

COSMOPOLITAN

Sofia Richie

THIS IS THE
MOMENT SHE'S
BEEN WAITING
(PLOTING?)
FOR

We need to talk about spring break

THE BILLION-DOLLAR
PARTY THAT'S EITHER
CANCELED OR...BETTER
THAN EVER?

All the new shorts:

LITERALLY JUST
HERE TO STUMP
YOU ON YOUR
SHOE CHOICE

ANSWERS, PAGE 38

Your moon sign

KNOWS
WHAT YOU
DID LAST
SUMMER

(ALSO,
EVERYTHING
ELSE)



Yeah,
we garden
now.

29 hacks for hosting like a Cool Girl™





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april

ON SOFIA

Alessandra Rich jacket, skirt, and earrings. Linda Farrow x The Attico sunglasses. Queenie Cao Jewelry ring (left). Demarson ring (right).

Hair: John D at Forward Artists for TRESemmé. Makeup: Adam Burrell for The Only Agency using MAC Cosmetics.

Manicure: Kimmie Kyees for CelestineAgency.com. Props styled by Evan Jourden.

Production: Crawford & Co. Productions. To get Sofia's look, try Paradise Enchanted Scented Eyeshadow Palette, Infallible Never Fail Eyeliner in Black, Voluminous Lash Paradise Washable Mascara in Blackest Black, Colour Riche Plump and Shine Lip Color in Coconut Plump, and Infallible Pro-Glow Concealer in Creamy Natural, all by L'Oréal Paris.



These are my fashion shears.

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(PLOTING?)
FOR**

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Ed letter

Edited by EIC Jessica Pels

Oh, hi, this is entertainment director Maxwell Losgar. While the rest of the Cosmo staff covers celebrities, Maxwell *hangs out* with them—it's his job to get famous people into the magazine. Which, TBH, takes a big personality and a lot of work. But, like, really fun, really fancy work. Here's a day in the life:



Just me casually crashin' Maxwell's page

8 A.M.

After two hours of hitting snooze, I'm finally in my apt building's gym with my trainer. We are modifying almost every move bc I'm a stubborn Taurus who prefers snacking over sweating.

Hey, at least you can work out in the a.m. The best I can do is... email from bed.

12 P.M.

Back at the office, I take a quick #HearstElevatorSelfie (it's a thing, ppl!) and dive into emails. A lot of emails: I get about 400 from celebrity publicists every day.

1 P.M.

I attend a brainstorm meeting with the photo department to discuss the direction for a major upcoming photo shoot. It's about... sorry, I can't say. I'm sworn to secrecy.

2 P.M.

Kelsea Ballerini stops by to play me her new music (every song is a bop, duh) and film an episode of *Expensive Taste* for our YouTube

channel. (I later get a handwritten thank-you note from her. Class act.)

3:30 P.M.

Time for a late lunch at my desk (Taco Bell because I love to #LiveMas) while I preview a new episode of my current TV obsession: Zoey's *Extraordinary Playlist*. (I got Jane Levy, who plays Zoey, to be our back-page star last month!) Then I Slack Jess about some other new, exciting actors and musicians I think Cosmo should be covering.

6 P.M.

One of those people? Teenage songwriter Grace VanderWaal. Girl. Can. Sing. I get drinks and sushi with her agent from Columbia Records to see how we can work together.

8 P.M.

I rush to meet my husband to see the *West Side Story* revival on Broadway. No, I didn't pay for the tickets. Yes, my job truly *is* the greatest.

Maxwell
Maxwell Losgar
Entertainment Editor
@MaxwellLosgar

RUBEN CHAMORRO

9:30 A.M.

I sing to my cat, *what?* Scotch, before I head out the door. I know, *cat people*. But my husband and I travel a lot, so a dog just isn't a reality.

10 A.M.

I'm at a screening of Dakota Johnson's new comedy opposite Tracee Ellis Ross (sooo funny). One of the best parts of my job is getting to see movies months before they officially come out.

deep, pure envy about this

Our creative director Andy, a fellow Cosmo Man™, is a cat person too. Granted he's also the genius behind the pic on page 104, so I guess I can forgive him

#1 best leave-an-impression move

Maxwell knows everything about every famous person and annoyingly he WON'T TELL ME

all my career choices... rethinking

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This
guy's right
on time.

You know celebs stage their own pap shots, right?

Literally no one looks that good coming home from the gym.

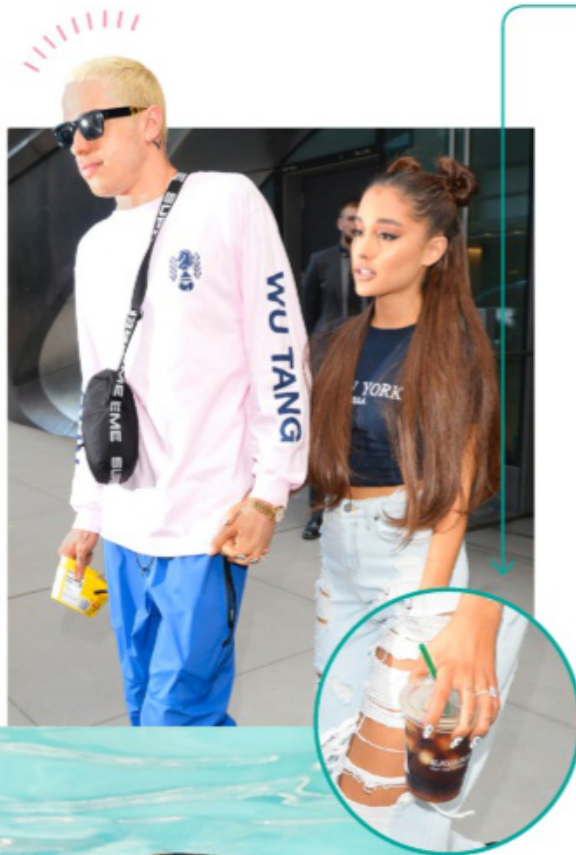
By MEHERA BONNER

GETTY IMAGES.

Let's think back, for a moment, to simpler times. Times when celebs leaked their locations to photos from their Black-Berrys. Pre-Instagram, an omg-I-didn't-see-you-there pic was the only way to show off an "effortless" OOTD or a budding 'ship.

Now, stars can post anything at any time on their own feeds. So who needs the paps anymore? They do. Because

some things (read: convincing #Relationship-Goals snaps) just hit differently when they're "candid." Basically, famous people still tip off the TMZs of the world to control their own narratives...without seeming like they're trying to control their own narratives. It's meta, it's sneaky, and you're too damn smart to fall for these setups. At least, now you are.



When they wanna show off their mans...

...without making their followers roll their eyes over a mushy-gushy post about how much they love Pete Davidson. Plus, Ariana Grande manages to subtly flash her Big Engagement Ring Energy via her Starbucks grip—without having to post a ring shot like an attention-seeking basic B.

When they need to hype a completely real, not-at-all-fake relationship

So Shawn Mendes and Camila Cabello happened to be doing their best impression of horny mermaids right before releasing their thirst-trap track "Señorita"...just as a photographer was passing by? Sure.



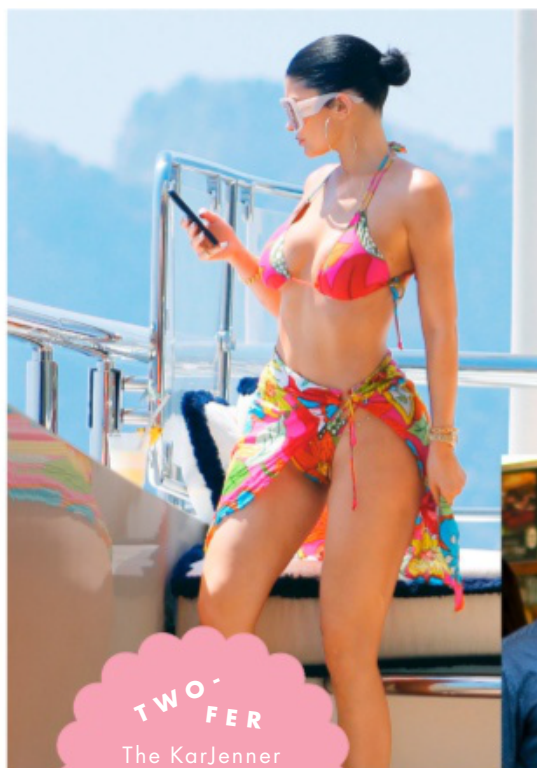
When they're trying to promote a new album

Taylor Swift can go months without being spotted by cameras. She basically hibernates between albums, so the times she is seen leaving her house (in perfect makeup, natch) are all about getting more eyeballs on whatever she's working on.



