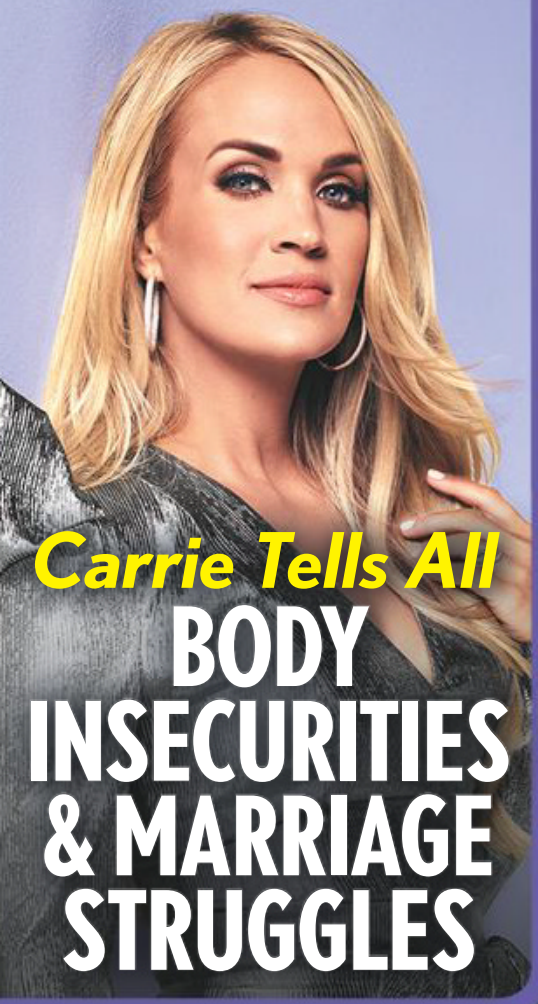


TO THE GREAT
NATURAL TASTE QUESTION,
WE HAVE TWO WORDS:
OSCAR MAYER.



NO ARTIFICIAL INGREDIENTS. NO ANTIBIOTICS. EVER.



Carrie Tells All
BODY
INSECURITIES
& MARRIAGE
STRUGGLES



Cindy Crawford

Rande Gerber



KAIA BACK WITH BAD BOY PETE!



SON'S DUI & FACE TATTOO!



BEFORE
PLASTIC SURGERY SHOCKER
BRIE LARSON'S NEW FACE!

MARRIAGE EXPLODES!

\$1 Billion Fortune At Stake!

- Torn apart by troubled kids
- Fighting over who's to blame
- George & Amal take sides



SPONSORED
 BREAKING NEWS:
 HOW HOLLYWOOD
 IS EASING
 OCCASIONAL
 ANXIETY...
FOREST REMEDIES!





“When
my mom
was diagnosed with cancer,
I wanted her
to have access to
the best
treatments
available.”

SONEQUA MARTIN-GREEN
Stand Up To Cancer Ambassador

Photo By
MATT SAYLES

THAT'S WHY I'M SO PASSIONATE ABOUT EXPANDING AWARENESS OF CLINICAL TRIALS

You want the best treatments for your loved ones. My mom's cancer was treated using a therapy made possible by clinical trials. I want all people diagnosed with cancer to have access to the treatments that will make them long-term survivors, like my mom.

Cancer clinical trials may be the right option for you or a loved one. The more information you have about clinical trials, the more empowered you will be to seek out your best treatments.

Learn more at StandUpToCancer.org/ClinicalTrials



Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

photo
Flash

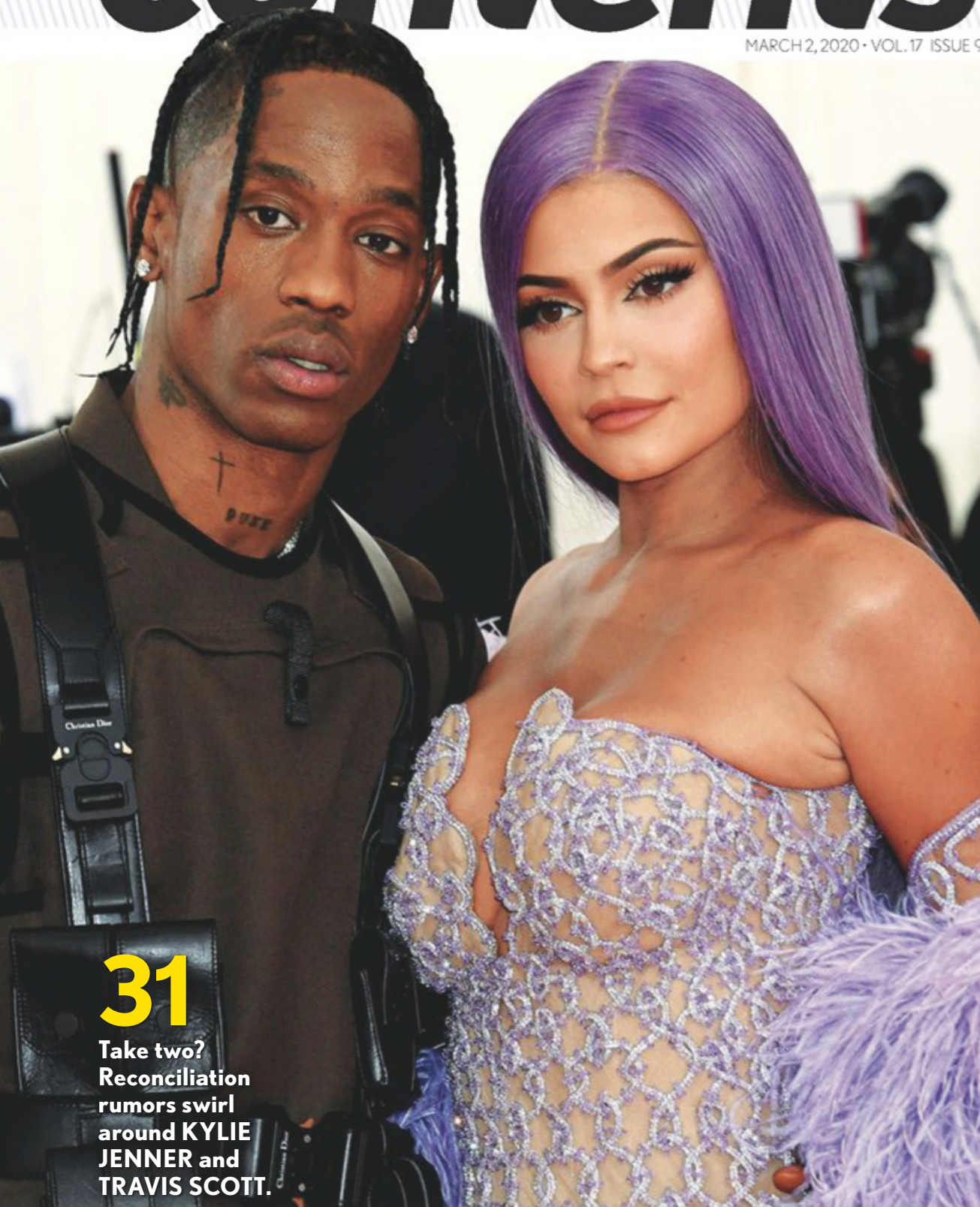
SUPER MILEY

NYC, Feb. 12

Move over, Gigi and Bella! Guests at the Marc Jacobs show during New York Fashion Week spotted a surprise famous face on the catwalk: **MILEY CYRUS**. Sporting a black bralette, low-rise pants, leather opera gloves and a zebra-print jacket — not to mention a supermodel pout and abs for days! — the singer worked the runway like a pro.

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Mae **Whitman**

Christina **Hendricks**

Retta

Cash is Queen



NBC's
GOOD GIRLS

SUNDAYS  NBC

NOW STREAMING

The Top 10 **SUIT**



EMILY BLUNT

Elie Saab
NYC

RENÉE ZELLWEGER

Tom Ford
LA

EVA LONGORIA

Max Mara
NYC

OLIVIA PALERMO

Berluti
Paris

ROSE BYRNE

Christian Wijnants
NYC

Looks

Hello, #bossbabes! From hot hues to tailored fits and hints of sexiness, stars prove this borrowed-from-the-boys style looks just as sharp on the ladies



ELLE FANNING

Gucci
London

CHARLIZE THERON

Dior
London

SELENA GOMEZ

Gauge81
NYC

AWKWAFINA

Bella Freud
NYC

ELISABETH MOSS

Trave Denim
Park City, Utah

Twinning!

Styles so nice,
we've seen
them twice!



Wardrobe.NYC

KATIE HOLMES VS **SELENA GOMEZ**

Outfits are all about proportions, and Selena's oversize gold pants under this too-big Wardrobe.NYC trenchcoat offer a whole lot of extra...fabric. Choosing Katie's belted look was a cinch!



Danielle Guizio

MADISON BEER VS **GIGI HADID**

Ugh, are we still wearing dad sneakers, Madison? Gigi turns the streets into her own personal runway with slouchy suede boots over these Danielle Guizio leather pants for a *très chic* finish.



Old Navy

KELSEA BALLERINI VS **KEKE PALMER**

No doubt Keke looks incredible in her Old Navy Powersoft leggings (hello, abs!), but Kelsea's matching set and coordinating kicks make gym wear look chic.



Ease Occasional Anxiety

Sure, you're busy — but try these easy ways to sneak some inner peace into your overscheduled life.



MEDITATE

Meditation is simple, as there's no equipment needed. That doesn't mean you'll find it easy to sit quietly and stop your brain chatter. It takes grit, determination and discipline.

BREATHE RIGHT

Have you ever wondered why people tell you to "take a deep breath" when you're feeling anxious? The simple act of controlled breathing can help you find peace and relax.

Golden Thread Breath:

Step 1: Relax your face and jaw. Make sure your lips and teeth are slightly apart.

Step 2: Take one deep breath in through your nose, giving your body energy and oxygen.

Step 3: Exhale slowly through your mouth. Imagine you are breathing out the pain. Repeat as needed.

WELLNESS THROUGH BOTANICALS

CBD is being studied for its potential benefits on occasional sleeplessness and anxiety, its use for recovery from exercise-induced aches and pains, healthy skin, and more.

Forest Remedies Full Spectrum Hemp Extract gives you the benefits of hemp-derived cannabinoids and terpenes in a great-tasting liquid tincture format.

Available in Mint, Cinnamon, or Natural, the product is vegan-friendly and made with American-grown hemp. All you need to do is toss it in your bag and go.



**PACK
AND GO!**

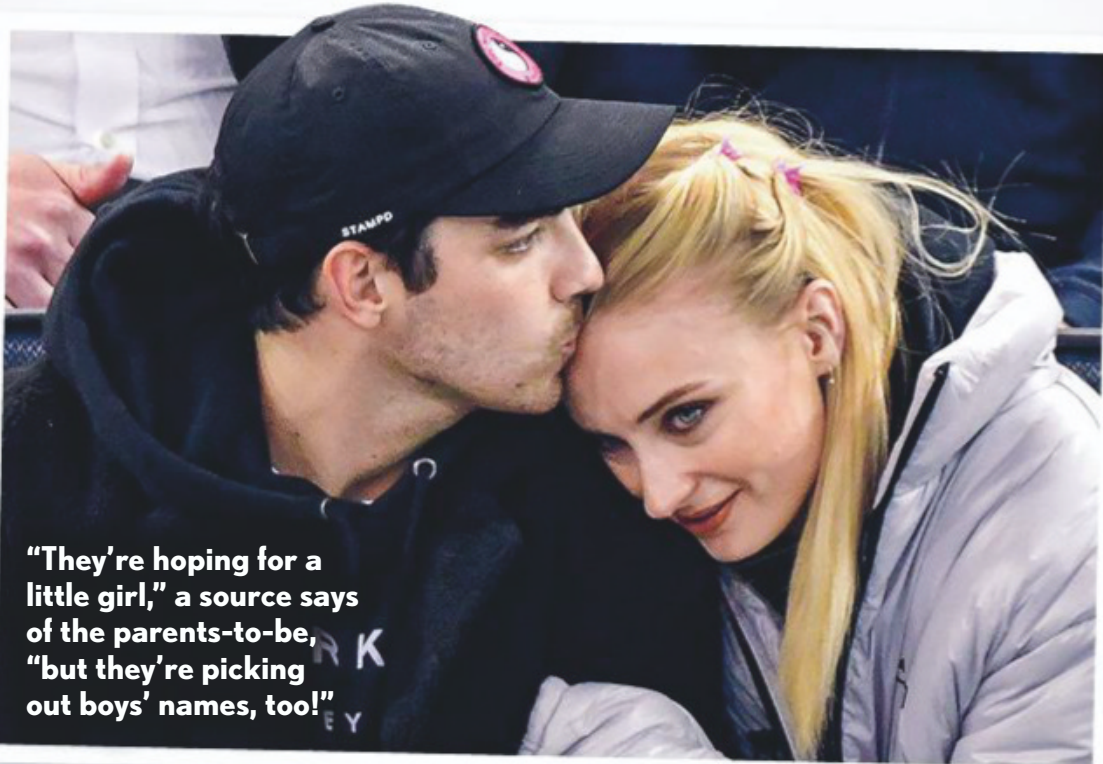
Forest Remedies Full Spectrum Hemp Extract — in Mint, Cinnamon and Natural.

