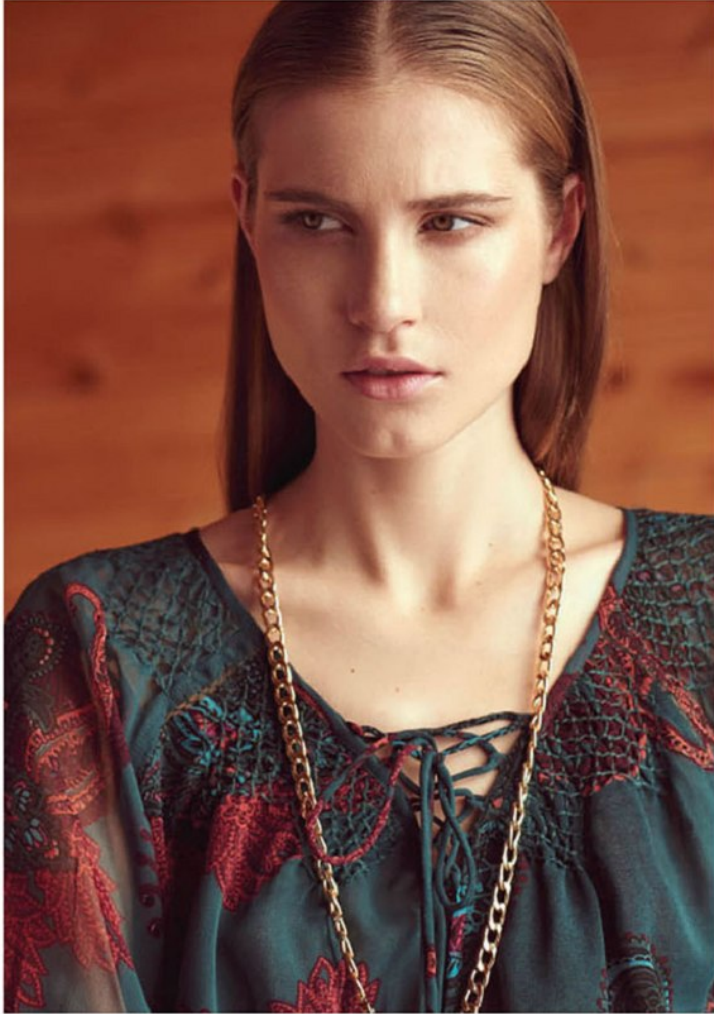


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EAU THERMALE  
**Avène**

NOUVEAU

D-Pigment

Mes taches brunes  
sont corrigées,  
mon teint  
est plus uniforme

- Trio d'actifs dépigmentant  
- brevet déposé
- Efficacité cliniquement prouvée
- Sans paraben, sans parfum



Laboratoires dermatologiques  
**Avène**  
PARIS

Pierre Fabre

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## Resilient skin

Your fitness and beauty regimens have more in common than you think. Lifting weights causes microscopic tears in muscle fibers so that they repair themselves stronger. "Similarly, exfoliating breaks down dead skin cells, spurring new cell growth and collagen production," explains Kathy Fields, M.D., a derm in San Francisco. And just like you need to stick to a regular strength training routine to sculpt sexy muscles, a consistent skin-care routine is crucial for gorgeous, glowy skin. Daily, use a gentle exfoliant with microgranules (a favorite: Neutrogena Deep Clean Invigorating Foaming Scrub, \$7). Then moisturize. Think of your skin as a brick wall, says Leslie Baumann, M.D., a derm in Miami. When skin is compromised, it's as if the grout between the bricks is gone. A moisturizer with a good emollient (like glycerin, found in Simple Nourishing 24-Hour Day/Night Cream, \$11) seals cracks, making it fortresslike. To ensure you've covered every inch, do two reps of moisturizer with a five-minute rest between sets.

## High-impact hair

Hot tools. Teasing. Tight ponytails. Your hair basically goes through a mud run daily. Another obstacle: the copper in your water, which locks on strands and creates free radicals that erode the protein structure, says Jeni Thomas, Ph.D., principal scientist for Pantene. Protect hair using a shampoo with antioxidants (like Pantene Pro-V Damage Detox Recovery Daily Revitalizing Shampoo, \$4); they bind to the copper so it releases from strands and rinses away. Bye-bye.

By Megan Deem  
Photographs by David Oldham

## Tough teeth

When it comes to deadlifting and teeth cleaning, you have to know your own strength. "Aggressive scrubbing wears down enamel and triggers sensitivity," says Brian Kantor, D.D.S., a dentist in NYC. Smarter: Choose a soft-bristled brush, aim it at a 45-degree angle from the gum line and gently work in short, circular strokes for a solid two minutes. Then steal this move: Chew sugarless gum. "You'll increase saliva production, eliminating bacteria, which can weaken teeth and ultimately destroy enamel," Dr. Kantor says. Better than a burpee. Almost.