When they're tryna maximize ~content~

Look, if I rented a \$250-mill yacht for my 22nd b-day like Kylie, I'd want to show it off too. And when you've already posted an appropriate number of grid shots, why not work that eager troop of paps to your advantage?



TWO-FER

The KarJenner clan has mastered this trick better than anyone.

When they're sponcon-ing something without telling the FTC

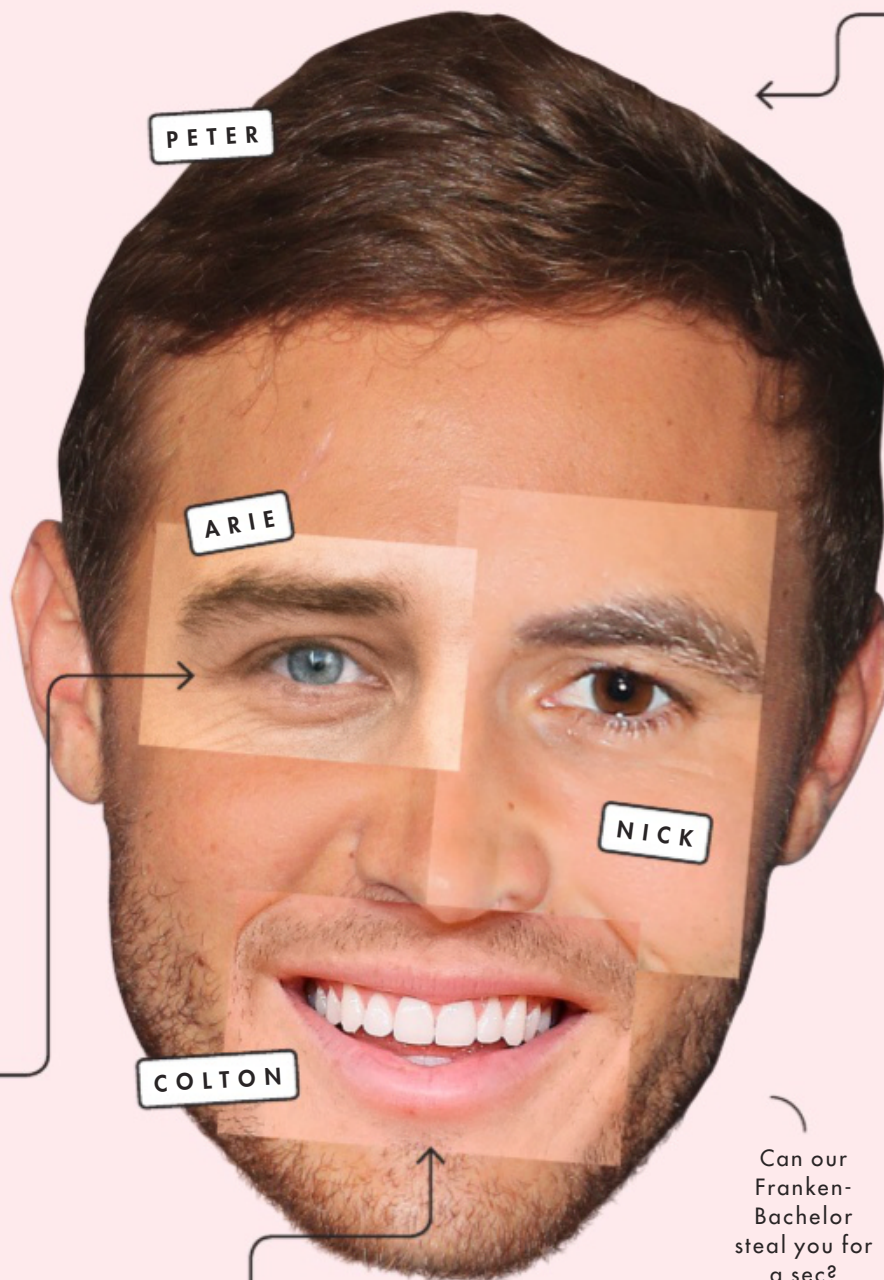
Matching your outfit to your soda can and holding said can in the most label-showing way = highly sus. FWIW, Kendall says this wasn't an ad, but at the very least, I've gotta think she was distancing herself from a certain *other* iconic drink.



The Bachelor might be over, but with this game, you can create the next one!

Given how similar they are, there's a 92.6 percent chance you'll be right! By EMMA BATY

Close your eyes and picture the Bachelor. It doesn't matter which one comes to mind because we're all picturing the same thing—a tall, Objectively Cute Catch with very white teeth and hair that no number of make-outs can knock out of place. In fact, this kinda looks like him right here! Okay, it's not, but we couldn't help but have ourselves a little fun smooshing together these guys' features. Just about every past Bach checks most of the boxes below, so go ahead and select your faves to predict the star of season 25.



Eyes

- ☐ Brown and looking right past you to the 29 other women who just exited the limos.
- ☐ Blue with dreams of *(Bachelor in)* paradise reflected in them.
- ☐ Green, and he knows you can't stop staring at them.



Smile

- ☐ Proudly beaming about his date-planning skills.
- ☐ Momentarily absent while he has a serious chat with Chris Harrison.
- ☐ Blindingly white from his pre-filming treatments.



Shoulders

- ☐ Broad and very muscular. He played college football and talks about it every five minutes.
- ☐ A little bit ripped. He's a "model," so he has to keep up appearances.
- ☐ Heavy with the weight of his parents' expectations.



Hair

- ☐ A short cut with a hint of a curl that he perfected during his days as a contestant.
- ☐ Full of gel, a little crunchy to the touch, emphasizing those intense "I'm gonna marry you after knowing you for a few weeks" vibes.
- ☐ Totally straight with no styling whatsoever bc he's not the one who needs to put in effort here.



Legs

- ☐ Fit and clad in blue jeans. He wears them best while walking from a prop airplane to a group date.
- ☐ Fit and clad in blue dress pants as part of a blue suit. It's what the last guy wore, so it must work!
- ☐ Fit and clad in blue shorts. Mesh ones for sporting activities and dick prints.



0% SULFATES, PARABENS & DYES
100% BOSS



TRESEMMÉ'S NEW PRO PURE COLLECTION
Style without compromise while leaving your hair at its best.

The most oddly specific/ genius celebrity fast-food orders we've ever heard

Dollar Menu but make it bougie.

By HANNAH CHAMBERS

→ Fast food is always delicious, full stop (@ me, Whole30). It might also be the only thing I have in common with The Famouses, so yeah, Imma be copying their orders. These are the humans who don't blink when dropping \$64.78 at Wendy's and never have to pull a "We have food at home." They probably employ live-in chefs, so if they're hitting a drive-through, you know it's for a *very* good reason. *Bone apple tea, my friends.*



SHAY MITCHELL

This classy-ass lady ordered her **Domino's pepperoni pizza** in the shape of a heart. Would 10/10 copy for the 'gram alone.

KIM KARDASHIAN WEST

KKW makes her McD's order fancy as fuck by **dipping her chicken nuggets in honey**. Obvi, there's a small fry on the side. Suddenly my BBQ sauce feels sad and poor.



BELLA HADID

Ordering a **Sausage McMuffin and two hash browns** isn't groundbreaking, but we must respect a girl who knows that just one potato patty won't do the trick.

CHRISSY TEIGEN

She gets **Cinnabon rolls** delivered, to her home, with **extra icing**. And bc she's a true innovator, she **pops them in the microwave**. I'm not drooling, you are.

BEYONCÉ

In-N-Out Burger is already kind of a step up (I mean, this is Bey), but she's made it...well, even more Bey by washing down her burger and fries with **a glass of champagne**. The only edit I'd make to this flawless sitch would be to replace that flute with a whole damn bottle.

Kanye West voice Uh-huh, honey.



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Why we binge sh*tty reality TV when we're depressed

Inject *Summer House* straight into my veins, plz.

By JESSICA GOODMAN

In my mid-20s, I fell into a major emotional slump. It wasn't

capital-D depression, but I was feeling stalled at work and overwhelmed by adulting and spent most nights sculpting my butt imprint into my couch. The little energy I had I used to scroll through Roku to find something—anything!—to stream while playing Dots on my phone. To my rescue, oddly, came a lil franchise called *The Real Housewives*.

Suddenly I was watching back-to-back episodes, obsessing over blowout fights in the Hamptons and abhorrent name-calling in Beverly Hills. The over-the-top-ness of their manufactured, rich-people probs was somehow exactly what I needed to wind down and put my own angst

in perspective. No matter how crappy I felt—or how many hours I spent dissecting my boss's cryptic emails—at least I wasn't dating someone who pretended to have cancer.