NEW FEARS FOR BRITNEY

"Britney looked out of it," says a spy who spotted the "Pretty Girls" singer in LA on Feb. 12. "She walked with a slight limp, hobbling along the street."

Trouble ahead? Britney Spears was photographed for the first time in months looking worse for wear on the way to a tanning salon in LA on Feb. 12. The Princess of Pop opted to go braless in a tight crop top, denim shorts and medical boot. "Britney didn't seem her usual bubbly self, and hadn't made much of an effort with her outfit, hair or makeup," admits an eyewitness. "She looked pretty disheveled and doesn't often leave the house looking like this. It was sad to see." Fans and former friends have also grown increasingly concerned about the "Overprotected" singer, 38, after she wanted to get her father, Jamie Spears, removed as her conservator following an alleged incident involving her son Sean, 14. *Crossroads* co-star Taryn Manning wrote that she was "worried" about the songstress in a since-deleted Instagram post, explaining that "too many times, we let [people] go astray and never bother to poke our heads around," while Brit's biggest supporters mused on Twitter that it "looks like she hasn't slept for a week." "The thing is, with her past issues being so public, Britney doesn't like to complain," shares a source. "And that could be a problem because she might not share what's really going on inside." **L&S**

Sophie & Joe's BABY JOY



"They're hoping for a little girl," a source says of the parents-to-be, "but they're picking out boys' names, too!"

A baby is coming! *Game of Thrones* alum Sophie Turner is expecting her first child with Joe Jonas, a source tells *Life & Style*. The couple, who tied the knot last year, "weren't actively trying so this came out of nowhere, but it's a wonderful surprise for sure," explains the source, who says the British actress, 23, is due sometime in the summer. "Fortunately, Sophie can pretty much pick and choose her roles right now so she's cleared her schedule to prepare for the baby's arrival." Joe, on the other hand, is currently touring with the Jonas Brothers, who are kicking off a nearly monthlong Las Vegas residency in April. The singer, 30, "vows to do a lot of commuting so he can be by Sophie's side during the pregnancy," the source says, "plus when she gives birth, of course."



throwback! ANDY COHEN

He's always had the gift of gab. In his memoir *Most Talkative*, Andy revealed that an aunt once poured a pitcher of ice tea on his head because he wouldn't shut up. "OK, maybe she asked me to [stop talking] once or twice before that," he's admitted. "But maybe she should've said it more like she meant it!"



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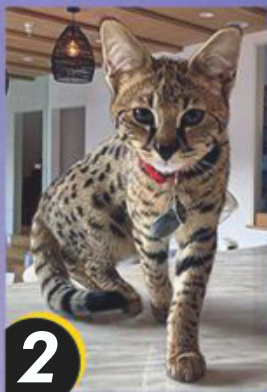
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The Life & Style Quiz: **WHOSE KITTEN IS IT?**



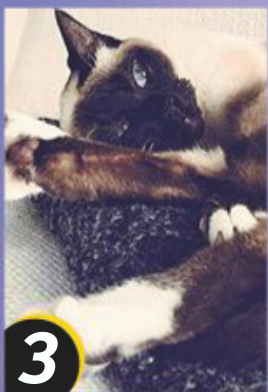
1

Lost without him!



2

One less lonely cat



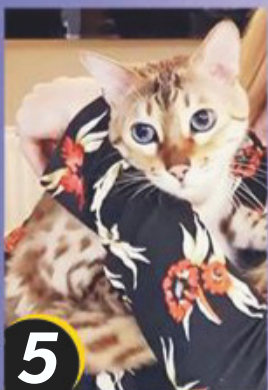
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The Office pet?



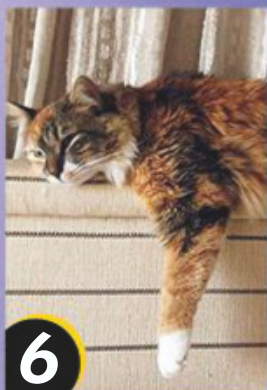
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What a Lover!



5

British Bengal...

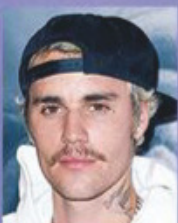


6

Never been hissed



A DREW BARRYMORE



B JUSTIN BIEBER



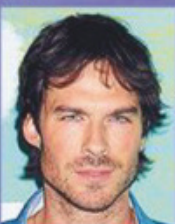
C TAYLOR SWIFT



D RICKY GERVAIS



E ELLIE GOULDING



F IAN SOMERHALDER

QUIZ ANSWERS: 1.F, 2.B, 3.D, 4.C, 5.E, 6.A

J. Lo's

JUGGLING ACT

Jennifer Lopez's love might not cost a thing, but her children, Max and Emme, seem to be the ones paying the price for her successful career. According to a source, the 50-year-old superstar splits her time between NYC, LA and Miami — where the 11-year-old twins currently go to school. "J. Lo is always working on something, and that's the way she likes it," the source admits. "However, the kids are getting to an age where they need and want their mom around." Emme, in particular, is said to have asked the *Hustlers* star to stop traveling so much. "Jennifer and Emme are super close. Everyone can see that she looks up to her mother," shares the source. "Deep down, J. Lo knows she needs to slow down. Those two coconuts mean the world to her."

► Jennifer's twins "want her to spend more time at home with them," reveals a source.



Did the Marvel star (seen here in 2009 and 2020) boost her confidence with cosmetic procedures?

Brie's

ABOUT-FACE

Plastic surgeons, assemble! A team of super-skilled docs is likely responsible for transforming Brie Larson's appearance before she ever put on the Captain Marvel suit, according to *Life & Style's* expert. "It looks like she had a rhinoplasty to narrow and define the tip and bridge of her nose, as well as an upper eye lift," surmises Dr. Michelle Yagoda, an NYC-based plastic surgeon who has not treated the *Avengers* star, 30. "Her jawline and cheeks have seemingly been augmented by filler, too, which has given her a more contoured appearance." While some A-listers go overboard with the injectables, the actress appears to have had the good sense to know when to stop. "Brie looks beautiful and natural," adds Dr. Yagoda. "She's a perfect example of how subtle changes can make a drastic difference."

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protection
for your tightest
styles

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LEAK & ODOR-FREE
wear what you want



TAMPAX radiant *always*
COLLECTION

Bachelor Peter's FANTASY SUITE NIGHTMARE

What happens in the Fantasy Suite doesn't always stay in the Fantasy Suite — just ask Bachelor Peter Weber. The 28-year-old pilot found himself in hot water with front-runner Madison Prewett after she learned that he hopped into bed with both Hannah Ann Sluss and Victoria Fuller during the overnight dates! “Madison is saving herself for marriage and has been very open about her choice,” a source tells *Life & Style*. “She did have a conversation with Peter to explain where she stands and told him how difficult it would be for her to hear that he was intimate with anyone.” Let alone every-

one! “When Madison found out what Peter had been up to with the other contestants, she was really upset,” the source says. “She needed to take a step back to process her feelings in private and evaluate if she wanted to move forward with him.” Host

Chris Harrison keeps promising Bachelor Nation that this is going to be the “most dramatic” season finale in series history, and that could very well be the case if the Alabama beauty, 23, decides to send herself home. “From the beginning, Peter and Madison had a strong connection and instant chemistry,” explains the source. “He just told her that he was falling in love with her, so of course Peter would be crushed if Madison up and left.” **L&S**



MADISON

HANNAH ANN

VICTORIA F.

He's made his bed and now he's got to lie in it! “I don't want this to feel like it's all about sex, but six days prior, I was intimate with someone else,” Peter told a contestant through tears.

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
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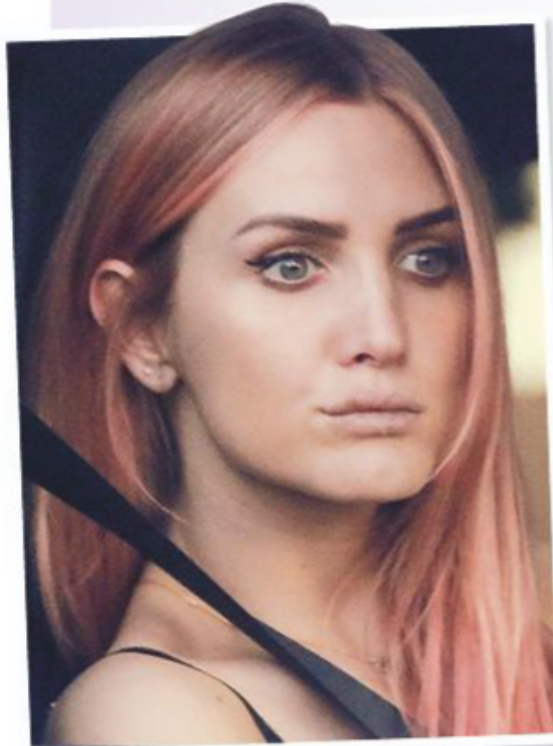
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ASHLEE'S

FILLER FIASCO



Little Miss Obsessive seems to have gone too far! Ashlee Simpson left a Beverly Hills salon on Feb. 5 with pink hair, but it wasn't the celeb's new hue that caught attention. It was her swollen, misshapen lips! "Her pout looks puffed out and lumpy as is commonly seen with improperly injected fillers," explains Dr. Rian Maercks, a board-certified plastic surgeon in Miami who does not treat the star. And while the 35-year-old has denied getting work done in the past, "it appears as if silicone was injected," says Dr. Maercks, "irregularly in some areas and deeper in others."

🔍 Ashlee's bumpy lips are the result of bad filler, claims *Life & Style*'s doc.

KESHA SUFFERS ANOTHER SETBACK

She was praying for a different outcome. A judge ruled that Kesha defamed music producer Dr. Luke when she told Lady Gaga that the 46-year-old music producer, whom she alleges drugged and raped her, had assaulted Katy Perry, too. (The "Tik Tok" singer, 32, also owes Dr. Luke nearly \$400,000 in interest for late payment of royalties.) "Kesha's devastated. She only texted Gaga what she thought was the truth," a source tells *Life & Style*. "The judge clearly saw it differently." Kesha's legal team plans to immediately appeal the ruling, and friends of the fragile pop star "are encouraging her to stay positive," the source says. "She just released a new album and things outside of the courtroom are looking up. The last thing she needs is to spiral back down into a dark place."



Kesha was dealt a difficult blow in her ongoing legal battle with music producer Dr. Luke (inset).

checking in... VIP STYLE!

When stars go out – they go all-out!

★ Adam Levine

hopped on the mic at Byron Allen's Entertainment Studios Oscar Gala, benefiting the Children's Hospital Los Angeles, at the Beverly Wilshire hotel in Beverly Hills.



★ Justin Bieber took over the DJ booth at STK Midtown, where he partied with wife **Hailey Baldwin** following his *SNL* performance in NYC.



★ **Heidi Klum** attended the 28th annual Elton John AIDS Foundation Academy Awards Viewing Party in West Hollywood.

★ **Anthony Anderson** picked up a few things at Doris Bergman's annual Valentine Oscar Luxury Lounge & Party at Fig & Olive in West Hollywood.

