

# *Out of Your Rut, into Your Groove*

Put old habits to rest with 25 fresh and  
easy fashion and beauty resolutions.  
Happy New Year—and happy new you!

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# #1

## RESOLUTION

### I will stop playing matchy-matchy.

The law that says you have to pair brown shoes with a brown bag has officially been repealed. Try a purse in a splashy print, then pick an accent color and pump it up with a shoe in the same family. Bag, \$89; [ninewest.com](http://ninewest.com). T-straps, SJP, \$365; [bloomingdales.com](http://bloomingdales.com).







## I will not be afraid to shine.

Your holiday wardrobe can make any ordinary day festive if you mix fancy pieces with staples: Wear a sequined or metallic top with jeans or a casual skirt. Top, *I Heart Ronson*, \$55; [jcpenney.com](http://jcpenney.com).

### BEAUTY NOTE:

Jazz up your outfit with a metallic, sparkly, or bright nail polish. *OPI Nail Lacquer*, \$9.50 each; [ulta.com](http://ulta.com).



## I will buy the size that fits, not the size I think I should be.

Be honest with yourself in the dressing room and go with what looks and feels best—not the smaller size that will be perfect when you lose ten pounds. Remember: Size is just a number, a garment that fits is the most flattering, and you're the only one who's going to see the tag.



## I will be kinder to my hair.

Your three-step rehab: Use a thermal protectant (like *Tresemme Get Sleek Heat Protection Prep Spray*, \$6; drugstores) before creating fabulous waves (try the *Harry Josh Pro Tools 2-in-1 Ceramic Marcel Curling Iron*, \$175; [dermstore.com](http://dermstore.com)) or submitting to other heat styling, get a trim every six weeks to stave off split ends, and avoid overwashing by extending your style with dry shampoo (such as *Aveda Shampure Dry Shampoo*, \$30; [aveda.com](http://aveda.com)).





## RESOLUTION

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### I will broaden my lipstick horizons.

Matte finishes are trendy right now and can be more subtle and sophisticated than shiny formulas. Try one in a vibrant coral instead of your go-to ballerina pink gloss. *MAC Retro Matte Liquid Lipcolour*, \$20 each; [maccosmetics.com](http://maccosmetics.com).



## RESOLUTION

### I will not walk around with my roots showing.

A quick fix until you can get to the salon: Cover grays with a colored powder, which will last until your next shampoo. *Oribe Airbrush Root Touch-Up Spray*, \$29 each; [oribe.com](http://oribe.com).



## RESOLUTION #7

### I will get out of my all-black comfort zone.

Try mixing one patterned piece (like the skirt below) into your wardrobe of solids. Prints in neutral shades—such as navy, camel, and white—are a great way to take baby steps. *Skirt, Parker*, \$242; [parkerny.com](http://parkerny.com).

#### BEAUTY NOTE:

Experiment with a colored eyeliner instead of your usual black or brown. You could go subtle with forest green or navy, or pick something more vibrant, such as amethyst, which looks stunning on darker skin. *Benefit They're Real! Push-Up Eyeliner*, \$24 each; [benefitcosmetics.com](http://benefitcosmetics.com).





## RESOLUTION #8

### I will glam it up a little.

Try swapping your usual studs for a longer pair of colorful jeweled earrings. They'll frame your face beautifully—and the sparkling detail will help you make a brilliant entrance. From left: *Noir Jewelry*, \$80; *shopbop.com*. *Joan Boyce*, \$90; *hsn.com*. \$155; *rachaelryen.com*.