Okay, sure, legit scientific studies (that were probably commissioned to personally victimize me,

just sayin') found that more than four hours of screen time a day is linked to depression. But in binge moderation (yes, it exists), I still say reality marathons are *kiiiind* of the greatest. Actual psychotherapist Fran Walfish backs me up: "It's an automatic distraction from whatever you're dealing with,"

she says. "It breaks the almost obsessive cycle that a depression can create in the mind."

Obviously, Walfish and I aren't the only ones into a great *Housewives* escape. "There are so many

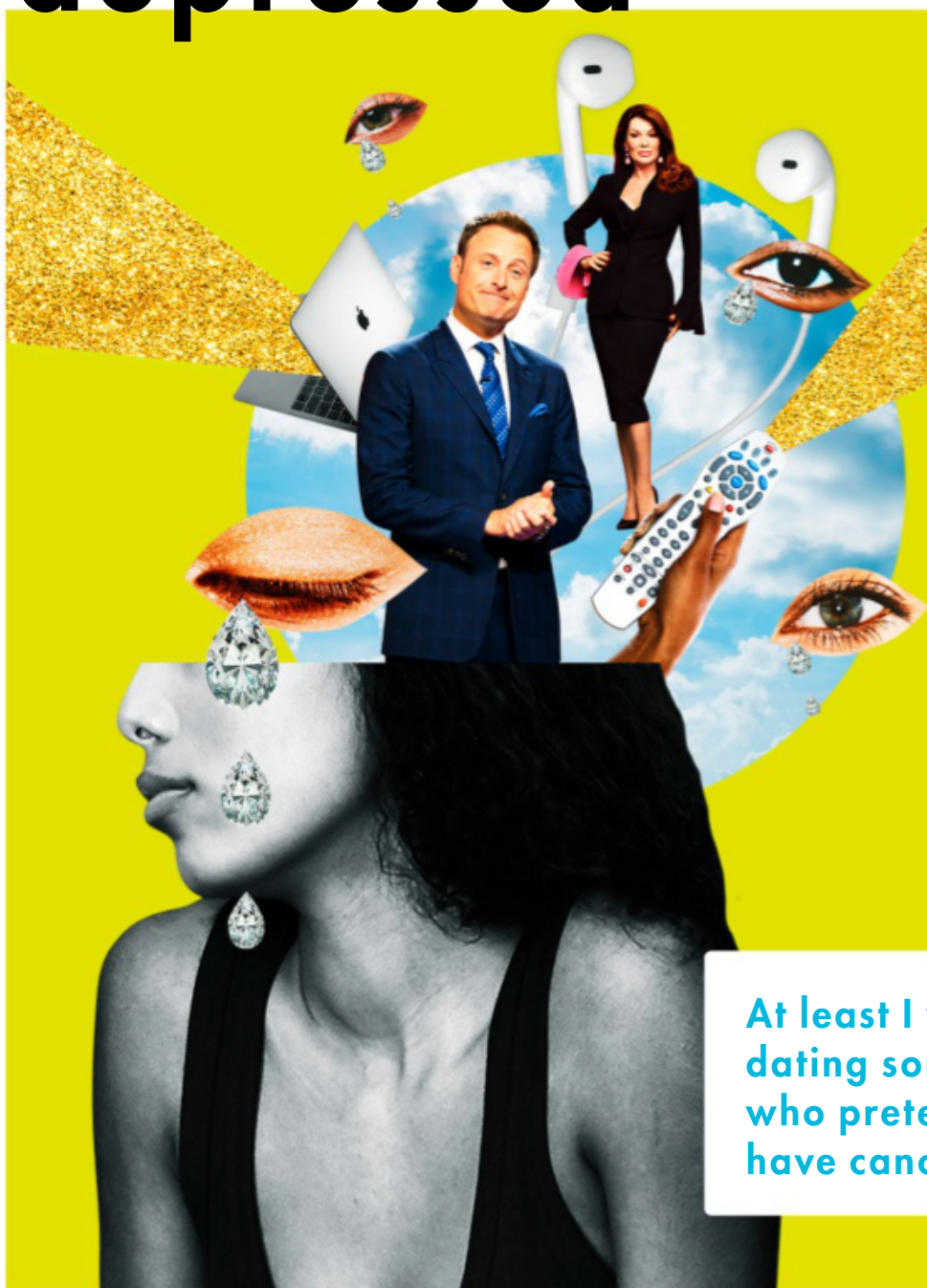
shows I've been told to watch that I know are narratively demanding," says Claire Fallon, cohost of the *Bachelor*-dissecting podcast *Here to Make Friends*. "But when I'm depressed, it's time for hours of *The Great British Bake Off*. These shows are not designed to be challenging."

More backup (just laying out a solid case here, okay?): "Reality TV is like Xanax mixed with a glass of rosé mixed with your childhood blanket," says actress Casey Wilson,

who has talked about how the genre helped her grieve her mother's

death on her and Danielle Schneider's *Real Housewives* podcast, *Bitch Sesh*.

So. While my personal funk is behind me, the world still feels high-key chaotic right now. Which is why until navigating life becomes easier than predicting one of Countess Luann's meltdowns, you can still find me most nights worshipping at the altar of Andy Cohen.



At least I wasn't dating someone who pretended to have cancer.

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Owen Teague is about to blow TF up, so we asked him some very intimate questions

Turns out, the 21-year-old *Mrs. Fletcher* actor and *The Stand* star built his own bookshelf, so.... By EMMA BATY

FRIDAY-NIGHT
PHONE
CALL



He ***also*** checks all the boxes on our “soft-boi qualities we simply can’t resist” list: He’s sensitive, scene stealing, tall but not weirdly jacked, and as kind IRL as you’d hoped he would be. Or, at least, he’s damn sweet on the phone. And as I found out when I called him up one recent Friday night, he’s really good with his hands, in more ways than one (relax, everyone, I’m talking about cooking).



All right, paint a picture for me. Where are you sitting right now?

On my couch in a sublet apartment in Vancouver, where I’m filming. I’m next to the fireplace.

Excuse me, a fireplace?

Well, it’s not a *real* one. It does actually produce heat, but it’s less romantic than it sounds because it’s just a button on the wall.

I’d still file that under “things I’d make out in front of.” So since this isn’t your actual apartment, have you been doing any snooping or found anything weird?

There’s this little... I don’t know if it’s a chicken or some kind of plush bird, but he’s wearing swimming goggles and sitting in this nook. Very creepy.

What’s the most unusual thing in your real place in L.A.?

When I moved in, I couldn’t find any bookshelves I liked for less than \$1,600. And I was like, *Well, this is stupid. I can build a bookshelf*

way cheaper. So I went to Lowe’s and bought a bunch of wood and finisher plus a saw, a sander, and all this stuff. And I spent the next two months building a 9-foot-tall bookshelf on my 4-foot-wide balcony. It was a terrible, terrible idea. Never do that.

Noted. But it’s probably a great conversation starter when you have a ~special friend~ over. What else is on the agenda with a plus-one?

There’s probably a movie. There’s probably some pasta. I like cooking.

Cooking for someone else...so intimate!

Cooking for yourself is like, *Okay, great, I cooked this thing and now I’m going to eat it.* If we do it together, that’s so nice. And if it’s really good, it’s like, “Yay, team effort. We did this.” And if it’s really bad, then it’s like, “Good attempt. Better luck next time.” But we’re sharing our failure.





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Here's which Ryan Murphy show you should watch rn

The only way to count down to the release of a new Ryan Murphy show is to binge an old Ryan Murphy show.

By HANNAH CHAMBERS

Everyone's favorite showrunner is about to gift us with new Netflix series *Hollywood*, all about the ~glamorous scandal~ of Tinseltown in the '40s and also, it seems, men with great jawlines. Until then, here's how to fill the kinda chic, kinda creepy void in *your* life.

START

What's your go-to last-minute Halloween costume?

Button-down + headband + skirt = Blair Waldorf.

Fake blood + dark lipstick + all black = hot lil vampire.

HBD, BFF. How far into the archives do you dig for that Insta Story post?

YEARS! Our prom pics never disappoint.

Maybe a few months? The photos from her bach party best fit my 'gram aesthetic.

What do you listen to when you need to get over a breakup?

"Truth Hurts," by Lizzo.

Adele's entire discography.

What product do you need to finish off your signature look?

Fenty lip gloss.

A super-dramatic Urban Decay eyeshadow palette.

Choose your fighter: edgy-girl edition.

Billie Eilish.

Avril Lavigne.

What's your opinion on spoilers?

Avoid at all costs!

Catch me on Reddit before (and during) every ep.

When you space out at your desk...what's on your mind?

What I'm having for dinner.