★ **Scheana Shay** brought her new boyfriend, Brock Davies, to the Cinémoi Oscar Party, benefiting Children Uniting Nations, in Beverly Hills.

★ **Michael B. Jordan** celebrated his 33rd birthday with BACARDÍ cocktails at Delilah in West Hollywood.

★ **La La Anthony** participated in a panel for *WWD*'s Style Dimension at Dream Downtown's Winter Rose Garden pop-up bar in NYC.

★ Bebe Rexha

performed at Elite World Group's e1972 luxury brand launch celebration during New York Fashion Week.



the week in **PHOTOS**

HOLDING COURT

Leicestershire, England, Feb. 11

PRINCE WILLIAM and **KATE MIDDLETON** joined **PRINCE CHARLES** and **CAMILLA PARKER BOWLES** at a military rehabilitation center, where they met with injured veterans and played wheelchair basketball.





**STACK IT.
BUILD IT.
MIX IT UP.**



the week in PHOTOS

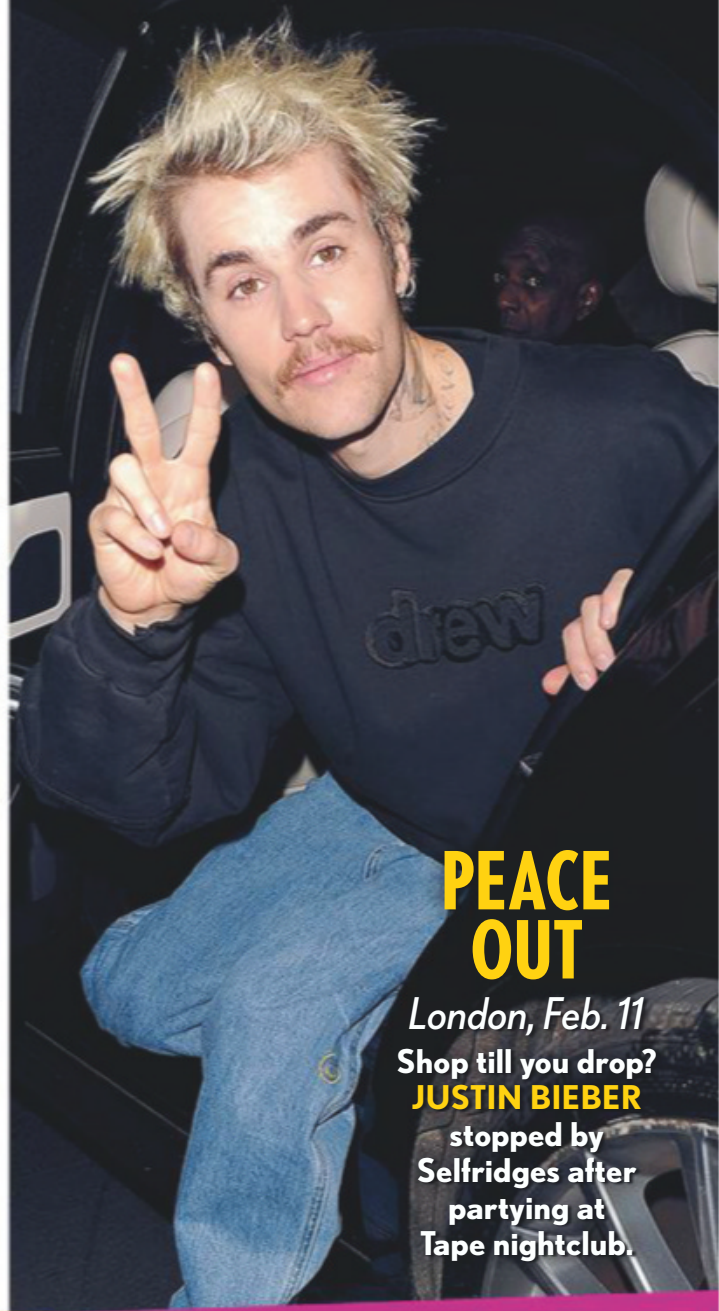
LOVE BITES

Chicago, Feb. 11
JENNY MCCARTHY
and **DONNIE WAHLBERG**
celebrated
Valentine's Day early.



PEACE OUT

London, Feb. 11
Shop till you drop?
JUSTIN BIEBER
stopped by
Selfridges after
partying at
Tape nightclub.



FANCY FOOTWORK

Burbank, Calif., Feb. 10
Don't want to pull a muscle!
JOHN KRASINSKI made
sure to stretch (inset)
before busting a move with
ELLEN DEGENERES.





POOL PARTY

Dominican Republic, Feb. 6
She's on island time! **BROOKE BURKE** floated down the lazy river during a girls' trip to Hyatt Zilara and Hyatt Ziva Cap Cana resorts.

Vacation vibes!



Slip & slide!



BRITTANY WATTS
NYC-Based Athlete and Trainer

Being an elite trainer at Performix House – a gym frequented by celebrities such as reality star Steve Gold and former professional football wide receiver Victor Cruz – means taking your diet and fitness regimen to the next level. Performix House trainer Brittany Watts integrates Performix's pre-, during and post-workout products into her daily wellness routine to give her an energy boost, keep her hydrated, and help her muscles recover in between sessions to help her push her clients to reach their goals.



THE SUPERSTAR WAY TO *Boost* *Your Workout!*

Maximize your results in the gym with this A-list approved stack.

It's no secret: Hollywood has an obsession with health and fitness – and celebrities are the ultimate fitspo! Even with their notoriously hectic work schedules, they still manage to maintain a healthy lifestyle and look red-carpet ready all year round. Talk about #bodygoals.

How do they do it, you ask? While there's no substitution for hard work and dedication in the gym, certain pre-, during and post-workout nutrition products help them along the way. And thanks to Performix, you can get into million-dollar shape too! Their latest line of products has everything you need to fuel your body before, during, and after your workout, providing you with delicious and effective products to help you reach your own fitness goals.

**EVERYTHING YOU
NEED IN ONE SIMPLE
PRODUCT REGIMEN.**

I. PRE-WORKOUT ENERGY

Need a boost to get you motivated and into the gym? **Performix ION Pre-Workout** features a combination of energy-, focus- and endurance boosting ingredients, headlined by 200mg of caffeine – a little

more than 2 cups of coffee! – in a delicious **Blue Ice** flavor. No matter the exercise, this sweet jolt of energy provides the kick you need to get up, get out and get the most out of your sweat session.

II. DURING WORKOUT HYDRATION

Whether you're running, lifting, spinning or hitting the mat, you need to keep your muscles hydrated to maximize your time at the gym. **Performix ISO EAA+BCAA** is a mouth-wateringly refreshing way to do just that! Available in yummy **Juicy Watermelon**, this during

workout solution provides a blend of electrolytes to help keep you and your muscles adequately hydrated, while a mix of amino acids also helps to kick-start your muscle recovery process so you can stay on track with your regimen!

III. POST-WORKOUT RECOVERY

Keeping up with a workout regimen means taking care of your body after a gym session with the right nutrition. But who wants to gulp down a chalky protein shake that will make you feel bloated? Not us! Enter **Performix ioWHEY PROTEIN** – not only does this post-workout treat come in delicious flavors such as **Fruity Cereal** & **Chocolate Brownie**, but it has also been shown to provide

46% improvement in stomach discomfort post-consumption vs. other proteins[^]. And that's not all – one serving of ioWHEY (22g) has been shown to deliver the same benefits as a larger serving of standard protein (30g).^{*} The same strength-boosting, muscle recovery benefits in a better-tasting shake with less calories, fat, sugar and carbs than the alternative? Sign us up!

GET STARTED TODAY!

This effective yet affordable assortment of products is available at select Walmart

and Rite Aid stores now. Grab yours today and start chasing your New Year's #bodygoals!



^{*}As demonstrated in a study conducted by Lowery et al at the Applied Science and Performance Institute in a blinded cross-over human clinical evaluating blood levels of branched chain amino acids in subjects after consuming standard WPI vs io™ treated WPI.

[^]As demonstrated in an 8-week, blinded human clinical trial evaluating psychometric measures of impact on stomach distress in subjects after consuming 28 grams of standard WPI vs 28 grams of ioProtein® WPI. Subjects ingesting ioProtein® reported a 46% reduction in stomach discomfort.



Available At Select Stores



the week in PHOTOS

DATE NIGHT

LA, Feb. 4

CEELO GREEN and his fiancée, **SHANI JAMES**, walked the red carpet together at WE tv's *Marriage Boot Camp: Hip Hop Edition* premiere.



DRINK IT IN

Miami, Feb. 1

NASCAR driver **KYLE BUSCH** and wife **SAMANTHA** celebrated the launch of Rowdy Energy Drinks at the *Maxim Big Game Experience*.

KIDDING AROUND

What a cast of characters! Dressed as the Pickle Fairy, **ARIANA GRANDE** made a surprise appearance on the Showtime dramedy *Kidding* alongside her childhood idol, **JIM CARREY**.



CAUTION:

FRIENDS MAY APPEAR OUT OF THE BLUE



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The Backstory Behind The Brand That's Revolutionizing **PAIN RELIEF**

Tommie Copper was born out of necessity. A tragic water skiing accident left one of our own feeling hopeless as if he was watching from the sidelines. After countless surgeries and one uncomfortable compression sleeve after another, he felt like his pain was controlling his life" his story not unlike many. When no solution was found they created one starting with a knee sleeve. The science of compression was proven but the comfort of compression was not yet mastered. Tommie Copper's fabric is engineered from the ground up and is unique to their name, and developed for everyday comfort. Tommie Copper products are not simply a solution to a problem, they are a way for you to comfortably control your pain.



60 DAY MONEY BACK GUARANTEE

Try our products and if you are not completely satisfied, return with no questions asked.



When one of us experiences pain we all dream of **INNOVATION.**



It All Started with a Sleeve **Compression Knee Sleeve**

With over 1,000,000 sold to date, Tommie Copper has continued to revolutionize the category they started. Evolving into Performance and Adjustable Compression Knee Sleeves.



NEW!
**Adjustable Support
Knee Sleeve**
Customize your support with Ultra-Flex Stability Straps and maintain comfort and mobility.



Shoulder & Upper Back Relief Shoulder Centric Support Shirt

Tommie Copper's next breakthrough innovation. Ergonomic compression paneling designed to cradle your upper back and shoulders, relieving stress and strain while helping pull shoulders back to the proper position to encourage healthy posture. This shirt proved to be one of a kind!



Back Pain Innovation Lower Back Support Shirt

Tommie Copper took continuous feedback from customers on back braces for lower back pain and created a truly wearable solution. The Lower Back Support Shirt & Tank are the most technically engineered garments developed to date and offer a discreet and comfortable way to provide support and pain relief to your lower back all day.



Your Relief Has Arrived Compression Socks

Having long had innovation in compression socks, Tommie Copper was dedicated to bringing relief of compression socks without the difficulty of tight, hard to wear socks on the market. Over the Calf Ultra Fit Compression socks are their most comfortable socks yet!

COPPER + ZINC INFUSED F A B R I C

Patented Copper and Zinc technology is 100% infused into all of their garments, providing permanent anti-odor benefits; preventing the growth of odor-causing microbes on the fabric that won't wash out.



Do You Have **BACK PAIN?**

You're not alone

You're surrounded by 80% of the world that also has back pain! It's the number one source of pain, yet solutions are limited, ridged, and invasive.

Tommie Copper sought to rewrite the script! Compression is proven to work but as the CEO and Cofounder of Tommie Copper, Sol Jacobs, says "compression only works if you wear it" and you can't wear it if it's uncomfortable. A true believer in the benefits of Tommie Copper products, Jacobs seeks to turn heads and make people change their minds about compression. When asked "isn't compression scary, restrictive, uncomfortable?" the Tommie Coppers response is – not ours! Jacobs is constantly challenging non-believers with "try these socks for 72 hours then tell us if you're feet hurt" or "if your back hurts now you should have a supportive solution all day, not only when it hurts".

80% OF PEOPLE WILL EXPERIENCE
BACK PAIN
IN THEIR LIFETIME



264M
LOST WORK DAYS DUE TO
BACK PAIN



Comfort Back Brace

Provides comfortable compression for support and recovery, with targeted relief for the lower back and lumbar area. An adjustable, anti-snag hook and loop closure strap ensures a customized fit for carrying the weight of a busy day.