**SUPPLEMENT**  
**LASHES**  
Protein is a body builder for muscles and lashes. Give yours a helping of rice protein with Physicians Formula CC Curl + Care Mascara, \$10. Sunglasses, Oakley, **OPPOSITE** Watch, Tissot

Mega+

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### Un mix esplosivo

Inventa un intimo unico con un mix di pezzi stampati e a tinta unita, purché siano del medesimo tessuto, in questo caso il raso. Poi, stempera l'effetto shining dei materiali con un caldo, inappalpabile, cardigan in mohair.

**Info style** Reggiseno Guess Underwear (€ 52), Shaping pants color cipria, Triumph (€ 40,95), Culotte con pizzo, Twin-Set Lingerie Simona Barbieri (€ 59,90), Cardigan Kontakt (€ 58).



### TRUE STAMINA

Gloss fades fast. Hang in there with a semimatte lipstick, like Givenchy Le Rouge in Carmine Escarpin, \$36. Helmet, Osbe. Jacket, Snow Sugar

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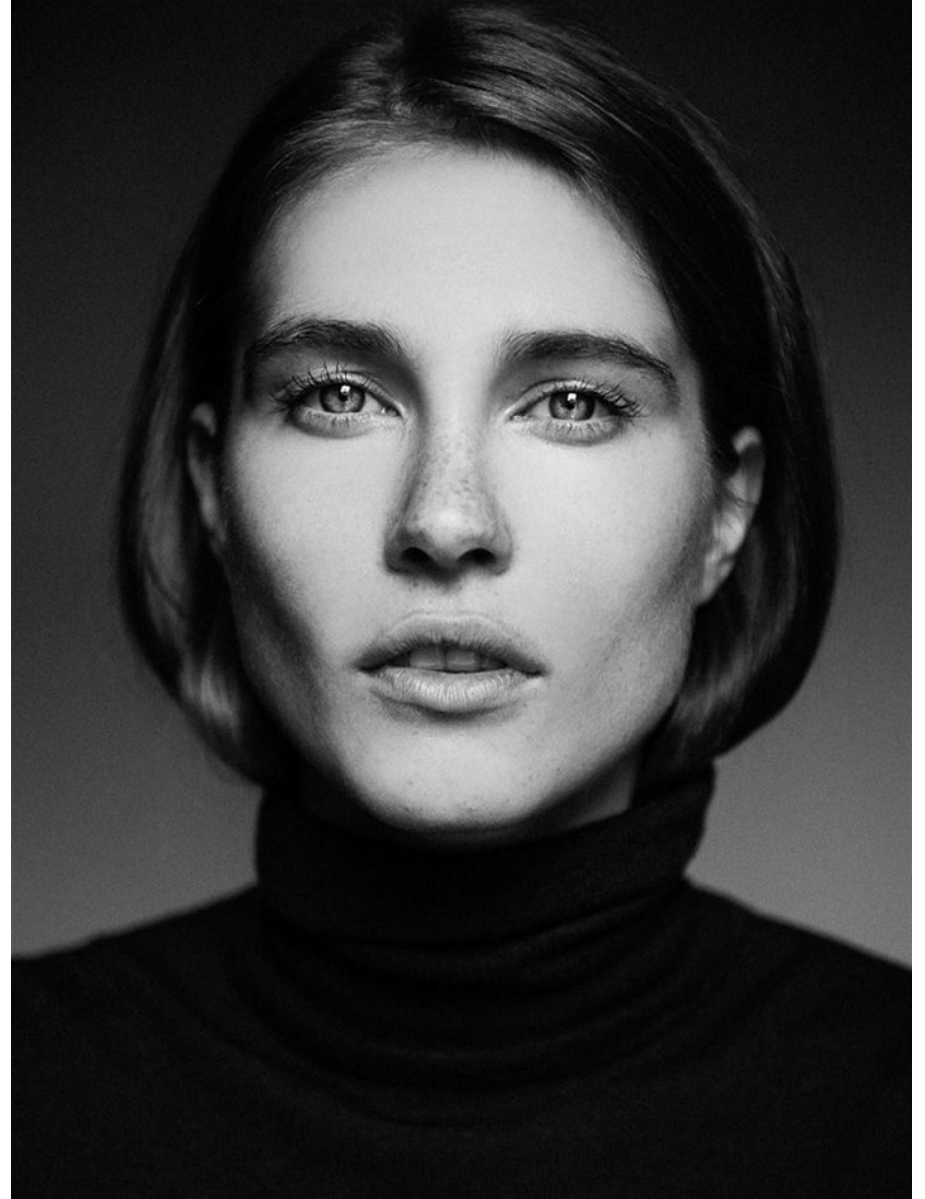
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