

[LEISURE]

FASHION

WINTER

*From
vibrant eyes
to healthier
skin*

SEEMA SADEKAR

BEAUTY

STORY BY SEEMA SADEKAR | MAKE UP BY ERIKA RENO | PHOTOGRAPHY BY GERRAD WILSON AT MEGA MEDIA ENTERTAINMENT

Winter Blues

This winter season, try keeping a vibrant look. Blue smoky eyes are a good change compared to the “go to” evening dark brown or black smoky eye. If blue eyeshadow intimidates you, wear a light blue hue on your lids and lightly line your lower lashes. Play around with the blue shadows, and take the time to explore what’s out there and what works best for you and your skin tone.

NARS and MAC Cosmetics are among the two beauty brands with a great selection of vibrant shadow colors.

To finish this look off, choose a neutral shade of gloss so that your lips don’t overpower your eyes. Add a little Anastasia Glow shimmer to your cheekbones and enjoy your evening filled with confidence and compliments.



Glowing in Winter

Hydrating and protecting your skin is extremely important during the cold season. Cold weather results in dry air, which will take moisture away from your skin.

Here are my favorite washes and moisturizers for face and body.



BODY: EPICUREN AFTERSHOWER

MOISTURIZERS

There is no denying that Epicuren Discovery is one of the hottest skincare products on today's market. Epicuren products use only the most luxurious, natural ingredients in their products and are sure to have something for everyone, providing products for a variety of skin types and issues.



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FACE: THE LANCER METHOD—3 STEPS FOR YOUNGER LOOKING SKIN

Polish, Cleanse, and Nourish. The Method, a three-step routine by Lancer has done a 180 on my skin. Dr. Lancer, a globally renowned dermatologist, has created a legendary skin care system that is formulated to give you smooth, glowing results with healthier and younger looking skin.

Add to your playlist.

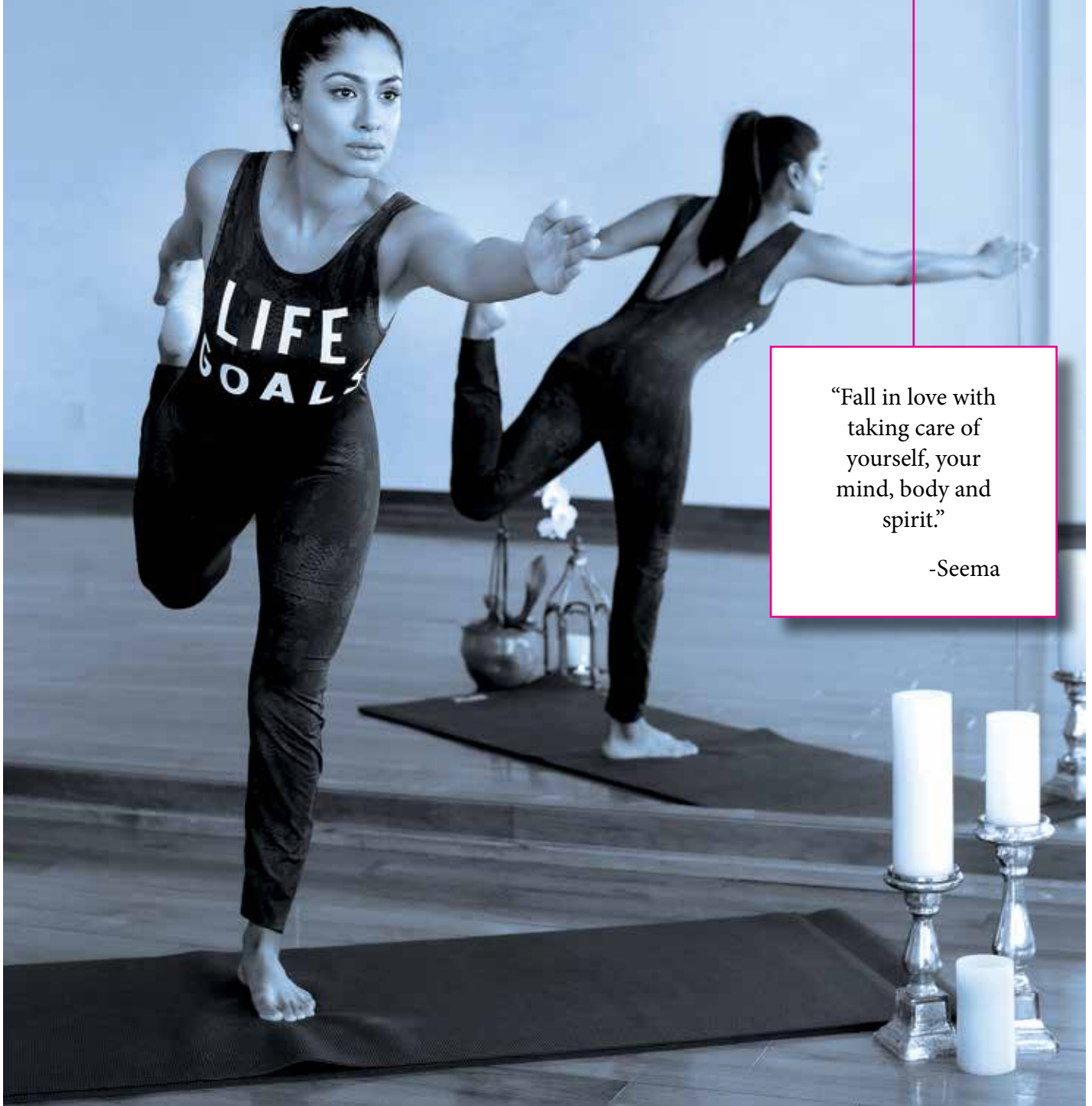


Take an easy drive to 110 courses and some of the coolest places to CHILL. Plan a golf getaway and the chance to takeaway the bragging rights.



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“Fall in love with taking care of yourself, your mind, body and spirit.”

-Seema

Winter Health

"BABY IT'S COLD OUTSIDE"

Yoga practice is a great way to keep warm and will help prevent stiffness, aches and pains, which we all face during the cold season. Practicing yoga maintains mobility of the joint and increases the circulation in the body. This season get yourself a yoga mat and some candles and take time for your mind, body and soul. &

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