Shoulder Centric Support Shirt

Provides targeted compression at the shoulders and muscles along the spine to help relieve everyday aches and pains, while encouraging an upright, healthy posture by helping to retract your shoulder blades. Our innovative design features compression panels with ergonomic seams for maximum support, relief & recovery.



Lower Back Support Shirt

This shirt is engineered with a 4-panel power mesh system for ultimate lower back support, reducing stress and pain. Stylish and slimming, you can proudly wear this shirt on its own, but it has been designed with an ultra-thin profile so you can discretely wear it under your clothing too. Now relieving back pain is as simple as getting dressed in the morning!



COMPRESSION BENEFITS FOR RELIEF:



1 Helps Reduce Swelling



2 Provides Support & Stability



3 Improves Recovery Time

SPITS & GIGGLES!

JON STEWART got a mouthful when he jumped out from underneath **STEPHEN COLBERT's** desk on *The Late Show*.



STARS BEHAVING BADLY

LOCKS TO SEE HERE!

CODY SIMPSON posted a photo on Instagram of **MILEY CYRUS** giving him a haircut at home — in nothing but lingerie.



FIRST DOWN... AND 10 TO GO!

Kansas City Chiefs quarterback **PATRICK MAHOMES** crushed a can of beer during the Super Bowl parade in Miami.



KISS THOSE Sugar Cravings GOODBYE!

Buyer Beware: Hidden Sugars Are Everywhere

Sugar is sneaky and can be hidden in the most unassuming (mainly processed) foods — from ketchup to granola. Make smart swaps by incorporating more real, whole foods into your diet, which will help you cut back on sugars and calories and increase your nutrient intake.



Prioritize Quality ZZZ's

Aim for a consistent 7-8 hours of sleep per night. Without quality sleep, feelings of exhaustion and grogginess can take over, affecting both your food choices and your motivation to work out. Power down those smart phones and save the scrolling for the A.M.

Amp Up the H₂O

The benefits of water are truly endless — it aids in digestion, contributes to glowing skin and helps to keep you satiated. If you find yourself randomly craving something sweet, you could just be thirsty. Be sure to carry a water bottle with you wherever you go, so you can easily combat the cravings when they strike.



Sweat It Out

Similar to water, the benefits of exercise are extensive. But contrary to popular belief, you don't have to be a natural athlete to reap the benefits. Any daily movement — walking, jogging, hiking, biking — will work. It's important to find what you like and make it a regular routine you can stick to.



With a client roster of some of the most popular celebrities today, Hollywood's go-to trainer, **Harley Pasternak**, is on a mission to help everyone look and feel their best. His number one piece of advice? Kick that addicting sugar habit to the curb ASAP. While it may seem easier said than done, Harley is dishing out his expert tips for ditching the sweet stuff.



“My sugar addiction was stronger than me. I knew I needed something to help me, and once I found it, I shared it with my clients, and then the world.” — **Harley Pasternak**

Ready, Set, Reset Those Habits!

Kick-start your low-sugar lifestyle with the Sweetkick 14-Day Reset. This program is designed to give you the knowledge and power to rebuild healthy habits. At the core of the program, Sugar Control Mints will help suppress the taste of sweetness from the sugary foods you crave, allowing you to break your sugar cycle and control your cravings. Combined with

the fiber-filled Body Balance Powders, you'll feel full and balanced, and have all-day energy. Finally, an easy-to-follow Food Guide will keep you going in the right direction, helping you make sound choices to give your body the proper nutrients to fuel your life. So long, sweet sugar!

\$46, available at
sweetkick.com





"I WAS DOING A PHOTO SHOOT ONE NIGHT AND I WAS ON THIS CAMEL.... AND HE STARTED BUCKING AND HE HIT HIS HEAD BACK INTO MY FACE AND, YEAH, I DISLOCATED MY JAW."

- CHARLIZE THERON ON HER VERY FIRST MODELING JOB



"I'M MAKING AN ICONIC RAP ALBUM RIGHT NOW ABOUT HOW I'M NOT USING PLASTIC. DO I USE PLASTIC SOMETIMES? YES, I DO. I REALLY TRY NOT TO."

- NICOLE RICHIE, WHOSE RAPPER ALTER EGO IS NIKKI FRESH

**say
WHAT?!**

ONLY CELEBS CAN GET AWAY WITH THIS!



"I'VE NEVER BEEN THE GIRL WHO'S LIKE, 'OOH, TIGHTER, LOWER, SHORTER.' I CONSTANTLY WANT TO DRESS LIKE AN OLSEN TWIN."

- LUCY HALE ON HER STYLE AESTHETIC



"GLENN'S A PROFESSIONAL EMOJI-ER."

- MILA KUNIS ON TEXTING WITH FOUR GOOD DAYS CO-STAR GLENN CLOSE



"I LOVE MY SMILE. I SUCKED MY THUMB FOR 18 YEARS, [BUT] I THINK MY SMILE LOOKS PRETTY BEAUTIFUL."

- TIFFANY HADDISH

celeb-worthy **SWAG**

All the loot we're absolutely loving right now!



MINIMALIST MUST-HAVE

Buttery-soft memory foam flip-flops earned Hari Mari a cult following. Now the shoe favorite has stepped things up with a collection of slides that take wearers from day to night. Featuring a cushioned footbed, leather or organic hemp straps and gentle toe grips to keep feet centered, the supportive flats, dubbed the Sydney, retail for \$88 and up. harimari.com



QUICKIE COCKTAILS

Who needs a bartender? Settle into happy hour in the comfort of your own home with the \$299 Drinkworks Home Bar by Keurig. Beloved by celebrities, this first-of-its-kind appliance uses pods to prepare freshly made mixed drinks, ciders, brews and more! drinkworks.com

TRAVEL ON A BUDGET

Don't let luggage weigh down your vacation spending. Target's sleek new Open Story line is fashionable, practical and economical, with nearly 40 bags and accessory items ranging from \$19.99 to \$179.99. That's 25 percent lower than comparable brands, so you can afford to splurge on a hotel! target.com



NATURAL BEAUTY

Want to look red-carpet radiant sans harsh chemicals or needles? Then give Krisana Vigus' pure and simple, result-driven skincare products a try. The label's \$89 Eye Serum, \$28 Radiance Facial Mask and \$49 Body Smoother are all packed with soothing ingredients like white clay to make every day feel like a spa day. krisanavigus.com



A GEM OF A CAUSE

Celebrate diversity in style with the Join Hands Bracelet. Beads made of agate, tigereye, mother-of-pearl, onyx and jade represent all the colors of humanity, while a gold-and-diamond charm encourages women around the world to unite. Starting at \$50, the bauble makes a perfect gift. womenjoinhands.com



luxe locale OF THE WEEK



Escape
bad mojo!

THE PERFECT ESCAPE FOR ASTROLOGY FOLLOWERS

The best-laid plans often fall apart during Mercury retrograde – but not at Nyack, N.Y.'s The Time. From Feb. 17 to March 10, this chic boutique hotel is offering up a special Mercury Retrograde Package, starting at \$217 a night, where visitors can get a room stocked with mood-boosters like essential oils, Verilux light therapy lamps, bath salts and a menu of soothing crystals. Aah... thetimehotels.com

"It's a sad state they're in," an insider says of Jason and Olivia. "They've been drifting apart for a while now."

Jason & Olivia

SEPARATE LIVES

While Olivia Wilde was accepting an award for her big directorial debut at the Film Independent Spirit Awards in Santa Monica, her fiancé, Jason Sudeikis, was out partying in NYC with the cast of *Saturday Night Live* until 4:30 a.m. "Something seems like it's gone wrong between Jason and Olivia," says a source who spotted the *SNL* alum, 44, at STK Midtown. "He looked single. He also looked absolutely hammered." Jason and Olivia, 35, have been engaged since early 2013, but they've yet to wed — and now those close to the couple, who are parents to son

Otis, 5, and daughter Daisy, 3, are starting to worry they never will. "Jason and Olivia have both been working nonstop and haven't had a chance to come up for air," an insider tells *Life & Style*. "And when they are under the same roof, they're so busy taking care of the kids, they don't get around to each other's needs," which have already begun to diverge. Though a rep for the actress denies there's trouble, "Jason and Olivia have been living separate lives for the better part of a year now," insists the insider. "But everyone's hoping that they can find a way back to each other." **L&S**



John's PINING FOR JEN

He wants to be there for her, again. John Mayer is hoping for a second shot with Jennifer Aniston, a source tells *Life & Style*, after the exes, who famously dated from 2008 to 2009, were spotted leaving Sunset Tower Hotel in LA just seconds apart on Feb. 6. The "Gravity" singer, 42, "swears he's a changed man," the source explains, "that he wants to settle down, get married and have kids." But the 51-year-old actress may be better off waiting on the world to change. "John is a master manipulator," claims the source. "Jennifer deserves so much better."



Kylie & Travis BACK TOGETHER?

Since splitting up, Kylie Jenner and Travis Scott's main focus has been their 2-year-old daughter, Stormi. However, the reality star, 22, and the 29-year-old rapper have been spending a lot of time together lately without her! "Kylie wants to take Travis back, but there's Stormi to think about," muses a source. "They don't want to confuse her with the back-and-forth, so instead they're taking it slow and trying to work out their differences before making it official."



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If it's not one kid, it's the other. For more than three months, Cindy Crawford and Rande Gerber's 18-year-old model daughter, Kaia, made headlines as she romanced troubled comedian Pete Davidson, 26, from NYC to LA to Miami. Weeks later, her big brother, Presley Gerber, 20, thrust himself into the spotlight when he debuted a tattoo of the word "Misunderstood" on his face on Feb. 7. After he was mercilessly trolled for it on social media, the model

lashed out — posting video of himself shooting a gun, saying he's never been "innocent," and offering to give out his home address so haters could confront him in person.

All the drama has sparked a family crisis. "Cindy and Rande are at their wits' end. Kaia's relationship with Pete has been hard enough to endure, and now Presley's problems are worse than they thought," says a source, noting the couple's eldest was forced to strike a plea deal after getting a DUI in 2019. "It's no secret that they're freaking out. Trying to decide how to handle their kids has been a nightmare and put a major strain on their marriage." In fact, *Life & Style's*

learned that nearly 22 years after they tied the knot, Cindy, 53, and Rande, 57, are struggling. "They have been fighting and blaming each other for not being strict enough parents or attentive enough," adds the source. "After all of these years, their kids' questionable choices could be what finally breaks them."

MASS CONFUSION

They don't know where things went wrong. Aside from his arrest record and tattoos — which are "all over his body and hands now," says the source — Cindy

Toxic Love

A source says Kaia's parents think the model is in over her head with Pete, who hinted at a December rehab stay.

Permanent Decision

"It says 'misunderstood' because that's how I felt my entire life," Presley has explained of his new face tattoo — which the source says Cindy was "in tears" over.

RANDE & CINDY'S MARRIAGE CRACKING UNDER PRESSURE

After months of dealing with their kids' drama, Cindy Crawford and Rande Gerber hit a breaking point in their relationship

At a Crossroads

"No family is perfect. Even ones who seem to have it all," says a source of the Gerbers. "Rande and Cindy aren't agreeing on anything lately, especially when it comes to their kids."



RE

GEORGE & AMAL TO THE RESCUE?

George and Rande go way back. Friends for decades, the two founded Casamigos tequila together in 2013 and once even built houses next door to each other in Cabo San Lucas, Mexico, so they could be close while on vacation. “We’re like one big family,” Rande’s said, adding that when George fell for Amal, she was “a great addition to the family.” So it’s no surprise, says a source, that the Clooneys have been there for Rande and Cindy during this trying time, siding with the stressed-out parents. “George has reached out, saying he’ll do anything to help with the kids — like Rande, he thinks Presley should be setting a better example for his sister, and Kaia doesn’t need to jeopardize her career for Pete,” reveals a source, noting the actor is also “worried” about his pals’ relationship. “He and Amal have even offered their home in Lake Como, Italy, as a romantic escape from all of the chaos.”



and Rande are worried that Presley’s antagonizing of people online is a sign things are escalating for the worse. “It’s all too much,” laments the source. “Cindy absolutely lost it over his latest antics.”