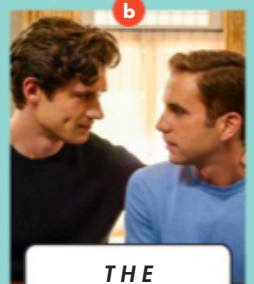
What I'd do with \$1 billion.

10s, 10s, 10s across the board!

Answers



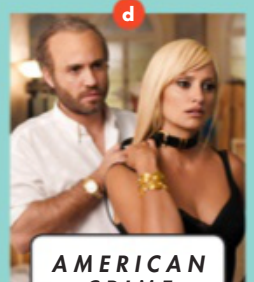
GLEE



THE POLITICIAN



SCREAM QUEENS



AMERICAN CRIME STORY



AMERICAN HORROR STORY

POSE



YOU

Hi, can I justify that irresponsible purchase for you?

Here when you need me most.

By CARINA HSIEH

Poppin' vacay content = priceless.

Look, listen, shredding a paycheck on a thing that you don't need for survival is low-key terrifying. But what if you did it anyway...and actually felt good about it? Is that sorcery possible? Sure is! Right this way to validation station.

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1. What kind of impact will this splurge have on your life?

- a** Oh, just priceless memories that could shape how I see the world.
- b** Time is money. So that. Mama needs more hours in the day.
- c** Not sure—but it'll be very pretty.

2. If you don't spend money on this thing right now, what will you do?

- a** Think about it forever and go to my grave regretting it.
- b** Spend the next two hours sob-singing sad Halsey songs.
- c** Pray to the Fashion Nova gods that it goes on sale.

3. Sorry, but will this investment be cool or useful in five years?

- a** It's bragging rights for all time *fire Elmo*.
- b** Yup, it's an investment in my future.
- c** I see where you're going with this, but your girl loves a trend!

4. Be HONEST: Can you buy it used?

- a** Nope.
- b** TBH, it's almost as pricey as the new thang.
- c** Didn't think of that. Maybe?

5. If you buy it this one time, do you have to keep buying more of it?

- a** I can literally buy it *only* this one time. If you had one shot or one opportunity....
- b** It's a buy once, use forever, pass it down sorta thing. That's why it's so spensy.
- c** Unless lashes can learn to lift themselves, yes.

6. How long have you been agonizing over this decision?

- a** I've consulted the internet long enough to

be stalked by ads on every social platform.

- b** I've asked everyone I know what they think for the past 14 days.

- c** Since I saw it in my Instagram feed this morning.

7. Pop quiz within a quiz: You haven't taken a vacay in years and your BFF calls begging you to join her for



MOSTLY A'S

Buy that Burning Man ticket, you beautiful weirdo!

Your request has been approved. Seems like this thing could be a legendary trip, concert, or event that'll Never Happen Again. And we are so not getting in the way of that. Thank your savings for its service and add to cart.

MOSTLY B'S

Hire a cleaning service, get that Le Creuset, buy the YSL.

Got your eye on an investment piece of fashion or kitchenware (get it, Ina!) or some service that does annoying things for you? Your mom wouldn't approve, but we say, "Treat thyself."

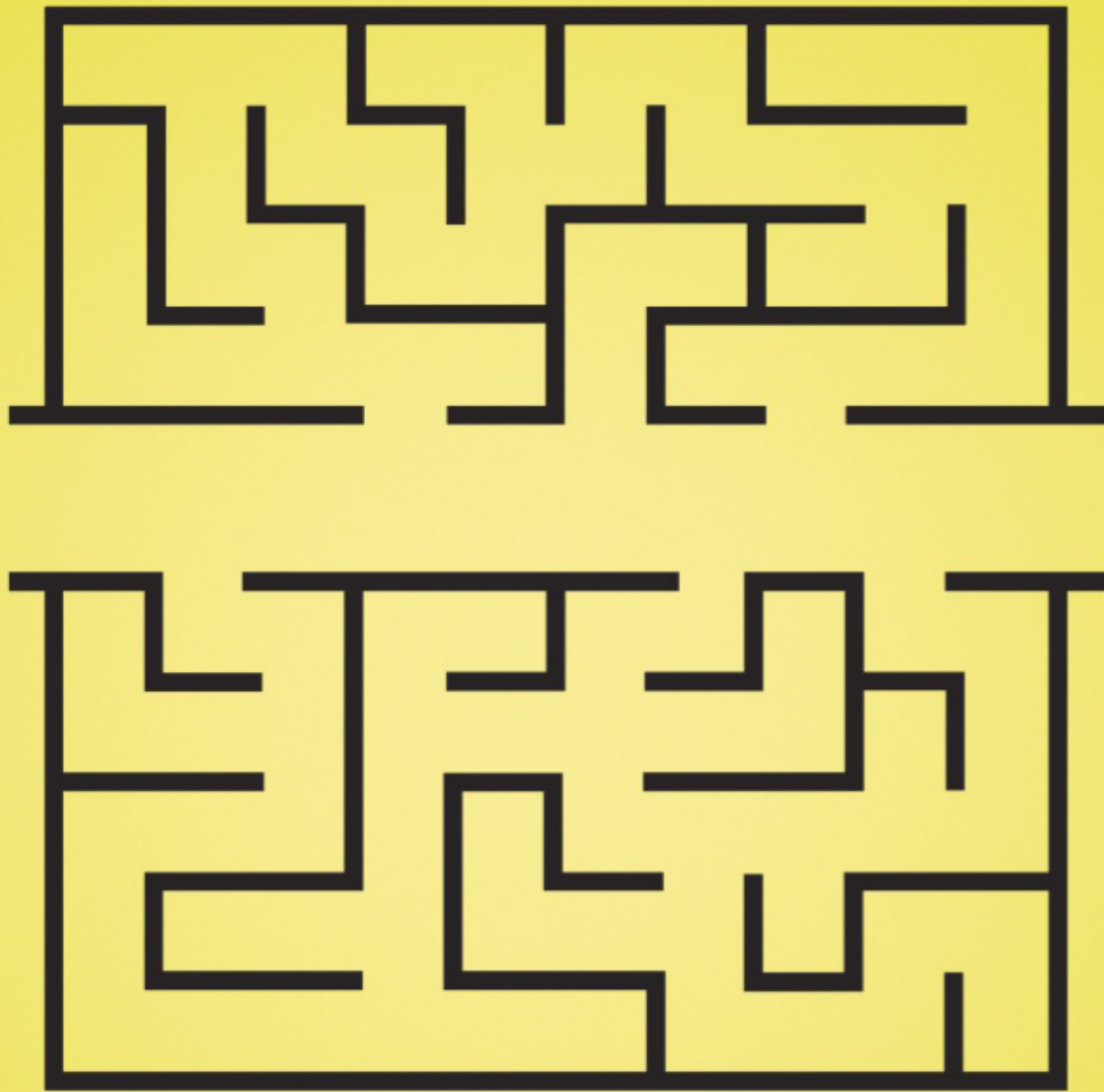
MOSTLY C'S

Sorry, I cannot justify \$200 Insta-famous PJs...

Or a budding lash-lift addiction. That's mostly because I know you're not that committed to this thing, so you should really save your coins for general admission at Harry Styles.

a post-breakup yoga-teacher training in Bali. You in?

- a** I ask to sleep on it and consult my checking account. Fiscal responsibility ain't sexy, but....
- b** I email my boss and will book the second she responds. You've gotta be there for a friend—also, Bali!
- c** I scream, "YAAAS!" and insist on flying first class to make that 20-hour flight feel more like 2. Yoga teachers rake in good money, right?



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Keep Your Own Phone SIM Kit requires a compatible, unlocked phone. May need to change the phone's Access Point Name settings. *Please refer to Terms and Conditions at StraightTalk.com.

Only at
Walmart 

A VERY COSMO GENERATOR

Here's what you should be doing instead of spring-cleaning

When was the last time you checked in on your completely theoretical Pinterest wedding board?

By SARAH WELDON

To whomever invented the idea of dusting because a season changed: It's dumb. Not dumb: finding a better activity by picking one answer from each of these columns and smooching them together. Bye!

YOUR CELEB CRUSH'S EYE COLOR IS:



BROWN

Create a trifold vision board of...



BLUE

Journal about...



GREEN

Start a newsletter based on...



HAZEL

Internet-investigate...



THE LAST PERSON WHO TEXTED YOU IS:

MOM

so you can finally say you did.

BFF

because karma.

BOSS

until you decide to take a seven-hour nap.

S.O.

just like Lizzie McGuire's alter ego would've wanted you to.

LANDLORD

because in 2020, we're manifesting.

EX

in the name of self-care.

PHONE COMPANY DATA UPDATE

into oblivion.



