

beauty now

DETOX YOUR MIND IN

10 minutes

1783 DAYS

to get better at everything

How to dress for your job

Your top 25 beauty problems solved

Single women are killing it
HERE'S WHY!

THE SECRET

to look hot in your bikini

TOTAL SPECIAL:

an A-Z of places to be

SPRING TRENDS PREVIEW:

Sexy shoes and beach boots

GET SEXY absolutely fast

SEXY HAIR? YES PLEASE! Easy looks for long or short

STARMAN Raffa Santi exclusively for beauty now



B3AUT7 WH3R3?

The H&M logo is positioned in the top left corner of the advertisement. It consists of the letters 'H' and 'M' in a stylized, red, sans-serif font, with an ampersand between them.

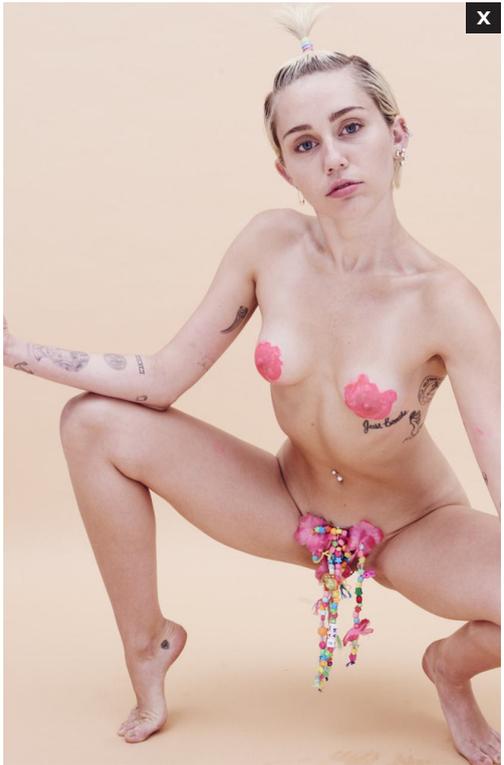
GIFTS AT H&M
 Shop at [hm.com](https://www.hm.com)

A white, long-sleeved, floor-length dress with a ruffled hem and a delicate lace or floral pattern. It is shown on a figure in the painting, positioned in the lower-left quadrant of the advertisement.

White dress
\$19.95

A long, flowing red robe with a white undergarment, featuring a decorative neckline and a long, trailing hem. It is shown on a figure in the painting, positioned in the center-right of the advertisement.

Red Robe
\$24.95



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SWAROVSKI

all things extraordinary

What if everyone from days of yore was only overly superficial? Sort of like us today. Could this possibly be the reason of Kalokagathia's birth and its future return and society awareness of death and turning one's back on god? Because everything beautiful is good, they said. Therefore, what is not good can not be beautiful and what is not beautiful can not be good. Does it mean that if it wasn't for beauty, there is no good out there? But isn't beauty fugacious? And isn't this just a silly blabber?

Renaissance



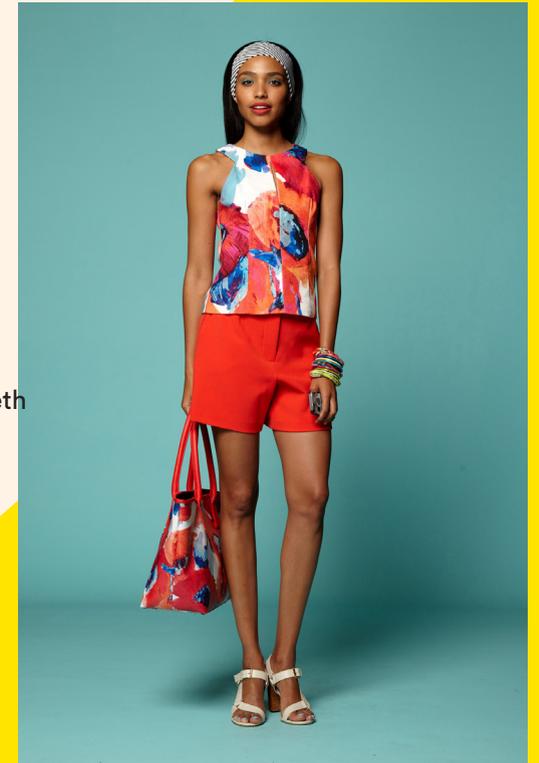
Beauty canon

- high forehead
- sharply defined chin
- pale skin
- strawberry blond hair
- high delicate eyebrows
- strong nose
- narrow mouth
- full lips
- long neck
- pregnancy like body