Meanwhile, Kaia’s romance with much-older Pete raised red flags from the start. Before they got together in October, Pete — who’s been open about his drug use and mental health issues as well as his eagerness to be a dad — went through a whirlwind of famous women, including Ariana Grande, Kate Beckinsale and Margaret Qualley. There was more cause for concern to come, though. Days after Christmas, Rande and Cindy were photographed having a tense conversation outside Kaia’s

NYC apartment — where Rande was overheard describing a conversation with someone upstairs, believed to be Pete, having “scratched out eyes” and needing “help.”

Reports indicated Kaia and Pete had split by early January. But Cindy “is not convinced that she’s actually stopped seeing Pete,” reveals the source. “Kaia has always thought she could save Pete.”

THE BLAME GAME

Cindy and Rande can’t help but question themselves and each other. “They feel as if they failed as parents. They’re questioning themselves: If they had raised their kids outside of LA, like Cindy wanted, away from the ugly side of Hollywood, would they have turned out better? Were they

too lenient? Did they give them too much freedom? They’re having major regrets,” says the source, adding that the couple “find themselves blaming each other for being bad parents.” Things have gotten so fraught, adds the source, “Cindy and Rande have even taken to sleeping in separate bedrooms at times. It’s a mess.”

But the truth is, says the source, Cindy and Rande are wonderful parents. “They are not bad parents. They always gave Presley and Kaia all the love and support they ever needed,” says the source. “They went to the best schools, had access to every extracurricular activity possible — and yet Cindy and Rande still feel like they didn’t do enough with both of their kids spiraling out of control.”

A split now, amid all the chaos, would be heart-breaking — and expensive. “Nobody wants to see Cindy and Rande divorce,” says the source, “but if they did, it would be one of the messiest divorces ever.”

Cindy, who’s worth an estimated \$100 million, made a mint during her lengthy modeling career and has continued to earn millions after launching projects including a skin-care brand and home furnishings line. Rande was a successful restaurateur and nightclub owner when he founded Casamigos tequila with close friend George Clooney in 2013 — then sold the company in 2017 for \$1 billion. “Cindy and Rande haven’t given up yet,” adds the source. “But they really are at the end of their rope.” **LS**



RICH IN OMEGA-3s

Lemon-Pepper Salmon

Salmon is delicious, versatile and full of omega-3 fatty acids — nutrients that the body needs to run more efficiently. Most dieticians recommend eating at least two servings of fatty fish per week — and the great thing about salmon is that it can be quite easy to add to your weekly meal plan.

What you need:

- 4 sheets of foil (9"×9")
- 4 four-ounce salmon fillets
- 4 tbsp lemon-pepper butter
- Salt
- 8 slices of lemon
- 8 grape tomatoes, halved
- 4 sprigs of thyme

Preheat the oven to 400 degrees. Place the sheets of foil on a baking sheet. Place the salmon fillets on top of the foil sheets, one fillet per sheet. Spread a tbsp of butter on top of each of the fillets and season with salt to taste. Add 2 lemon slices to the top of the fillets, followed by 4 tomato halves. Top with a sprig of thyme. Repeat this for all 4 fillets. Fold the foil around the fish so that it is completely covered. Bake for about 15 minutes, or until the salmon is cooked through. Serve with rice or vegetables.

NO TIME TO COOK?

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* Clinical Study Report. NO. BTS 275/07, Feb. 16, 2009. Esslingen, Germany



{split news}

THE TAPES AMB WANT TO

Newly leaked audio bolsters Johnny Depp's claim that

The audio is shocking. In a set of recordings made in 2015 — the year they wed — that surfaced on Jan. 31, Amber Heard and then-husband Johnny Depp lament their woes following a violent fight. “If---ing was hitting you,” said Amber, who further confessed to throwing pots, pans and vases at the actor and warned, “I can’t promise you I won’t get physical again.” A worried Johnny told her he was “scared to death we are a f---ing crime scene right now.” Before explaining that he left in the midst of an argument the night before to avoid “more physical abuse,” Amber taunted him for being “a baby.”

Under Pressure

“Johnny was dragged through the mud and lost work and millions of dollars” in the wake of Amber’s abuse claims, says a source. Now, “she’s the one feeling the wrath of being labeled an abuser.”

Dark Days

Amber was granted a restraining order against Johnny in May 2016 after claiming he bruised her face during a fight in their LA condo. Johnny’s lawyer alleges she’s faked evidence.



ER DIDN'T GET OUT

he was a victim of abuse while married to Amber Heard

Five days later, another troubling recording emerged. This one was made weeks after the pair's 2016 split, which came in the wake of allegations that Johnny threw a phone at Amber's head and had hurt her before. As the actor, 56, pushed for the actress, 33, to enter private mediation to avoid more public drama, Amber ridiculed Johnny for claiming he was a victim of domestic violence, too. "See how many people believe you," she warned. With Amber and Johnny in the midst of a legal battle — he filed a \$50M defamation suit against her after she insinuated in a 2018 op-ed that he was an abuser — the leaks couldn't have come at a worse time. "Amber is mortified that the tapes came out," says a source. "She's being called a liar, an abuser, and she's being questioned for her #MeToo [movement] stance — this makes it feel so fake. It's the last thing she expected."

NEVER-ENDING TURMOIL

Amber and Johnny settled their divorce back in 2016. She retracted her abuse allegations and both agreed to move on after admitting in a joint statement that their union was "intensely passionate and at times volatile, but always bound by love." But nearly four years later, "neither of them can let it go," says the source. Johnny's lawyers have painted the *Aquaman* star as "not a victim of domestic abuse [but] a perpetrator" and accused Amber of manufacturing evidence. Amber, meanwhile, hit back

with a 300-page filing detailing the harm she says she endured at the hands of a "monster."

Still more drama is on the horizon. "Johnny and Amber have spent so much money on lawyers and the drama's not even close to over yet. They should just admit they were both wrong, that their marriage was toxic on so many levels, and call it a day. But they can't," says the source, noting that the defamation case is now set to go to trial in August. "That will be another battle, but Johnny is looking forward to it." **L&S**

Nastiest. Divorce. Ever.

"There's still a lot of anger there," admits a source. "Johnny and Amber will only agree on one thing: that their marriage was the biggest mistake of each of their lives."

THEY WERE MARRIED FOR 1 YEAR – AND HAVE BATTLED IN COURT FOR 5!



2016 Amber files for divorce after 15 months of marriage. Though he denies her claims of abuse, their split is settled by August.

2017 A judge rules Amber, who was awarded a \$7 million settlement, does not have to pay part of her ex's attorney fees after he asked the court to impose \$100,000 in sanctions against her.

2018 After trading barbs in the media, Amber writes an op-ed in December calling herself a "public figure representing domestic abuse."

2019 Johnny files a \$50 million defamation suit over his ex's op-ed, calling it part of an "elaborate hoax" to "advance her career."

2020 Seven months before they're due in court for the defamation case, audio is leaked of Amber admitting she hit her husband.

{couples news}

Smiles
reign once
again!

**He Knows
How Tough
She Has It!**

"Being a princess is every young girl's dream but the reality of it is no fairy tale," says a royals source. "William thanks his lucky stars he met Kate — and that she can handle it so well."

Kate & William

STRONGER THAN POST-MEGXIT

It was her second appearance, and the second country she'd been in, in as many days. But Kate Middleton couldn't wipe the smile off her face during a solo outing to The Ark Open Farm in Northern Ireland on Feb. 12. The animal-filled visit, followed by a same-day stop in Scotland, acted as a teaser of the fun to come for the duchess, 38, when she and husband Prince William, 37, embark on a quick tour of the Emerald Isle in March. "The Cambridges are busier than ever since Prince Harry and

Meghan Markle left the U.K.," notes a royals insider. "But they're working as a team and supporting each other."

Indeed, while William and Kate's hectic schedules post-Megxit could've put extra strain on their eight-year marriage, it's done the opposite. "They're actually closer than ever," the insider reveals to *Life & Style*, adding that distance from the Sussexes has relieved a lot of unnecessary tension brought on by the couples' feud. "It's made both Kate and William realize

how lucky they are to have each other to rely on."

A UNITED FRONT

They've come a long way. Just two months ago, Kate caused a stir online when she noticeably pulled away from William's embrace while filming a BBC Christmas special. Viewers were shocked, with many believing it was fallout from the rumors that he'd cheated with her friend Rose Hanbury, 35, back in early 2019. As they spend more time in the public eye following Harry and Meghan's depar-

ture as senior royals and move to Canada, though, Kate's been spotted caressing her hubby's shoulder and engaging in other PDA.

And they're even more harmonious at home. "When Kate feels exhausted," the insider says, "William will look after their three kids or massage her shoulders, little things like that. He appreciates the effort she's making not only with him, but with his family. Now more than ever, William says he couldn't survive without her!" **L&S**



NEVER

In the wake of family drama, Kate Middleton and Prince William reevaluate their relationship



Thinking of Themselves

Meghan, 38, and Harry, 35, are "over the moon that they can start afresh," says a source. "But they really left William and Kate to pick up the pieces."

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Inside Carrie's **NEW** **TELL-ALL!**

Carrie Underwood's upcoming book includes health and wellness tips — and plenty of dish!



Blink and you might have missed it. In a recent Instagram post, Carrie Underwood teased the March 3 release of her new book with a two-second-long video that barely showed its cover. “Got my first copy of #FindYourPath!” the singer, 36, wrote alongside the quick clip. “So exciting!”

There's a lot more excitement to come. In *Find Your Path*, Carrie promises to share her personal journey to optimal health — and it's expected the superstar will address everything from the pressure she felt to look perfect following her rise to fame on *American Idol* to rumored feuds with fellow A-listers like Kelly Clarkson and Taylor Swift. “Her life hasn't been all sunshine and rainbows — she's had some dark days,” muses a source. “Now people are count-

ing on Carrie to finally spill the tea.”

SO MUCH MATERIAL

Her marriage could also take the spotlight. The fact that retired NHL pro Mike Fisher, 39, wasn't at home when Carrie had her infamous 2017 fall that required over 40 stitches — and sent the insecure star into hiding for months — raised eyebrows at the time. “Of course, she writes about her husband and the accident,” confirms the source. “She's sharing secrets that will answer *all* of fans' burning questions.” **L&S**

Focus on Family

Divorce rumors swirled around Carrie and Mike — parents to sons Isaiah, 4, and Jacob, 13 months — in the past.



No One Is Safe?

“Carrie has been in the public eye for 15 years,” notes a source, “and she's definitely seen a lot. This book is going to be huge!”



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who lives here?

A rap queen and her king own this \$5.8M palace in Atlanta



Success? She Likes It!

She grew up poor. But this ravishing rapper knew how to make money moves. After conquering the charts and our hearts, she's happily wed to her best aMigo.

There's Room to Disagree

Should the married pair hit another rough patch, they can easily avoid each other in this 22,000-square-foot, five-bedroom mansion – which also features a subterranean gun range to blow off steam in. During good times, the 1,800-bottle wine cellar allows for many a romantic toast.





A Kitchen With Kulture

The lady of the house claims she's an awful cook. But with a combined net worth of \$50 million, the 27-year-old and her rapper spouse, 28, can afford a chef to work magic for them and their little one in this enormous eat-in kitchen.

GET A CLUE



Clue #1

It was a long time coming! This daring diva is only the second female rapper to hit No. 1 on the Billboard chart. The first was none other than Lauryn Hill – all the way back in 1998!

HUSTLERS

Clue #2

When she was 19, the Bronx, N.Y.-born star earned her keep as a stripper. And she no doubt tapped into that experience to play an exotic dancer in Jennifer Lopez's critically acclaimed 2019 movie, *Hustlers*.



Clue #3

He prefers his missus bad and boujee. Looking the part is easy, thanks to her 2018 and 2019 collaborations with clothing label Fashion Nova. Not too shabby for a girl who once complained that designers wouldn't dress her!