YOUR PREFERRED VENDING-MACHINE SNACK IS:



DORITOS

the sex scenes in *Outlander*...



DONETTES

your Little League photo "trading cards" from 2002...



PLAIN POTATO CHIPS

the correct spelling of "Berenstain Bears"...



PEANUT M&M'S

the Wikipedia page for "colonic"...



SOUR CREAM & ONION CHIPS

your mom...



PRETZELS

that one coworker with really terrible taste in memes...



DIET COKE

the six receipts at the bottom of your workbag...



TWINKIES

ye olde Pinterest wedding board...



BUGLES

Ari's key change in "Dangerous Woman"...

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Color so crisp, lips so smooth.

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and infused with shea butter.

WITH
SHEA BUTTER

Josephine is wearing Hot Chase.



LET'S PLAY A GAME
CALLED FRIDAY NIGHT

How long can you last without canceling your plans?

Like...how much rain is too much rain?

By TAYLOR ANDREWS

START

Hello, bb! No, this is not a dream: You've officially made it to Friday (praise be to Cardi B). You have din din with the ladies at 7 and, yeah, you're pretty psyched to be knee-deep in margs. But it's also still morning—and you haven't left your house yet....Will your plans survive?

1

Let's start with the forecast: The weather peeps are predicting rain all day. WYD?

A.

Spray some anti-frizz on this mane and throw it in a topknot. Oh, and grab an umbrella that matches my outfit.

GO TO 2

B.

Check the forecast like it's views on my perfectly curated IGS.

GO TO 7

2

Your work wife will not stop reaching for the tissues. Even though you've antibacterial-wiped your desk a billion times, your nose is runny too. You still down to clown?

A.

This is too much for today. Don't attack me, attack my cubicle mate for not getting her flu shot.

MAYBE TRY
NEXT WEEK?

B.

Yup. I'm going to use this opportunity to take an extra-long lunch and swing by the pharmacy for that orange powdery stuff.

GO TO 3

B.

Ugh. Dicksand. I'll just meet the squad there solo.

GO TO 9

A.

Me? Show up anywhere by myself? Nerp.

AT LEAST YOU HAD
AMBITIOUS GOALS...

8

Just as you're walking out the door with that #FridayEnergy, you spot a text from your bestie that her S.O. surprised her with concert tickets tonight. Still heading downtown?



Only here for the
drunk fries later.

9

Would you believe this standstill traffic? Google Maps is estimating an additional 30 minutes of travel time. You...

A.

Head to Little Caesars, then go home to de-pants and *Vanderpump*-marathon. Bye!

IT'S NOT YOU,
IT'S THIS DAY

B.

Use that sketchy app for bumpy back-road directions. I might vom, but I *will* make it.

TGIF, BABE!

END



The real ones
invite me out even
when they know
I'll cancel.

B.

I guess this means I have to drink and tidy up at home tonight.

WHO GOES
OUT WHEN
IT'S RAINING
ANYWAY?

A.

I'm gonna stuff it all under my bed tomorrow morning and offer to pay my roomie's share of the utilities if she helps me.

GO TO 8

7

Surprise! Your parents want to take you to brunch tomorrow, but your sink is covered in toothpaste and everything you've worn this week is on the floor. Your move:

6

Wow. You win Friend of the Year for not canceling. You must be really dedicated (OR someone has an embarrassing photo of you). Alas, everyone else now wants to resched.

NOW YOU MAY SLEEP



B.

Ask my sugar daddy for more allowance this week. JK! I guess I'll order a smol, sad salad. Hahaha. Haha. Ha.

GO TO 8

A.

Well, considering I'm worth a total of \$2.57 right now, I'm just gonna go warm up last week's chicken fingers.

DEPLOY THAT "I'M LE
WORST" TEXT

5

You check your phone and Madison changed up the location tonight. Now, you're going to a prix-fixe dinner at a rooftop restaurant because, "Why not?!" What's the plan?

B.

Ofc? This is the perfect excuse not to leave my bed tomorrow mid-hangover.

GO TO 6

A.

Um, my world will literally crumble around me if I don't see all 10 hours tonight.

LET'S STOP MAKING
FRIDAY-NIGHT PLANS
FOREVER

3

It's not even 11 a.m. and you've fallen asleep at your desk. Twice. This is what you get for downloading TikTok after 10 p.m. You...

A.

"Make that two espresso shots, pls!"

GO TO 4

B.

Send your group chat a pic of your dark under-eye circles with the caption, "Not even a vodka soda could fix these."

GO TO 5

4

Your boss Becky won't STFU about her new Netflix obsession: a love story with vampires and werewolves. Your inner *Twilight* stan can't wait to watch. You still goin'?



What your Instagram Like habits say about you

Except you, withholders. You have no souls.

By HANNAH CHAMBERS

1

You acknowledge only the photos you *actually* like...

How retro! You're the rare breed of human who passes on an online sale when you truly don't need anything—even if it's all, like, 70 percent off. Your self-control is astounding and low-key disturbing.



2

You accidentally Like and immediately un-Like...

Removing that little red heart is a true act of bravery. But we're gonna pretend not to know you when you ask to speak to a manager over the rogue tomatoes in your salad. Those "food allergies"? Lies.

3

You refuse to Like any post with 500 or more Likes...

IYO, that girl from college who's always featured on *Barstool* gets enough Likes! Your fave activity is dragging popular radio songs for being overplayed. FWIW, it's okay to enjoy French bulldogs and cold brew.

5

You Like all the pics you missed a few weeks ago...

With this ultimate flex, you want everyone to know that you don't waste too much time on social media. Your other power move: eating food as soon as it arrives at the table without taking a photo first.

6

You Like mostly thirst traps...

Let me guess: Your first "relationship" was in fourth grade, and Samantha is your icon. Instagram is your dating app of choice, so you tap that lil button as much as possible. (Btw, we can see your lady boner from here.)

4

You mindlessly Like every post...

For you, IG lurking is a muscle-memory exercise. You're always good for a Like—but too indecisive to choose outfits or pizza toppings.

OUR EXPERT

Uh...it's just me. I made all this up. Ninety-nine percent sure it's accurate though.

UNCLOG.
UNPLUG
& PORE
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in one, so you feel like you can leave your mark on the world.
That's how we **#DoDifferent**. Your turn.

NEW



f a s h i o n

Make your next bag an Insta-bait bag

These 13 cool-girl brands are starting to fill up your feed—and shade your basic black tote 🙄.

BY LAUREN ADHAV

Is it weird to be attracted to a purse? Asking for a friend.

STÉE

\$744, stee-atelier.com

The more out there the design, the more social media validation, duh.

JEFFREY WESTBROOK; STYLED BY MIAKO KATOH.

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MEET PARAGARD®, THE ONLY BIRTH CONTROL THAT'S



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Over 99% Effective



1 Simple Active Ingredient—Copper

Paragard (intrauterine copper contraceptive) is a small IUD (intrauterine device) that prevents pregnancy for as long as you want up to 10 years. It works differently using one simple active ingredient—copper—instead of hormones.

- No hormone-related side effects
- No hassle or daily birth control routine
- Lasts up to 10 years but can be removed at any time if you decide you want to get pregnant*
- Placement done in-office by a healthcare provider in just a few minutes

**WANT HORMONE FREE? ASK FOR PARAGARD.
VISIT PARAGARD.COM**



The only IUD
FDA approved
for over 30 years

Important Safety Information

IUDs, including Paragard, have been associated with an increased risk of pelvic inflammatory disease (PID). Don't use Paragard if you have a pelvic infection, certain cancers, a copper allergy, Wilson's disease, or PID. If you miss a period, have persistent abdominal pain, or if Paragard comes out, tell your healthcare provider (HCP). If it comes out, use backup birth control. Paragard may attach to or go through the uterus and cause other problems. Pregnancy with Paragard is rare but can be life threatening and may cause infertility or loss of pregnancy. Periods may become heavier and longer with spotting in between. Bleeding may be heavier than usual at first. **Paragard does not protect against HIV or STDs.**

Only you and your HCP can decide if Paragard is right for you. Available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

See next page for Brief Summary of Patient Information.

*Paragard must be removed by a healthcare provider.

Paragard® is a registered trademark of CooperSurgical, Inc.

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 **Paragard®**
intrauterine copper contraceptive
simple, honest
pregnancy prevention™



Brief Summary

Paragard ('par-uh-gahrd) (intrauterine copper contraceptive)

Paragard T380A intrauterine copper contraceptive is used to prevent pregnancy. It does not protect against HIV infection (AIDS) or other sexually transmitted infections (STIs).

This information is not comprehensive. Please see the full prescribing information at paragard.com for additional information.

Read this Patient Information carefully before you decide if Paragard is right for you.