VS

Beauty canon

- flat stomach
- "healthy" skinny
- large breasts
- shaped butt
- thigh gap
- perfectly white teeth
- full lips
- self-supporting



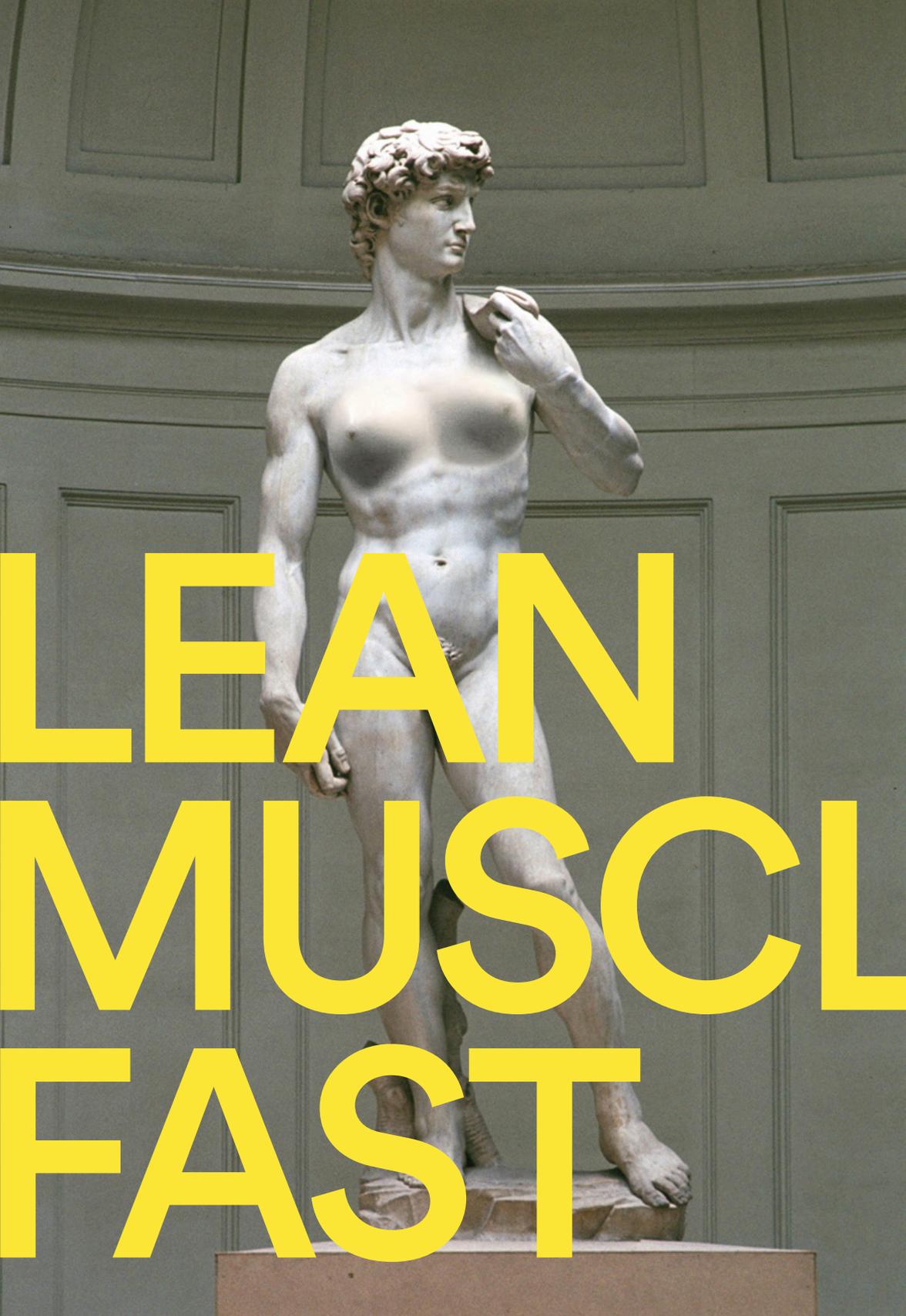
Today



Chloé

EAU DE PARFUME

Chloé



LEAN
MUSCLE
FAST

Michelangelo Buonarroti and David the apprentice



Michelangelo Buonarroti is an American actor, director, producer, and author. He played Flash Thompson in Sam Raimi's Spider-Man trilogy and had various recurring roles in television on ER, How I Met Your Mother, and One Tree Hill, before landing his breakout role as werewolf Alcide Herveaux on the HBO television series True Blood.