SSSH.COM

EROTICA

MADE BY WOMEN

VISIT US TODAY



ON TV
this week



All the Bright Places

BEGINS STREAMING FEB. 28 ON NETFLIX

Based on the best-selling young adult novel of the same name, this tearjerker centers on two teens who plan to end their lives, only to end up saving each other's. Violet (Elle Fanning) secretly suffers from survivor's guilt after losing her sister in a car accident while Theodore (Justice Smith) has been dealing with depression and mental illness. Paired together on a school project that requires them to spot the small "wonders" of their small town, it's not long before they learn to see the same qualities in themselves.

I Am Not Okay With This

BEGINS STREAMING FEB. 26 ON NETFLIX

Like most teenagers, 15-year-old Syd (Sophia Lillis) doesn't feel like she belongs. She hasn't found her place in the halls of high school, has got a huge crush on her best friend Dina (Sofia Bryant) — oh, and she's also begun to develop superpowers in this coming-of-age drama from the producers of *Stranger Things*.



Dispatches From Elsewhere

MARCH 1, 10 P.M., AMC

A group of ordinary people — Peter (Jason Segel), Janice (Sally Field), Fredwynn (Outkast's André Benjamin) and Simone (Eve Lindley) — stumble upon a game being played just behind the veil of everyday life in this unpredictable anthology series. Together, they search for clues, complete puzzles and perhaps find the very thing missing from all of their lives.

Perfect with
a cocktail

The Ward
Eight
2 oz. whiskey
¾ oz. lemon
juice
¾ oz. orange
juice
1 dash
grenadine
1 orange slice



at the
**BOX
OFFICE**



Greed

IN THEATERS FEB. 21

Sir Richard McCreadie (Steve Coogan) is a self-made billionaire who's about to lose it all following a wave of bad publicity. To make himself feel better, the disgraced mogul decides to throw a party in Greece, but with A-listers canceling left and right and Syrian refugees setting up camp in his amphitheater, "Greedy" McCreadie's got little to celebrate in this satirical comedy.



The Invisible Man

IN THEATERS FEB. 28

A different kind of monster! In this modern reimagining of the H.G. Wells horror novel, Elisabeth Moss plays a woman trapped in an abusive relationship. With help from her friends and family, she manages to escape, or so she thought. Soon after she learns that her ex (Oliver Jackson-Cohen) has died, things go bump in the night, leaving her convinced that he's very much still alive.



Guns Akimbo

IN THEATERS FEB. 28

Talk about a killer following. Skizm is an underground gang that forces complete strangers to fight to the death for livestream views. Enter Miles (Daniel Radcliffe), a video game developer who wakes up one day with guns bolted to his hands...and that's not even the worst of his problems. He's got Skizm's breakout star, Nix (Samara Weaving), to take down within 24 hours, or die.

star REVIEW

Cheryl Burke

THE SHOW I CAN'T MISS:

"Gwyneth Paltrow's *The Goop Lab*. The show is funny, but it also opens your eyes to how much we still don't talk about sexuality and being in touch with that side."

THE LAST MOVIE I SAW:

"*Joker*. It was disturbingly amazing. Joaquin Phoenix did such a great job [making] us feel uncomfortable."

THE BOOK I'M READING:

"Gabrielle Bernstein's *May Cause Miracles*, which gives you a bunch of affirmations and you set your alarm for certain times to remind yourself to say them and feel them."

Cheryl will star in *Dancing With the Stars: Journey to Paradise* at the Atlantis Resort in the Bahamas, taking place May 29 to June 1.



as seen
**ON-
SCREEN**



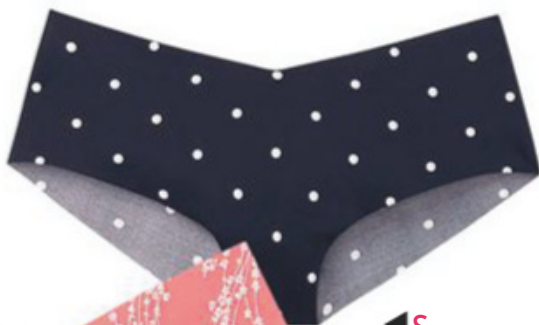
Q: Jennifer Lopez's makeup was on point at the Super Bowl. Do you know which products she used for her eyes?
— Lili, Norfolk, Va.

A: Her look was created with the Scott Barnes Snatural Eyeshadow Palette, available for \$84 at scottbarnes.com.

Email your questions: screenstyle@lifeandstylemag.com

**KIM
KARDASHIAN**

*We spy
Kim's
Skims!*



◀ **Sayonara,
panty lines!**

Victoria's Secret
Sexy Illusions
no-show hip hugger
panty, \$11 each,
victoriasecret.com



◀ **Smushed uni-boobs aren't a thing with
this sports bra, which features supportive
moulded cups for comfort and lift.**

Freya Sonic moulded sports bra, \$69,
figleaves.com



▼ **A seamless nude cami
looks discreet under
sheer garments.**

Commando Whisper
Weight cami, \$48,
wearcommando.com

Underneath It All

Because the base layer is just as important as the outfit!



◀ **Removable
straps make
this shapewear
favorite
perfect for
strapless
dresses, too.**

Spanx Suit Your
Fancy strapless
cupped mid-
thigh bodysuit,
\$148,
spanx.com



▲ **Bodysuits snap on like a onesie, and stay in
place, so the finish always appears polished
under high-waisted pants or a skirt.**

Babaton Ambrose long-sleeve wrap bodysuit,
\$88, aritzia.com

▶ **Targeted
compression on
the shoulders and
muscles along the
spine will relieve
aches while
encouraging
healthy posture!**

Tommie Copper
Shoulder Centric
Support Shirt,
\$79.50,
tommiecopper.com



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LOSE THE SHAPE WEAR GOALS

Sandy from Houston, TX



Sandy used the key ingredient (*C. canephora robusta*) with diet and exercise, and was remunerated.

¹People using the key ingredient in 60 days lost an average of 10.95 lbs. with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.



LOSE WEIGHT¹ • BURN CALORIES² • INCREASE ENERGY³

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**YOU HAVE GOALS, WE'LL
HELP YOU REACH THEM.**

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²Short-term studies show caffeine, as found in *Hydroxycut*® capsules and drink mix, can help temporarily promote increased energy expenditure (calorie burning).

³*Hydroxycut*® capsules and drink mix contain caffeine to increase energy.

♦♦Based on AC Nielsen xAOC sales data for *Hydroxycut*® capsules. Read the entire label. ©2020

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Walmart

oscars **2020**

The 92nd Annual Academy Awards hosted Hollywood's

Lights! Came



Winning Look

Minimal makeup and subtle bling kept the spotlight on best actress winner Renée Zellweger's deserving Armani Privé one-shoulder gown.



Standout Choice

While plenty of ladies play it safe in black gowns or simple designs, *Little Women* star Florence Pugh dialed up the glamour in tiered teal Louis Vuitton.



Eco Fashionista

Making a style statement in this vintage Chanel frock, Margot Robbie proved with her sustainable sensibility that recycling garments is cool and chic!

most stylish stars (oh, right, and they handed out prizes, too!)

ras! Fashion!



Haute Heroine

Perhaps inspired by her *Captain Marvel* superhero status, Brie Larson opted for a bedazzled Celine by Hedi Slimane caped number for the red carpet.



Smart Style

Made with silk satin that is certified by Red Carpet Green Dress, Kaitlyn Dever's embellished Louis Vuitton gown wows in more ways than one!



Bombshell Alert

Standing statuesque in Dior Haute Couture, Charlize Theron accessorized her leggy look with a Tiffany & Co. diamond necklace for added glitz.

Keto Gets a

Wellness guru Naomi Whittel's *High Fiber Keto* puts a new spin on the cult-fave diet

MAKEOVER



Check out *New York Times* best-selling author Naomi Whittel's *High Fiber Keto: A 22-Day Science-Based Plan to Fix Your Metabolism, Lose Weight & Balance Your Hormones* (\$26.99, out Feb. 25 at naomiwhittel.com) or text KETOFIBER to 44123* to find out more about SlimFast Keto.



Celebs swear by it, but nutritionist Naomi Whittel found a flaw in the keto diet when she gave the low-carb, healthy-fat eating plan a try two-and-a-half years ago. “My body wasn’t getting enough fiber-rich foods,” she says, pointing out that a diet lacking in fiber can have negative side effects, such as a weakened immune system and even storage of extra fat. So Naomi came up with a solution, which she details in her latest book, *High Fiber Keto*. “I plussed up keto by incorporating fiber and made it work better for my body,” she says, adding that the results — a boost in metabolism, better digestion, more balanced hormones and even less anxiety — “are amazing!”

your microbiome their favorite food, and then they perform for you.

WHAT ARE YOUR FAVORITE FIBER-PACKED RECIPES FROM THE BOOK?

I worked with nutritionists and dietitians [to create] delicious things like keto chili and chicken tenders. I also added cruciferous vegetables like Brussels sprouts, broccoli and cauliflower [to many recipes] because they reduce inflammation and wrinkles.

AND IF SOMEONE DOESN'T COOK?

SlimFast [has these] Fat Bombs and Meal Bars. One of their main active ingredients is inulin, which is a prebiotic. When I saw that, I got really excited!

DO SLIMFAST'S KETO PRODUCTS WORK WELL WITHIN THE PROGRAM YOU'VE CREATED?

Yes, perfectly. They are easy, delicious and fun on-the-go snacks.

WHAT'S A GOOD TIP FOR STICKING TO THE KETO DIET?

I make sure I'm getting 75 percent of my calories from fat, and I don't push it too hard. **L&S**

WHY IS FIBER SO IMPORTANT FOR WOMEN WHO ARE FOLLOWING THE KETO DIET?

[Not only is it] antiaging, but prebiotics are our microbiome's favorite food — and prebiotics are oftentimes a fiber. If you can get more of it into your diet, you're giving the little bugs that make up

Have Your Chocolate and Eat It, Too!

Raw cacao in this pudding recipe from *High Fiber Keto* satisfies sweet teeth while supplying minerals and antioxidants that reduce stress and boost immunity. Makes 4 servings.

INGREDIENTS:

7 oz. full-fat coconut milk
1 cup unsweetened almond milk
¼ cup plus 2 tablespoons raw cacao powder
1 egg yolk
1 avocado
⅛ tsp. sea salt
2 tsp. monk fruit extract
1 tsp. real vanilla extract
1 cup raspberries
Mint, for garnish



DIRECTIONS:

Combine the milks, cacao, egg yolk, avocado, salt and monk fruit extract in a blender and blend until smooth. Pour the mixture into a saucepan and cook over medium-low heat, whisking frequently, until the mixture begins to thicken. Remove the pan from the heat, whisk in the vanilla extract, and pour into a glass dish. Refrigerate until set, at least two hours. Serve topped with raspberries and mint.



*Message and data rates may apply. For the SlimFast privacy policy go to slimfast.com/privacy-policy. For terms and conditions go to slimfast.com/legal.

SACRED STONE OF THE SOUTHWEST IS ON THE BRINK OF EXTINCTION



Centuries ago, Persians, Tibetans and Mayans considered turquoise a gemstone of the heavens, believing the striking blue stones were sacred pieces of sky. Today, the rarest and most valuable turquoise is found in the American Southwest— but the future of the blue beauty is unclear.

On a recent trip to Tucson, we spoke with fourth generation turquoise traders who explained that less than five percent of turquoise mined worldwide can be set into jewelry and only about twenty mines in the Southwest supply gem-quality turquoise. Once a thriving industry, many Southwest mines have run dry and are now closed.

We found a limited supply of turquoise from Arizona and snatched it up for our **Sedona Turquoise Collection**. Inspired by the work of those ancient craftsmen and designed to showcase the exceptional blue stone, each stabilized vibrant cabochon features a unique,

one-of-a-kind matrix surrounded in Bali metalwork. You could drop over \$1,200 on a turquoise pendant, or you could secure 26 carats of genuine Arizona turquoise for **just \$99**.

Your satisfaction is 100% guaranteed. If you aren't completely happy with your purchase, send it back within 30 days for a complete refund of the item price.

The supply of Arizona turquoise is limited, don't miss your chance to own the Southwest's brilliant blue treasure. Call today!

Jewelry Specifications:

• **Arizona turquoise** • **Silver-finished settings**

Sedona Turquoise Collection

A. Pendant (26 cts)	\$299	\$99*	Save \$200
B. 18" Bali Naga woven sterling silver chain		\$149	
C. 1 ½" Earrings (10 ctw)	\$299	\$99*	Save \$200
Complete Set**	\$747	\$249	Save \$498

** Complete set includes pendant, chain and earrings.

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You must use the offer code to get our special price.