This information does not take the place of talking with your gynecologist or other healthcare provider who specializes in women's health. If you have any questions about Paragard, ask your healthcare provider. You should also learn about other birth control methods to choose the one that is best for you.

What is Paragard?

- Paragard is a copper-releasing system that is placed in your uterus by your healthcare provider to prevent pregnancy for up to 10 years.
- Paragard can be removed by your healthcare provider at any time.
- Paragard does not contain any hormones.
- Paragard can be used whether or not you have given birth to a child.

Paragard is a small, flexible plastic “T” shaped intra-uterine system with copper wrapped around the stem and placed on arms of the “T”. Two thin white threads are attached to the stem (lower end) of Paragard. The threads are the only part of Paragard you can feel when Paragard is in your uterus; however, unlike a tampon string, the threads do not extend outside of your body.

How does Paragard work?

Paragard works by preventing sperm from reaching the egg, preventing sperm from fertilizing the egg, or possibly preventing attachment (implantation) in the uterus. Paragard does not stop your ovaries from making an egg (ovulating) each month.

How long can I keep Paragard in place?

You can keep Paragard in your uterus for up to 10 years. After 10 years, you should have Paragard removed by your healthcare provider. If you wish and if it is still right for you, you may get a new Paragard during the same visit.

How is Paragard placed in the uterus?

Paragard is placed in your uterus during an in-office visit. First, your healthcare provider will examine your pelvis to find the exact position of your uterus. Your healthcare provider will then cleanse your vagina and cervix with an antiseptic solution and then, measure your uterus. Your healthcare provider will then slide a plastic tube containing Paragard into your uterus. The tube is removed, leaving Paragard inside your uterus. Two white threads will extend into your vagina. The threads are trimmed so they are just long enough for you to feel with your fingers when doing a self-check. As Paragard goes in, you may feel cramping or pinching. You may have some bleeding. Some women feel faint, nauseated, or dizzy for a few minutes afterwards. Your healthcare provider may ask you to lie down until you are feeling better, and to get up slowly.

Who might use Paragard?

You might choose Paragard if you:

- want long-term birth control that provides a low chance of getting pregnant (less than 1 in 100)
- want birth control that works continuously for up to 10 years
- want birth control that is reversible
- want a birth control method that you do not need to take daily
- are willing to use a birth control method that is inserted in the uterus
- want birth control that does not contain hormones

Who should not use Paragard?

Do not use Paragard if you:

- are or might be pregnant
- have a condition of the uterus that changes the shape of the uterine cavity, such as large fibroid tumors
- have an untreated pelvic infection called pelvic inflammatory disease (PID) now
- have had an infection in your uterus after a pregnancy or abortion in the past 3 months
- can get infections easily. For example, if you:
 - have problems with your immune system
 - have multiple sexual partners or your partner has multiple sexual partners
 - use or abuse intravenous drugs

- have or suspect you might have cancer of the uterus or cervix
- have unexplained bleeding from your vagina
- have an untreated lower genital infection now in your cervix
- have Wilson's disease (a disorder in how the body handles copper)
- are allergic to copper, polyethylene, or barium sulfate
- have an intrauterine system in your uterus already

Before having Paragard placed, tell your healthcare provider if you have:

- any of the conditions listed above
- slow heart beat (bradycardia)
- dizziness (syncope)
- seizures
- recently had a baby or if you are breastfeeding
- AIDS, HIV, or any other sexually transmitted infection

Should I check that Paragard is in place?

Yes, you should check that Paragard is in proper position by feeling the threads. It is a good habit to do this 1 time a month. Your healthcare provider should teach you how to check that Paragard is in place. First, wash your hands with soap and water. You can check by reaching up to the top of your vagina with clean fingers to feel the 2 threads. Do not pull on the threads.

How soon after placement of Paragard should I return to my healthcare provider?

Call your healthcare provider if you have any questions or concerns (see “When should I call my healthcare provider?”). Otherwise you should return to your healthcare provider for a follow-up visit after your first menses after Paragard is placed to make sure that Paragard is in the right position.

What if I become pregnant while using Paragard?

Call your healthcare provider right away if you think you may be pregnant. If you get pregnant while using Paragard, you may have an ectopic pregnancy. This means the pregnancy is not in your uterus. Unusual vaginal bleeding or abdominal pain especially with missed periods may be a sign of ectopic pregnancy.

Ectopic pregnancy is a medical emergency that often requires surgery. Ectopic pregnancy can cause internal bleeding, infertility and even death.

There are also risks if you get pregnant while using Paragard and the pregnancy is in the uterus. Severe infection, miscarriage, premature delivery, and even death can occur with pregnancies that continue with an intrauterine system (IUS). Because of this, your healthcare provider may try to remove Paragard, even though removing it may cause a miscarriage. If Paragard cannot be removed, talk with your healthcare provider about the benefits and risks of continuing the pregnancy.

If you continue your pregnancy see your healthcare provider regularly. Call your healthcare provider right away if you get flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge, or fluid leaking from your vagina. These may be signs of infection.

It is not known if Paragard can cause long-term effects on the fetus if it stays in place during a pregnancy.

How will Paragard change my periods?

Your period may become heavier and longer. You may also have frequent spotting between periods.

Is it safe to breastfeed while using Paragard?

You may use Paragard when you are breastfeeding. The risk of Paragard becoming attached to (embedded) or going through the wall of the uterus is increased if Paragard is placed while you are breastfeeding.

Will Paragard interfere with sexual intercourse?

You and your partner should not feel Paragard during intercourse. Paragard is placed in the uterus, not in the vagina. Sometimes your partner may feel the threads. If this occurs, or if you or your partner experience pain during sex, talk with your healthcare provider.

What are the possible side effects of Paragard?

Paragard can cause serious side effects, including:

- **ectopic pregnancy and intrauterine pregnancy risks:** There are risks if you become pregnant while using Paragard (see “What if I become pregnant while using Paragard?”).
- **life-threatening infection:** Life-threatening infection can occur within the first few days after Paragard is placed. Call your healthcare provider immediately if you develop severe pain or fever shortly after Paragard is placed.
- **pelvic inflammatory disease (PID) or endometritis:** Some IUS users get a serious pelvic infection called pelvic inflammatory disease (PID) or endometritis. PID and endometritis are usually sexually transmitted. You have a higher chance of getting PID and endometritis if you or your partner has sex with other partners. PID and endometritis can cause serious problems such as infertility, ectopic pregnancy, and pelvic pain that does not go away. PID and endometritis are usually treated

with antibiotics. More serious cases of PID or endometritis may require surgery. A hysterectomy (removal of the uterus) is sometimes needed. In rare cases, infections that start as PID can even cause death.

Tell your healthcare provider right away if you have any of these signs of PID or endometritis: low abdominal (stomach area) or pelvic pain, pelvic tenderness, painful sex, unusual or bad smelling vaginal discharge, chills, long-lasting or heavy bleeding, fever, genital lesions or sores.

- **embedding:** Paragard may become attached to (embedded) the wall of the uterus. This may make it hard to remove Paragard. Surgery may sometimes be needed to remove Paragard.
- **perforation:** Paragard may go through the wall of the uterus. This is called perforation. If this occurs, Paragard may no longer prevent pregnancy. If perforation occurs, Paragard may move outside the uterus and cause internal scarring, infection, damage to other organs, pain, or infertility and you may need surgery to have Paragard removed. Excessive pain or vaginal bleeding during placement of Paragard, pain or bleeding that gets worse after placement, or not being able to feel the threads may happen with perforation. You are not protected from pregnancy if Paragard moves outside the wall of the uterus. The risk of perforation is increased in breastfeeding women.
- **expulsion:** Paragard may partially or completely fall out of the uterus by itself. This is called expulsion. Expulsion occurs in about 2 out of 100 women. Excessive pain, vaginal bleeding during placement of Paragard, pain that gets worse, bleeding after placement, or not being able to feel the threads may happen with expulsion. You are not protected from pregnancy if Paragard is expelled.
- **changes in bleeding:** You may have heavier and longer periods with spotting in between. Sometimes the bleeding is heavier than usual at first. Call your healthcare provider if the bleeding remains heavier or longer and spotting continues.
- **reactions after placement or removal:** Some women have had reactions such as dizziness (syncope), slowed heart rate (bradycardia), or seizures, immediately after Paragard was placed or removed. This happened especially in women who have had these conditions before.

Common side effects of Paragard include:

- anemia (low red blood cell count)
- pain during sex
- prolonged periods
- vaginal irritation
- backache
- expulsion (complete or partial)
- spotting
- painful periods
- vaginal discharge
- pain and cramping

This is not a complete list of possible side effects with Paragard. For more information, ask your healthcare provider. Tell your healthcare provider about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

After Paragard has been placed, when should I call my healthcare provider?