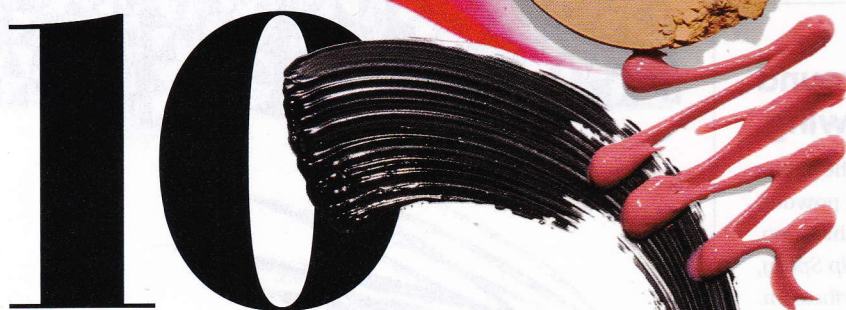
## RESOLUTION #9



### I will not look like a schlumpadinka on the weekends.

There is no good reason to leave your house in pajama bottoms. Take some workweek items—your button-down, turtleneck, or blazer—and pair them with a casual cardigan, poncho, or puffer vest. Add leggings, athletic pants, or jeans—and keep in mind that either your top or bottom should be fitted to give you a polished silhouette. From top: *Cardigan*, \$328; *kitandace.com*. *Poncho*, \$494; *360cashmere.com*. *Puffer vest*, \$120; *jcrew.com*.

## RESOLUTION #



### I will streamline my leave-the-house routine.

Pulling yourself together shouldn't take hours. All you need to be ready in five minutes: tinted moisturizer or sheer foundation, a pop of blush, black mascara, and lip gloss. Clockwise from top right: *Clinique Beyond Perfecting Powder Foundation + Concealer*, \$27; *clinique.com*. *Sephora Collection Colorful Cheek Ink Gel*, \$14; *sephora.com*. *CoverGirl Plumpify Mascara by BlastPro*, \$12; *drugstores*. *Rimmel London Oh My Gloss!*, \$6; *drugstores*.



# #1

RESOLUTION

## I will clean my makeup brushes once a month.

We know you don't want to transfer grime and bacteria onto your face. Wash your brushes with a bit of baby shampoo, rinse well, and dry with the handles elevated. *Sonia Kashuk Color Crazy Ten-Piece Brush Set*, \$37; [target.com](http://target.com).



RESOLUTION #

# 12

## I will finally organize my closet and accessories.

It's so much easier to get ready in the morning if you don't have to search for the tights you need or the mate to your earring. And how much more fun when everything is beautifully showcased, on matching hangers or trays? It's like you're shopping in your own closet! Donate what you don't need, or consider consigning it to an online site like [Poshmark.com](http://Poshmark.com), [TheRealReal.com](http://TheRealReal.com), or [ThredUp.com](http://ThredUp.com). *Jewelry organizers*, Wolf, \$34 to \$59 per tray; [wolf1834.com](http://wolf1834.com).



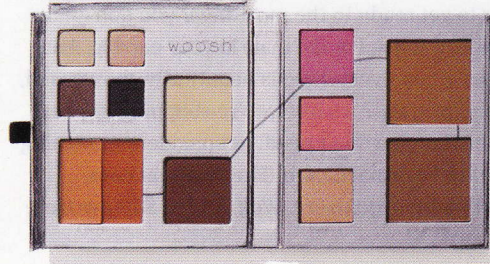


RESOLUTION #

# 13

## I will get a professional bra fitting.

The right bra will make you seem leaner and make your clothes look better. So a professional consultation is worth it—especially if you're still wearing the same size you did 20 years ago. Two nice options: The Révèle Moi and Parisian bras from Chantelle have a four-part cup with a vertical center seam to give the breasts extra lift. Bras, \$69 to \$78 each; [chantelle.com](http://chantelle.com).



RESOLUTION # 14

## I will get the most bang for my beauty buck.

Consider an all-in-one makeup palette (like Woosh Beauty Fold Out Face Palette, \$80; [hsn.com](http://hsn.com)), which contains perfectly coordinated eyeshadows, blushes, and powders, along with an easy-to-follow how-to for creating different looks.