* Special price only for customers using the offer code versus the price on Stauer.com without your offer code.



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B.

*26 carats
of genuine
Arizona turquoise
ONLY \$99*

*"With depleting mines, turquoise,
the most sacred stone to the Navajo,
has become increasingly rare."
— Smithsonian.com*

A.

Necklace
enlarged
to show
luxurious
color



Stauer... *Afford the Extraordinary.®*

DIVA OR down-to-earth?



DIVA!

Bobby Puts His Co-Star to Work

Stop that train! *Queer Eye*'s BOBBY BERK wore such a complicated cloak to a recent LA event, he needed red-carpet help from KARAMO BROWN.

DOWN-TO-EARTH!

Eva Lugs Her Kid's Stuff

Parenting sometimes requires heavy lifting. Just ask EVA LONGORIA, who was seen carrying a collection of son Santiago's toys in LA on Feb. 3.



DOWN-TO-EARTH!

Jude Catches a Taxi

All hail! JUDE LAW had no need for a limo to get around NYC on Jan 31. The street-savvy star simply stuck out his arm and got a cab driver's attention.



DIVA!
Elizabeth
Uses
a Glam
Squad
Low
maintenance?
Not quite. Hair
and makeup pros
recently made
sure ELIZABETH
BANKS looked
flawless ahead
of a chat about
the actress'
new series, *Mrs.
America*, in LA.

World's Finest Eye Cream

a "selections" product in Oprah magazine



AIRBRUSH

Eye Refining Treatment

Airbrush Eye Cream reduces puffiness right away, especially when cold. Promotes new collagen which reduces fine lines and wrinkles. Reduces dark circles, is soothing, hydrating and promotes a youthful healthy glow!

Reg \$68

Now only \$54.⁴⁰

Compare to:

La Mer Eye Balm @ \$200
Shiseido Solution LX @ \$130
La Prairie Swiss @ \$240

Hypo-allergenic and natural containing emu oil serum, green tea extract, aloe vera, collagen and elastin.

Use am & pm for best results and the jar will last about 3 months!

Use 20% discount code: **LS33** at

..... www.dremu.com

or call 800-542-0026 and get free shipping.

Open 7 Days

Rainbow Bright

Starry-eyed YouTube sensation JoJo Siwa shared a close-up of the colorful makeup she wears on tour.



Social Stars

POSTS OF THE WEEK!

Squad Goals

Naomi Watts, Kylie Minogue, Katie Holmes, Laura Brown and Deborra-Lee Furness spent some koala-ty time together at the American Australian Association Arts Awards.

GIRL GANG
of the week



Icing on the Cake

The way to John Legend's heart is through his stomach! Chrissy Teigen gave the singer a first taste of the treats she'd whipped up as son Miles, 21 months, looked on.



STAGE 1



Fast Fashion

Forget being driven around on a golf cart. Next in *Fashion* hosts Tan France and Alexa Chung arrived on the set of their new Netflix series on a forklift.

REALITY (FITNESS) BITES

These small-screen queens give *Life & Style* their best workout tips!

SUR-viving?
She's thriving!

VANDERPUMP RULES' ARIANA MADIX

Bartenders often have to dole out advice. Ariana's? PUMP up your fitness routine. "Break a sweat every day," the *Fancy AF Cocktails* author, 34, tells *Life & Style*. "There are times I really, really, really don't want to work out, and those endorphins don't kick in till about 30 minutes into the workout, but sticking with it is always worth it. I learned that I have to work out every day for my mental health regardless of the physical effects."

TOTAL BELLAS' BRIE BELLA

A growing baby bump doesn't get in the way of 36-year-old Brie's go-to exercise. "Squatting works all the places I care about," the former WWE champ, who is expecting her second child, tells *Life & Style*. "I burn a lot of fat and tone my muscles. It's the one workout I feel so strong and fierce [doing]."

VERY CAVALLARI'S KRISTIN CAVALLARI

She's a lean, mean reality TV filming machine — in part because of her signature calorie torch. "I lift weights," Kristin tells *Life & Style*. "That's all I really do." Strength training is known to sculpt, blast body fat and build muscle, which no doubt helps the E! personality, 33, with her other gym favorite: pull-ups. "I like doing pull-ups," she insists of the posture- and grip-improving move. "I don't think girls do enough pull-ups. It makes a difference."

HOT IN HEALTH

Why not whip your skin into shape at the same time as your bod? Sure, PERFORMIX SST GLOW accelerates metabolism throughout the day — meaning you'll burn more calories, even while resting — but it also helps hydrate complexions and fight signs of aging. Increased energy and focus are benefits, to boot. Snag the multifaceted weight-management product at your local CVS.



SPONSORED CONTENT:
PERFORMIX



Jameela Jamil

Feb. 25, 1986

PISCES

Feb. 19 – March 20

It's nice to feel appreciated, and this week, the people in your life won't be shy about showing it. Learning to let things go is crucial. Otherwise, you're going to worry yourself sick.

HOROSCOPE

WEEK OF FEB. 24 – MARCH 1

By astrologer Josephine Collins (Instagram: @josephinecollinsbooks)

ARIES

March 21 – April 19

Are you up for a challenge? Get ready to grab some amazing opportunities. Others might find it hard to keep up, but they don't have your intuitive abilities.

TAURUS

April 20 – May 20

Sometimes you need to shed your inhibitions and indulge your desires, Taurus. An honest chat can clear up a simple miscommunication.

GEMINI

May 21 – June 21

There are some big changes on the horizon. You may find yourself searching for answers, so when new information comes your way, absorb it like a sponge.

CANCER

June 22 – July 22

Fighting with a good friend is never fun. Find a way to stand your ground while remaining calm – and when in doubt, just agree to disagree!

LEO

July 23 – Aug. 22

A natural-born performer, you love to put on a show, but at what cost? Create a cozy space where you can finally take off the mask.

VIRGO

Aug. 23 – Sept. 22

Nurturing and sincere, you're sensitive to other people's needs. But this week, you need to practice prioritizing your own. Hold

a clear idea in your head of what you want to achieve.

LIBRA

Sept. 23 – Oct. 22

Break free from the past. As relationships move into a new phase, ask yourself this: Are you guys growing closer together or further apart?

SCORPIO

Oct. 23 – Nov. 21

Health and fitness come into focus, making this a great week to break a sweat. Working out doesn't have to be a chore, though. Join your friend's gym or sign up for a kickboxing class with a pal.

SAGITTARIUS

Nov. 22 – Dec. 21

It's not that you're a bad team player. It's just that you enjoy having free rein to do your own thing. If you can figure out a way to collaborate with your colleagues, Sagittarius, you'll go even farther.

CAPRICORN

Dec. 22 – Jan. 19

Work hard, play hard? Balance is key. Whether you're single and looking or committed, you should never settle for anything less-than.

AQUARIUS

Jan. 20 – Feb. 18

Family and friends vie for your attention, but with such a busy schedule, you may not get around to seeing everyone. Don't beat yourself up, Aquarius! They'll understand.

They're Not Together, But They Should Be!

Clever, creative Libra man John is looking for the whole package – and a Gemini woman like Lana, who's got brains and beauty, is just that.



JOHN MAYER
OCT. 16, 1977

LANA DEL REY
JUNE 21, 1985

Follow Josephine at twitter.com/MysticJosephine and visit her website at starloveunity.com

CROSSWORD

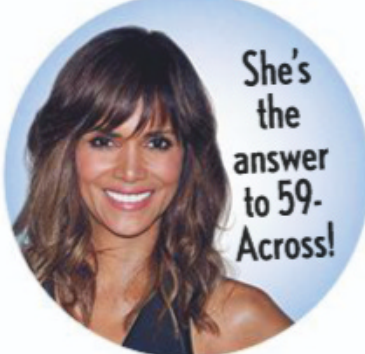
ACROSS

- 1 *Sin City* star Jessica
- 4 McQueen or Martin
- 7 James ___ Jones
- 11 Necklace for a luau
- 14 Backyard buzzer
- 15 Before, to Byron
- 16 *The Kids Are All Right* star Bening
- 18 Storage container
- 19 *Love Actually* star Firth
- 21 Envelope abbreviation
- 22 African country
- 27 Actress Lindsay
- 30 *Gone With the Wind* star Clark
- 34 Before pod or cycle
- 35 From ___ Z
- 36 Map marking
- 37 *Some Kind of Wonderful* star Thompson
- 38 Director Michael
- 39 Mauna ___ volcano
- 40 Actress Tyler
- 41 Ventilate
- 42 Zsa Zsa's sister
- 44 *Rebel Without a Cause* star Mineo
- 46 Retirement plan
- 47 Oscar winner Alan
- 49 Feeds the pigs
- 54 Astin, Connery and Penn
- 57 Out ___ limb
- 59 *X-Men* actress Berry
- 62 Stylish
- 63 She sings "Umbrella"
- 64 Sight a target
- 65 Come as you ___
- 66 Sleep stage
- 67 Bathe
- 68 Singer Selena
- 69 *Desperate Housewives* star Delany

DOWN

- 1 *The Departed* star Baldwin
- 2 Artist Neiman
- 3 *The Illusionist* star Jessica
- 5 Turner or Fey
- 6 Cast your ballot
- 8 They sing "Dancing Queen"
- 9 Horse holders
- 10 *Girls* star Dunham
- 12 He walks upright
- 13 Actress Ryan
- 17 Adam's mate
- 20 Words for the altar
- 23 *Barney Miller* star Linden
- 24 Garfield, for one
- 25 Took a load off

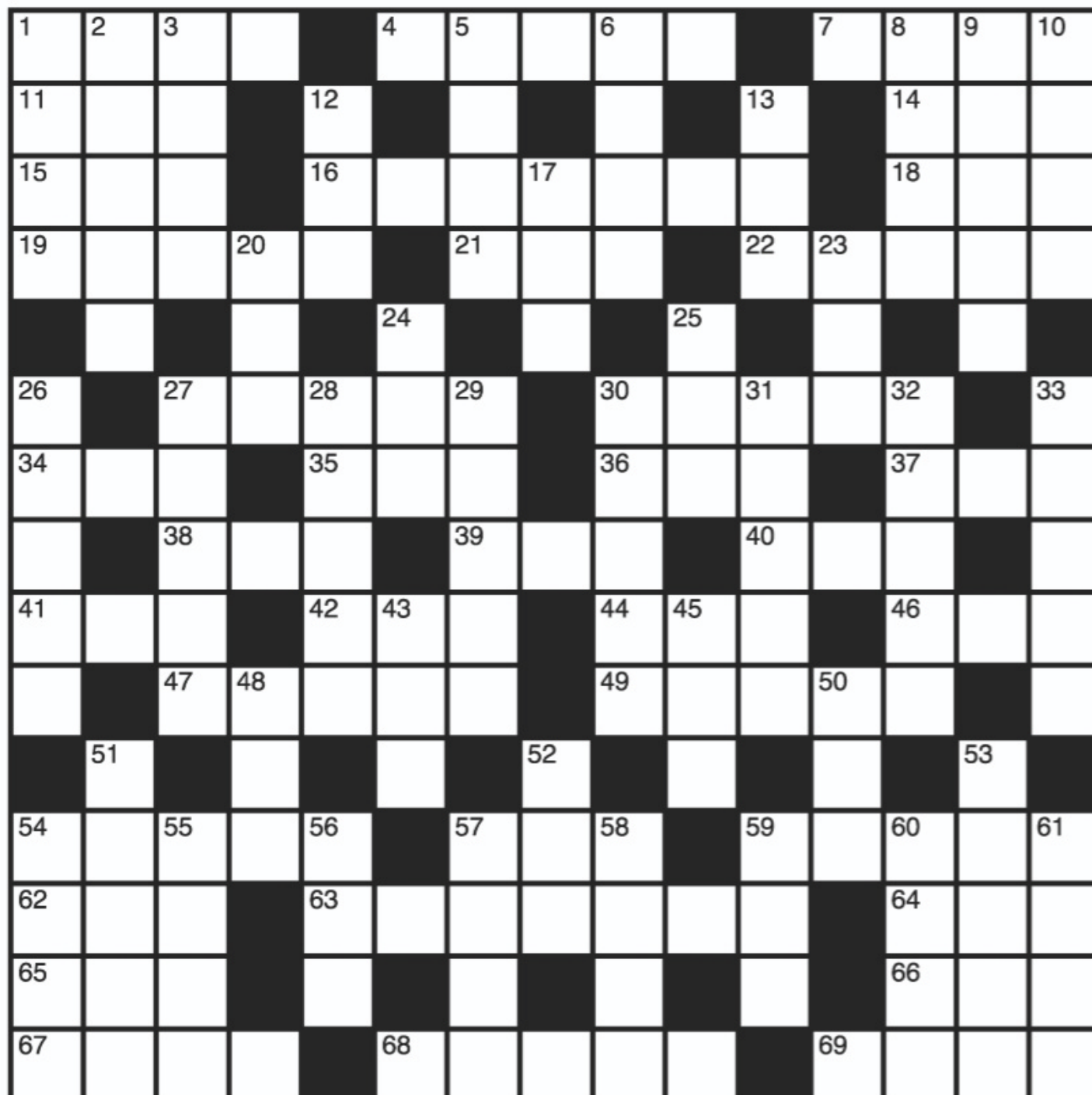
- 26 *The Magnificent Seven* star Hawke
- 27 Zodiac sign
- 28 Actress Salma
- 29 Pitching great Ryan
- 30 Grazing growth
- 31 *A History of Violence* star Maria
- 32 Lisa Marie's dad