Call your healthcare provider if you have any concerns about Paragard. Be sure to call if you:

- think you are pregnant
- have pelvic pain or pain during sex
- have unusual vaginal discharge or genital sores
- have unexplained fever, flu-like symptoms or chills
- might be exposed to sexually transmitted infections (STIs)
- are concerned that Paragard may have been expelled (came out)
- cannot feel Paragard's threads or can feel the threads are much longer
- can feel any other part of the Paragard besides the threads
- become HIV positive or your partner becomes HIV positive
- have severe bleeding that lasts a long time, or bleeding that concerns you
- miss a menstrual period

To learn more, talk about Paragard with your healthcare provider and see the FDA-approved Full Prescribing Information found on paragard.com or call CooperSurgical, Inc. at 1-877-PARAGARD (727-2427).

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Manufactured by:
CooperSurgical, Inc.
Trumbull, CT 06611

US-PAR-1900199 (1)



HOW THE EFF DO I WEAR THAT?

MONO!
CHRO!
MATIC!

Dresses + pants: the combo that's better than it sounds

Yes, it's a thing, so look like you're in the loop!

By LAUREN ADHAV

EFFORT?
MOI?

Go for that just-threw-this-on sitch *wink, wink* with a caj open-front dress over skinnies.

On PATTY CAMEROTA, social media editor, @Patricia_Camerota

HOT
DAMN

Minis are stress-inducing (not tryna have a malfunction!). So wearing a shiny one over black pants? Game changer.

On SINIKIWE DHLIWAYO, associate visual editor, @Sinikiwe.Stephanie

THE
WKND

Your basic floral dress is, like, 10x cooler over distressed denim.

On KHADIJA HORTON, digital designer, @KhadijaAriana

The not-wearing-tights hack you never knew you needed.

Stick with one hue to put less of an emphasis on your separates. Then amp up the drama with shiny/pretty accessories.

On CARLY THEDER, fashion assistant, @CThedes



RUBEN CHAMORRO. HAIR: NEAL PITTMAN USING ORIBE. MAKEUP: CLARA RAE.

On Carly: **Guess** dress, \$98, guess.com. **Theory** pants, \$365, similar styles at theory.com. **Sigerson Morrison** heels, \$350, sigersonmorrison.com. **Maje** bag, \$320, us.maje.com. **Mounser** earrings, \$225, mounser.com. **Gas Bijoux** bracelets, \$227 and \$244, gasbijoux.com. On Khadija: **Rixo** dress, \$455, rixo.co.uk. **DL1961** jeans, \$199, dl1961.com. **Jimmy Choo** flats, \$595, jimmychoo.com. **Chylak** bag, \$280, modaoperandi.com. **Ariel Gordon** necklace, \$795, ariलगordonjewelry.com. **Jennifer Fisher** earrings, \$495, jenniferfisherjewelry.com. On Patty: **Cinq à Sept** dress, \$395, cinqasept.nyc. **AG** jeans, \$205, agjeans.com. **LMS** sandals, \$180, lmsthebrand.com. **Wolf Circus** earrings, \$75, wolfcircus.com. **Clare V.** bag, \$299, clarev.com. On Sinikiwe: **Camilla and Marc** dress, \$899, camillaandmarc.com. **Zara** pants, \$50, zara.com. **Schutz** heels, \$160, schutz-shoes.com. **Rosantica** bag, \$884, matchesfashion.com. **For Love and Lemons** earrings, \$117, forloveandlemons.com. **Jennifer Fisher** bracelets, \$245 each, jenniferfisherjewelry.com.

Rainy-day outfits are high-key killin' it these days

When it's gross out...you can...actually look cuter...than when it's nice?

By RACHEL TORGERSON

JUST SOME
CUTE SLICKERS



PrettyLittleThing, \$45, prettylittlething.us



Ganni, \$325, ganni.com



Hunter, \$175, hunterboots.com



Stutterheim, \$295, stutterheim.com



Gap, \$118, gap.com

MAIN IMAGE: GETTY IMAGES.



1

♪ 'Ella, 'ella, eh, eh ♪

Stop it with your cheap black CVS one and start coordinating. Aka if a pastel vibe's your thing, get an umbrella in complementary light colors.

2

Let's talk jacket

A see-through slicker will save *and* show off your carefully planned 'fit. Multitasking? Oh, yes, I actually know her really well.



Rain's your ticket to Extraville. When else can you wear transparent plastic and wave around a colorful stick?

3

Yep, time to crop

This pants style is v important on puddly days, especially if you love a wide-leg option. The higher hem means your shins won't get slapped with soggy fabric and also, obvi, lets your cute, water-proof booties shine.

SKECHERS
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all day.

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- Luxe Midsole Cushioning
- Premium Comfort Pillars™

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AIR DRY

SKECHERS
AIR COOLED
GOGA MAT



What's the deal with this "buy now, pay later" thing popping up everywhere?

My credit card: *looks at me skeptically*.

By LAUREN ADHAV

Whoops! Your finger slipped and you clicked on a Reformation dress that's the cutest—but also \$175. Except, wait, right below the price, it says, "Or four installments of \$43.75 by Afterpay," and you're like, *Excuse me, what?* You have so many questions. Here are the answers you need.

Q How does this even work?

A "Buy now, pay later" (or BNPL, as the cool kids say) is exactly what it sounds like: a service that lets you break up payments on expensive things so you're not dropping a ton of cash all at once. A bunch of new companies, including Afterpay, offer it. You just sign up for an account, pass a quickie credit check, then shop for items on the BNPL biz's site or in its retail partners' stores.

Q Can't I just use my credit card tho?

A I mean, yeah, but CCs are kinda the reason these programs exist in the first place. Our generation is terrified of debt, even though most people opt to do the least re: their credit

card bills...as in only pay minimums, not realizing they'll accrue more debt in the long run thanks to interest. BNPL programs set strict due dates—usually biweekly or monthly—so you're less able to blow off payments. But quick reminder to read the fine print. While CCs have an average national interest rate of around 17 percent, some BNPL plans can charge up to 30. 🙄

Q So I can just ball out and buy everything now?!

A Most BNPLs keep you in check with spending caps and warnings. If you're, say, late with an Afterpay payment, the company will cut you off until it's settled. No more damage done. But keep in mind that being late



It's like paying for a slice when you get to eat the whole pie.



GOOD GIRL

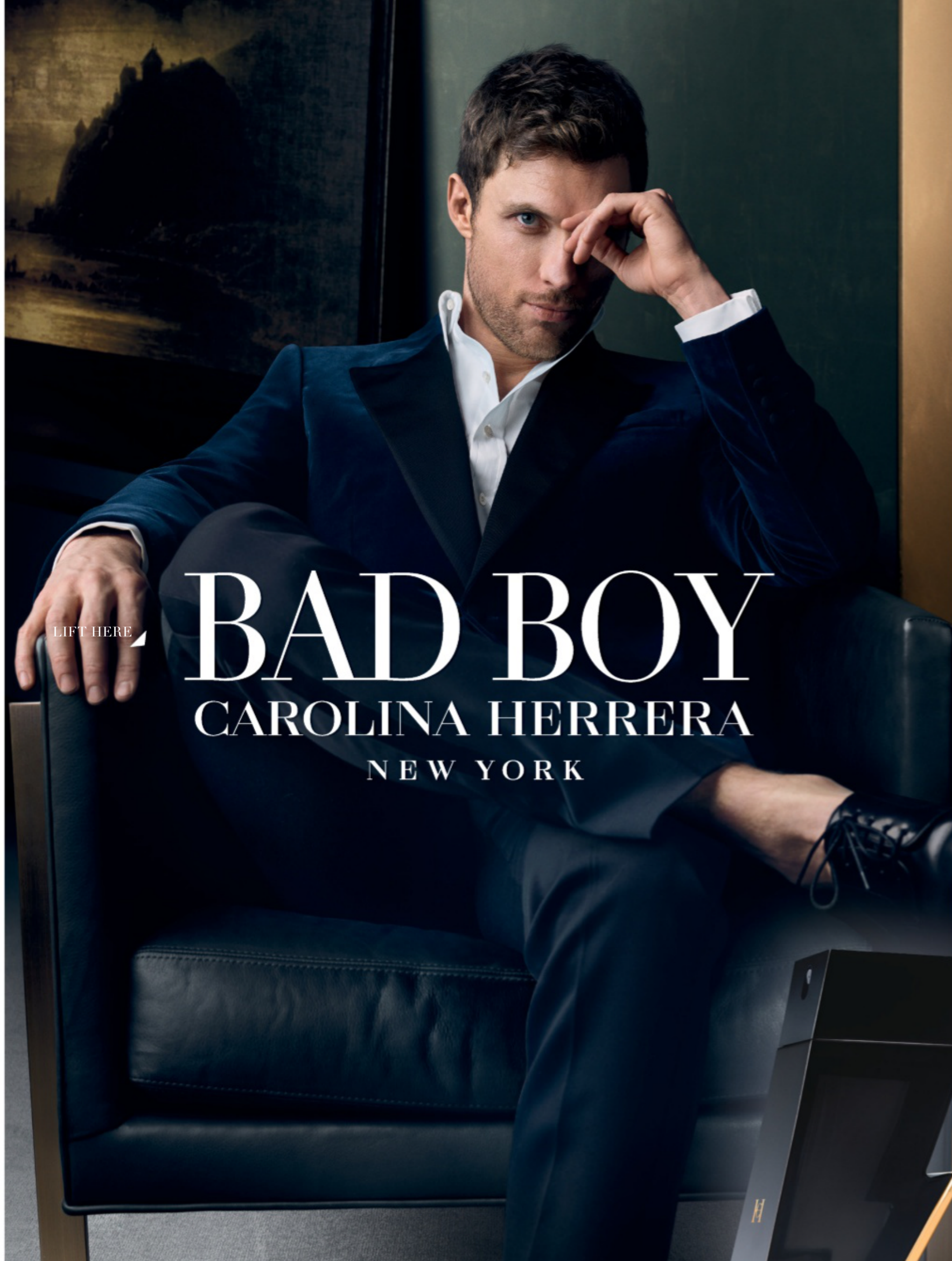
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NEW YORK

