

FENTON

MODEL MANAGEMENT

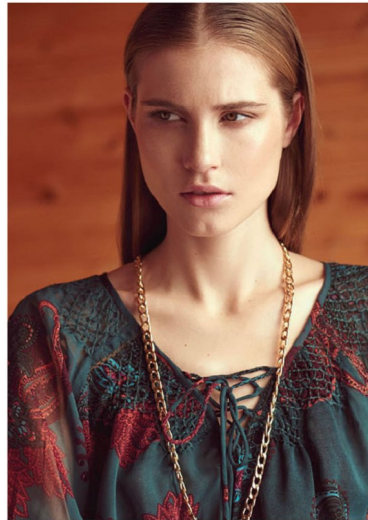


DARIA P

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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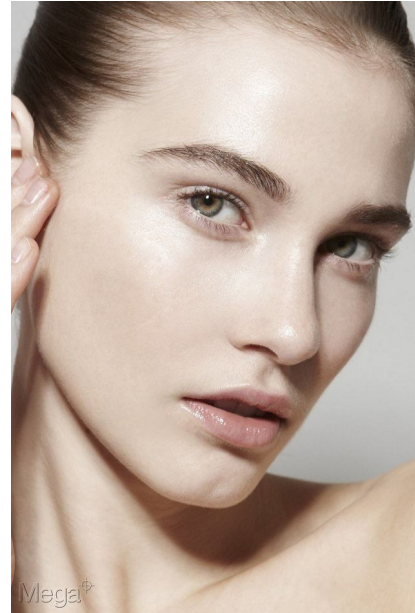
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Mega⁺



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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 parabens, sans parfum

Laboratoires dermatologiques
Avène

Pharmacie

Resilient skin

Your frown and beauty routines 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, opening the cell growth and collagen production, explains Kelly Fiala, M.D., a dermatologist in San Francisco. And just like you need to stick to a regular strength training routine to sculpt your muscles, a consistent skin-care routine is crucial for gorgeous, glowing skin. Daily, use a gentle exfoliant with microgranules (Avene's: Stratyria Exfoliant) to lift away dead skin cells. Following Stratyria, 87, then moisturize. Think of your skin as a brick wall, says Leslie Baumann, M.D., a dermatologist 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 Moisturizing Gel for Day/Night Cream, 81, seals cracks, making it fortifiable. To ensure you've covered every inch, do two steps of moisturizer with a five-minute rest between sets.

High-impact hair

Her hair bleeds. Tight ponytails. Your hair basically goes through a mud run daily. Another culprit: the copper in your water, which lodges on strands and creates free radicals that erode the protein structure, says Jill Thomas, Ph.D., principal scientist for Pantene. Protect your hair using a shampoo with antioxidants (like Pantene's Daily Damage Free Recovery Daily Revitalizing Shampoo, 84); they bind to the copper so it releases from strands and eases away. Bye-bye.

By Megan Dixon
Photographs by David Olthoff

Tough teeth

When it comes to disinfecting 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 toothbrush, aim it at a 45-degree angle from the gum line and gently work in short, circular strokes for a solid two minutes. Then stand still and floss. Chew sugar-free gum. "You'll increase saliva production, eliminating bacteria, which can weaken teeth and ultimately destroy enamel," Dr. Kantor says. Better than a burpee. Always.

REPLACEMENT

Protein is a body builder's essential nutrient, but it's also a key component of hair. Pantene's Daily Damage Free Recovery Daily Revitalizing Shampoo, 84, contains a protein complex that helps repair and strengthen hair. It's also free of parabens, sulfates, and phthalates. Pantene, 84.

Mega⁺

Un mix explosivo

Imagina un bikini blanco con un mix de pedregal de colores. Si está bien, puede hacer del momento verano, lo que es algo que, para nosotros, fomentamos durante la temporada con un color, adaptable, versátil y robusto.

Model: Eugenia Cordero (A. 170 cm, 50 kg). Styling: Patricia Capa. Makeup: Susana Barbero (A. 170 cm, 50 kg). Hair: Susana Barbero (A. 170 cm, 50 kg).

THE STRAIN

Her hair is so long, it's like a waterfall. She's wearing a black hooded jacket. She's looking directly at the camera.

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