RESOLUTION #

# 15

**I will have a go-to dress that makes me look instantly gorgeous.**

Some moments you can't plan for. With one simple but flattering LBD in a fabric like jersey, you can be ready for anything, from a work presentation to a last-minute dinner date. *Dress, Rachel Rachel Roy, \$119; macys.com.*

**BEAUTY NOTE:**

The makeup equivalent of the perfect go-to dress? A bold red lipstick. How to find the right one for your skin tone: If you're fair, you'll do best with blue-reds. Olive complexions can carry off orange-reds, while darker skin looks radiant in jewel tones. *Bobbi Brown Luxe Lip Color, \$35 each; bobbibrowncosmetics.com.*



RESOLUTION #

# 16

**I will buy myself one special piece instead of a bunch of so-so stuff.**

Bypass discount shopping and squirrel away your funds until you have enough to treat yourself to something really excellent, like an iconic watch. *Apple Watch Hermès Cuff, \$1,500; select Apple retail stores and Hermès boutiques nationwide, 800-441-4488 for locations.*



RESOLUTION #

# 17

**I will downsize my handbag.**

Your huge purse is probably filled with stuff you don't need—and it's not doing your shoulder any favors. If you use a bag that holds only the essentials (keys, phone, wallet, makeup), you'll not only improve your posture, you'll also be right on trend. *Bags, Michael Michael Kors, \$348 each; select Michael Kors stores, 866-709-KORS.*



RESOLUTION #

18

## I will wear grown-up clothes to bed.

Ditch the T-shirt! You've upgraded your mattress since your teenage years; it's time to do the same with your sleepwear. Put on a pretty pair of comfortable pajamas (and don't forget to take off your makeup before bed). Pj's, \$89 for set; [duffieldlane.com](http://duffieldlane.com).



RESOLUTION

#20

## I will find a great transitional jacket.

A lightweight coat can be layered for extra warmth in the winter or worn stylishly on its own when the weather allows. Look for a statement maker, like this mixed-material trench that combines jersey, down, and wool. Trench, \$348; [kitandace.com](http://kitandace.com).



## I will find shoes that are chic and comfortable.

And you can thank the footwear companies designing on-trend, fashionable heels, boots, and walking shoes that just happen to have features such as arch support and insole cushioning. Heel, Marion Parke, \$650; [balliets.com](http://balliets.com). Walking shoe, Vionic, \$130; [vionicshoes.com](http://vionicshoes.com). Boot, Magritte, \$168; [magritteshoes.com](http://magritteshoes.com).



RESOLUTION #21

## I will start treating myself to relaxing baths.

You deserve it! Be sure to add a moisturizing oil to your soak to keep your skin from getting dry. ElizabethW Body Oils, \$20 each; [elizabethw.com](http://elizabethw.com).







RESOLUTION #

23

**I will moisturize my body every day.**

Want an itch-free winter? Steer clear of hot showers, which leach moisture from skin. And hydrate as soon as you step out of the water, using a thick cream (such as Viktor & Rolf BonBon Body Cream, \$90; [bergdorfgoodman.com](http://bergdorfgoodman.com)). In a rush? Try an in-shower moisturizer (like Nivea In-Shower Cocoa Butter Body Lotion, \$8; drugstores).



RESOLUTION #

24

**I will get out of my jeans once in a while.**

Try a slenderized stretch twill cargo pant. This modern version (no bulky pockets!) is as comfortable as your favorite 50ls. Pants, \$89 each; [chicos.com](http://chicos.com).

**I will love my glasses.**

The "nerd chic" look is in. Embrace it! Glasses, \$375; [gucci.com](http://gucci.com).

**I will glow all year long.**

Warm your complexion by swirling a little powder bronzer (try Hourglass Ambient Lighting Bronzer, \$50, and Ambient Powder Brush, \$35; [hourglasscosmetics.com](http://hourglasscosmetics.com)) on areas of the face where the sun would hit, such as your cheekbones, chin, nose, and forehead.

RESOLUTION #25



For details see Shop Guide.