In 2011, he was voted "Favorite Pop-Culture Werewolf of All Time" by the readers of Entertainment Weekly, and one of Men's Health's "100 Fittest Men of All time".

No one who benches 405 pounds for reps started at 405 pounds. It just doesn't work that way. They had to go through hundreds of hours in the gym and dozens of other mini-milestones before hitting that bar-bending mark. They had to work up to it—5 pounds more this week, 10 more the next.

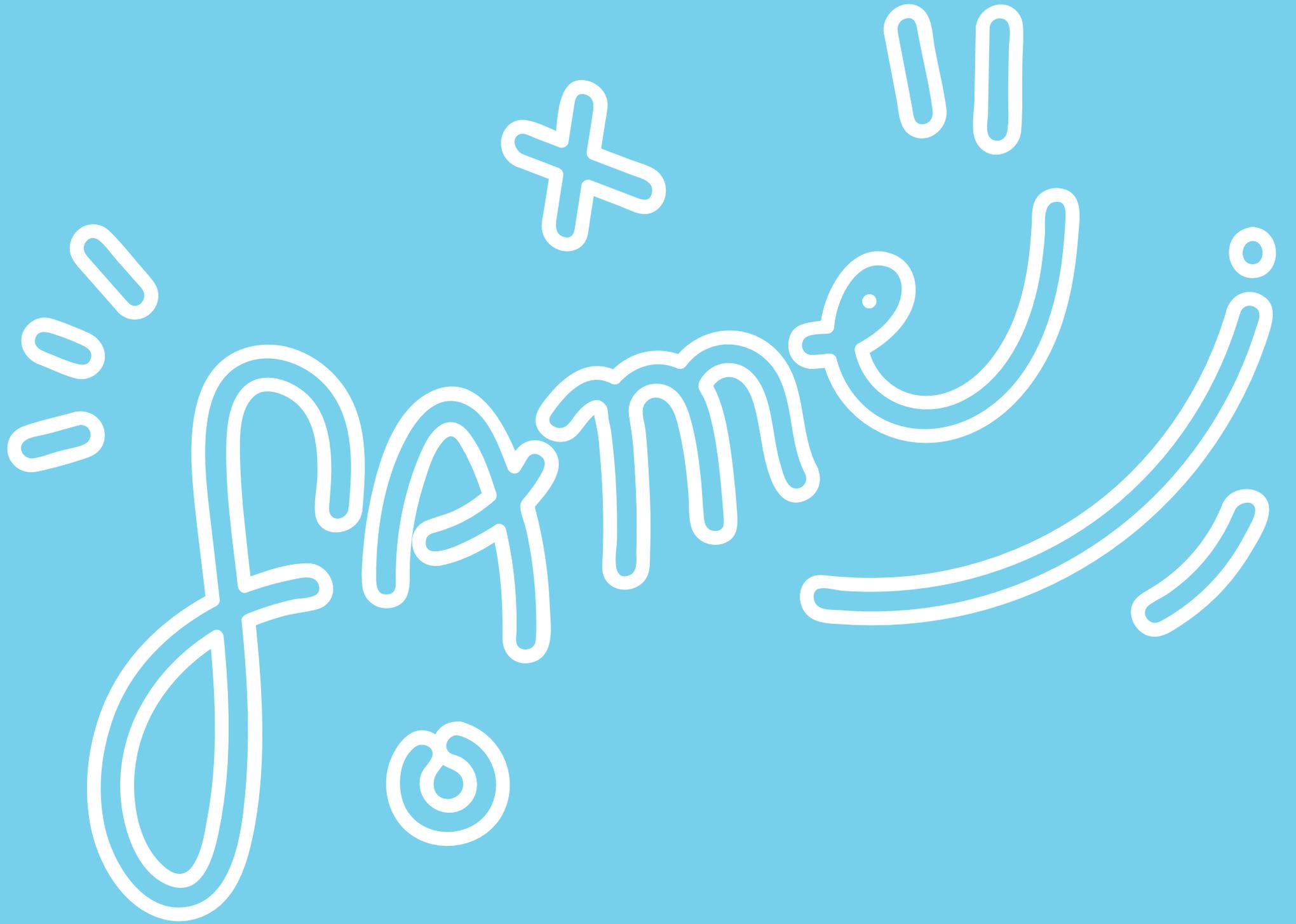
Building on the previous workout is what eventually amounts to four plates on each side of the bar. What if a rookie lifter tried to press 405 without that kind of calculated progression? Well, it wouldn't be pretty. The same approach

applies to plowing through stores of unwanted body fat, which we're sure is on your mind after your standard winter of gluttony. Take a look at your sugar-cooked, holiday-wrecked midsection. You can't pick just one slim-quick method and hope to get rid of that doughy gut by beach time. You have to work toward it.