- 33 McLachlan or Silverman
- 43 Actor Diesel

- 45 Tavern drink
- 48 *Sons of Anarchy* star Perlman
- 50 Little veggie
- 51 *Atonement* star Knightley
- 52 One ___ million
- 53 E.T. was one
- 54 *Jaws* actor Robert

- 55 Jungle swingers
- 56 India neighbor: ___ Lanka
- 57 Cleveland's state
- 58 Hathaway or Heche
- 59 Used to own
- 60 Ms. Flynn Boyle
- 61 *Zombieland* star Stone



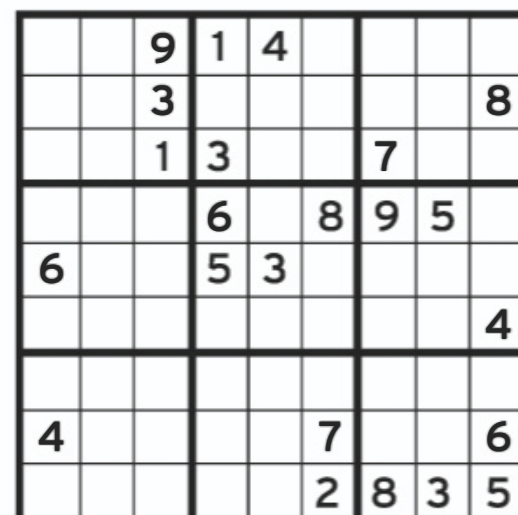
SUDOKU

DIFFICULTY LEVEL: MEDIUM

There are nine sections of nine squares. Fill in the blank spaces with numbers from 1 to 9 – in any order. No number can be repeated in any section or in any horizontal or vertical line.



DIFFICULTY LEVEL: ADVANCED



FOR ALL PUZZLE ANSWERS, SEE PAGE 58.

MADE YA LOOK!

Find the 10 things that make these two pictures different!



Prince William and Kate Middleton enjoy the sweet life at Joe's Ice Cream Parlour in the U.K.



WORD SCRAMBLE

Each of these clues can be found within the grid horizontally, vertically, diagonally, backward or forward. Circle them all to solve the puzzle.

FAMOUS BRIDES-TO-BE

- | | |
|--------------|--------------------|
| ANGIE HARMON | KRISTEN WIIG |
| BINDI IRWIN | MICHELLE WILLIAMS |
| EMMA STONE | NIKKI BELLA |
| FREIDA PINTO | PRINCESS BEATRICE |
| HODA KOTB | SARAH HYLAND |
| KATY PERRY | SCARLETT JOHANSSON |

M Q W U D S J B C T V C U I H J F G E S
H O D A K O T B Q B N S R S K B C I M A
S C A R L E T T J O H A N S S O N I M R
S M A I L L I W E L L E H C I M A W A A
I Y R R E P Y T A K D A S D V N V N S H
V E Z G L E P M V F J T A J G V E E T H
W S Y Q D Z Y G N L X L L I Y I A T O Y
D B V M J Z M K G Q L T E D I X Y S N L
V S M C C E Q J C E S H K U U D A I E A
P R I N C E S S B E A T R I C E V R L N
O T N I P A D I E R F E J R J J E K L D
Z A V U C I K B M B I N D I I R W I N U
J Y I Y B K M O Y O D S A H M P Z X J U
C P H J I O N A Z S K A Q W Z N L S T M
J A W N F D D P B N G P F W Y N S W U Y

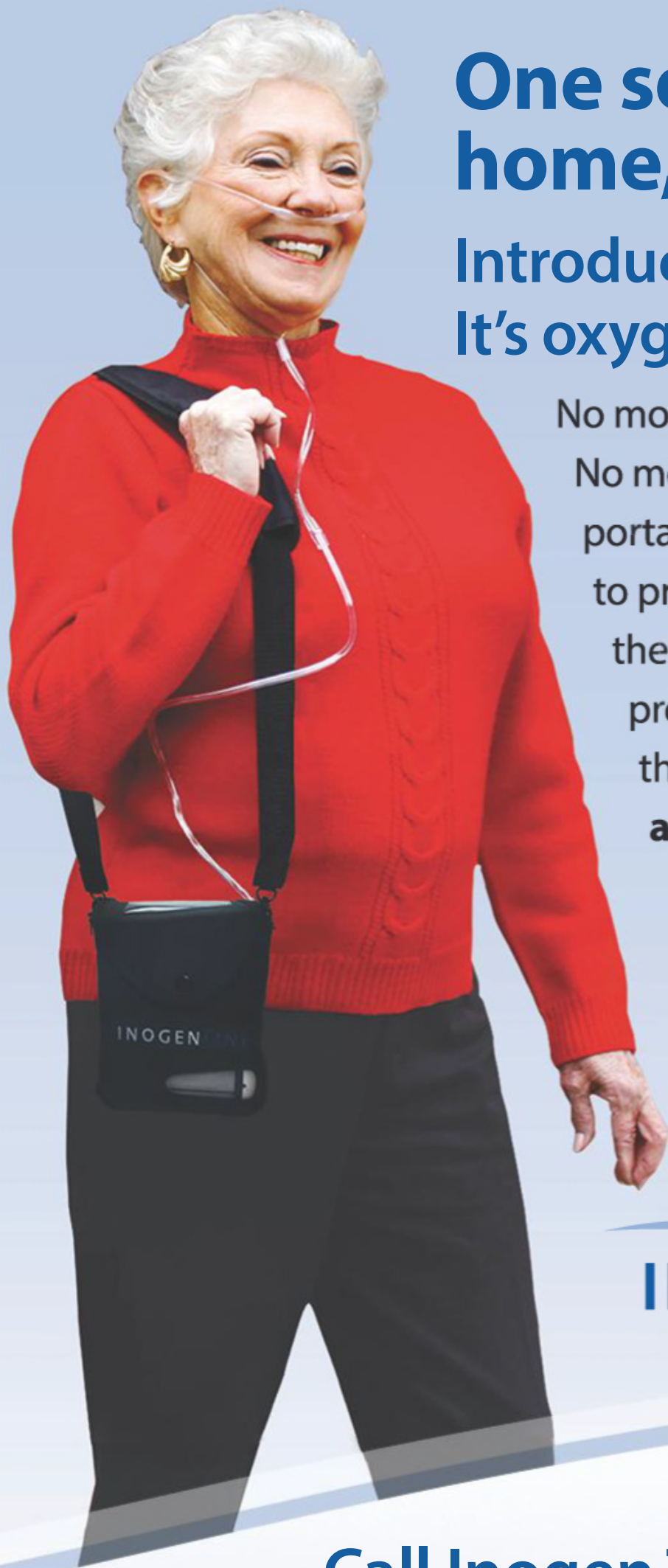
ANSWERS TO THIS WEEK'S PUZZLES

1. Color of Kate's dress changed.
2. Water extended.
3. Buttons missing from William's cuff.
4. Background portrait made blank.
5. Trio of flowers removed from vase.
6. Recessed lights added to ceiling.
7. Color of Joe's logo changed on ice cream cup.
8. William's hair made gray.
9. Holes filled in on spoon.
10. Kate's necklace chain missing.

MADE YA LOOK!
WORD FIND: FAMOUS BRIDES-TO-BE
S C A R L E T T J O H A N S S O N
P R I N C E S S B E A T R I C E
V E Z G L E P M V F J T A J G V E E T H
W S Y Q D Z Y G N L X L L I Y I A T O Y
D B V M J Z M K G Q L T E D I X Y S N L
V S M C C E Q J C E S H K U U D A I E A
P R I N C E S S B E A T R I C E V R L N
O T N I P A D I E R F E J R J J E K L D
Z A V U C I K B M B I N D I I R W I N U
J Y I Y B K M O Y O D S A H M P Z X J U
C P H J I O N A Z S K A Q W Z N L S T M
J A W N F D D P B N G P F W Y N S W U Y

DIFFICULTY LEVEL: MEDIUM
5 7 8 2 1 4 3 9 6
1 3 6 7 9 8 5 4 2
9 4 2 5 3 6 8 1 7
7 2 3 8 6 1 4 5 9
4 9 1 3 2 5 6 7 8
6 8 5 9 4 7 1 2 3
3 6 7 1 5 2 9 8 4
8 1 9 4 7 3 2 6 5
2 5 4 6 8 9 7 3 1
7 8 9 1 4 6 5 2 3
5 4 3 2 7 9 6 1 8
2 6 1 3 8 5 7 4 9
3 1 4 6 2 8 9 5 7
6 9 7 5 3 4 2 8 1
8 2 5 7 9 1 3 6 4
1 5 8 9 6 3 4 7 2
4 3 2 8 5 7 1 9 6
9 7 6 4 1 2 2 8 3 5

CROSSWORD
ALBA STEVE EARL
LEI M O BEE
ERE ANNETTE BIN
COLIN AVE GHANA
Y D C E S A
E LOHAN GABLE S
TRIA TO RTE LEA
H BAY LOA LIV R
AIR EVA SAL IRA
N ARKIN SLOPS H
K O N I E A
SEANS ONA HALE
HIP RIANNA AIM
ARE I N D REM
WASH GOMEZ DANNA



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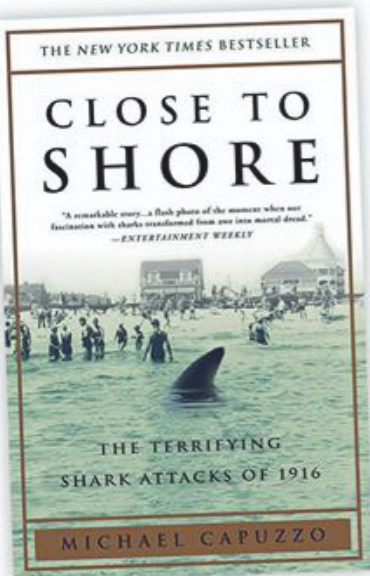
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GO-TO RESTAURANT

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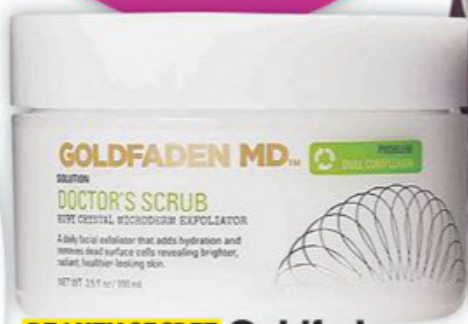
MUST-SEE SERIES **Succession** *"I'm obsessed. It is impeccably well-written. You become invested in every character's story."*

As the drama heats up on *Vanderpump Rules*, airing Tuesdays at 9 p.m. on Bravo, star **Lala Kent** shares with *Life & Style* how she decompresses offscreen



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Shania Twain
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