You have to work toward it.

As with weight training, consistently adding new variables into your program—especially when they build on what you've done previously—will not only accelerate your fat-burning but also keep your body from getting used to one particular approach.

While making a whole-hearted commitment to fitness as a lifestyle is really the only way to keep those love handles in check for good, we can help you build some serious blubber-melting momentum with our six-week program. No questions no excuses ★





Meet
the guys
who are
trying

to nail
your
wife!



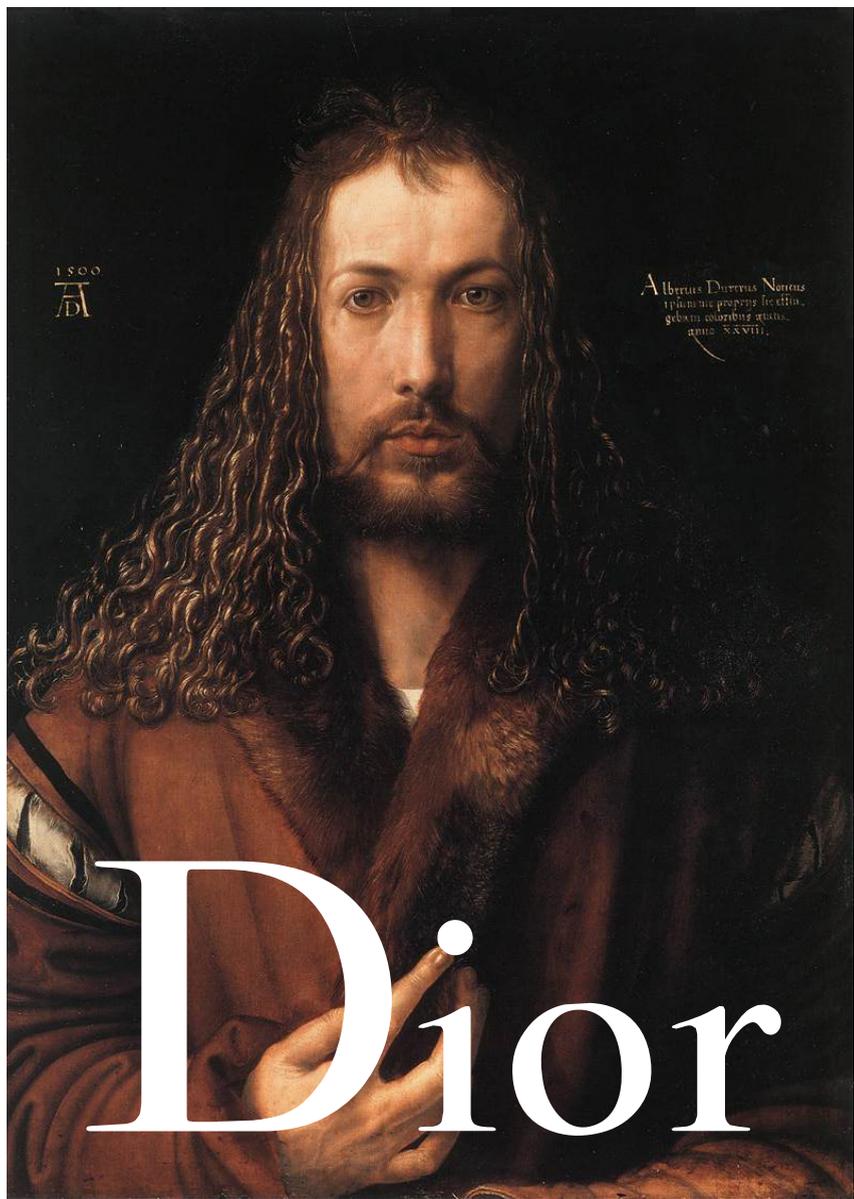


Miley Cyrus
American, born 1992

Wrecking ball 2013
Living artist, pop icon, actress,
lyric writer, disney channel star

SKINNY

Skinny
from the cycle "GENERATION EGO"



Dior

Albrecht Dürer

www.diordurer.com



ਪਗੜੀਆਂ ਚੜ੍ਹਾਈ

2016

Aneta
Sláčková

STUDIO
TudumC