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AVAILABLE AT MACY'S AND MACYS.COM

#GOODTOBEBAD

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LIFT HERE

BAD BOY

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THE NEW MASCULINE FRAGRANCE

ONLY AVAILABLE AT MACY'S

#GOODTOBEBAD



at all could have a negative impact on your credit score.

Q Sorry, what was that about my credit score?

A BNPL programs can (and do!) report to credit bureaus. Meaning: Not being on top of your shit could tank your score. This is important if you want to buy a car or house anytime soon, especially if you'll need a loan. It's harder to get approved for one if your credit score is sad, according to SoFi certified financial planner Lauren Anastasio. If you're smart, though, you can spin this: Responsible younger folks who need to establish a good credit history can use BNPLs to build up their score by paying off everything on time. You reliable adult, you.

Q How do these companies make \$\$\$?

A Late fees and interest. But also: Most of their moola comes from charging retailers transaction fees on every BNPL purchase. Basically, they get a cut from each customer's cart. There's some crafty ~psychology~ going on here too. BNPLs know that shoppers are way likelier to buy more stuff if they don't have to pay full price. More stuff = better business for both the OG seller and the BNPL. So stores actually pay BNPL companies for the promise of impulsive repeat customers who get hooked on the ability to keep getting cool stuff for cheap. Make sense?

Q So should I just use this for swanky investment pieces?

A Sure! In fact, \$100+ purchases for once-in-a-while occasions are best. Anastasio admits that even she financed a pricey Gravity blanket over Black Friday. "It's okay if it's uncomfortable to pay for something all up front," she says, "but buying now and paying later isn't a habit that you should develop." It's easier to keep track of a handful of large payments versus a ton of bitsy ones.

Q What happens if you're on multiple BNPL programs?

A Since every retailer partners with a specific

UH, *GULP* WHAT HAPPENS IF I CAN'T PAY? Check the table below, and also know that some BNPLs might use debt collectors if you're being a flaky b*tch.

program, you **could** be tempted to sign up for more than one. Before you do: Think of this like having multiple credit cards. You'll have to stay very on top of all your accounts to ensure you can still, you know, pay rent. Many BNPLs also use auto-pay settings, which could spell overdrafting (ugh).

Q Should I just wait and save up, then?

A "In a perfect world, I'd want you to ask, *Am I willing to save for this?*" says Anastasio. But no one's life is meticulously preplanned. So if you need to use a BNPL for a job interview outfit or a luxe Insta-bait bag (page 28, sorry!), go ahead. As long as you're ready to pay it off, and soon.



Just one scenario...

...played out across the most popular BNPLs and an old-school CC.

	 KLARNA	 AFFIRM	 QUADPAY	 AFTERPAY	 CREDIT CARD
The retail cost of those new (fancy) shoes ▶	\$500	\$500	\$500	\$500	\$500
Payments are due ▶	Once every 2 weeks	Once a month	Once every 2 weeks	Once every 2 weeks	Once a month
It's gotta all be paid off in ▶	6 weeks	3, 6, or 12 months	6 weeks	6 weeks	3 months (just for this example, obv!)
Interest rate ▶	0%	0% to 30% (depending on your plan)	0%	0%	16.97%*
The max late fee you'd have to pay ▶	\$35	No late fees	25% of the original value	25% of the original value	\$36**
You'll end up spending... ▶	\$500 (but \$535 if you miss payments)	\$500 to \$537.50	\$500 (but \$625 if you miss payments)	\$500 (but \$625 if you miss payments)	\$521 (but \$557 if you miss payments)

*The average credit-card interest rate from 2019's third quarter, according to the Federal Reserve.
**The average maximum late fee, according to a 2019 U.S. News consumer credit-card fee study.

SHORTS



MINIS

L'Agence, \$198, saksfifthavenue.com



MID-THIGHS

Mango, \$50, mango.com



BERMUDAS

Agolde, \$188, intermixonline.com



PEDAL PUSHERS

Marciano, \$158, marciano.com

TIP FOR YA
Cuff a belted pair to make it a lil less profresh and a lot more chill.

Not to alarm you, but there are 4 diff shorts lengths and they all go with diff shoes

Calm down—all your answers are right here. BY LAUREN ADHAV



SHOES



SLIDES

Miista, \$340, miista.com

OKAY, SO...

Platform strappy sandals aren't the *best* leg lengtheners, but showing off a whole lotta skin makes up for that.



FLAT-FORMS

ASOS Design, \$40, asos.com



SNEAKERS

Good News, \$150, goodnews.london



STRAIGHT STRAPS

Vagabond, \$110, vagabond.com/us



MULES

Emme Parsons, \$425, emmeparsons.com



ANKLE STRAPS

Maxine Shoes, \$350, maxineshoes.com



ZIGZAG STRAPS

Marc Fisher, \$85, marcfisherfootwear.com



FLIP-FLOPS

Rag & Bone, \$375, rag-bone.com

Pairing the right bottoms and footwear might be the most important decision you make each morning. (Okay, dramatic, but still.) It's honestly trickier than it looks bc some combos (e.g., longer shorts + ankle straps) can make you look "honey-I-shrunked." Follow this plan for all the leg-lengthening ~secrets~ and to nail your spring look.

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INTRODUCING NEW SECRET ESSENTIAL OILS ANTIPERSPIRANT

Experience Secret's advanced
sweat and odor protection
crafted with pure essential oils.
Free of parabens and dyes.



Camila Mendes



Don't sleep on this cardigan trend, friends

School uniforms/grandpas, sit down.

By LAUREN ADHAV

No clasps, no probs

Keep it très breezy with a closure-less cardigan.

BCBGeneration, \$98, bcbgeneration.com



Drop it lowww

Wear a deep V without a shirt underneath for some surprising sexiness. Bonus points: French-tuck into jeans.

Maje, \$375, us.maje.com



Cute 'n' cropped

Pair a cable-knit QT with high-waisted denim for the spring mood.

For Love & Lemons, \$176, forloveandlemons.com



Cozy vibes only

A slouchy number is ideal for lazy days.

Zara, \$40, zara.com

A H E M

You don't have to fasten all the buttons, folks! The style hangs better over bottoms when some are left open.



They even have collars

Same preppy look with a ~vintage~ twist.

Knitss, \$490, knitss.com



Neutral territory

Calling all minimalists: A toned-down style in a soft hue is everything chic.

Leset, \$158, leset.com

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THE SOURCE OF HAIR HYDRATION

deeply restoring +
pracaxi.
recovery oil

SHAMPOO

Let the misty, heated jungle lead your journey to this exotic, creamy blend infused with Brazilian **pracaxi oil** and **murumuru butter**. Quenches and hydrates for silky soft strands, buttery curls, and luxuriously touchable hair. Become a Brazilian goddess.



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LOVE THE FEEL.

xo, Ogx®

beauty

AN INSIDER'S
GUIDE TO...

achieving the
impossible, i.e.
**self-tanning
your face
successfully**

Fake-tan expert Sophie Evans
is here to help you look like you've
gone outside in the past 48 hours!

By CHLOE METZGER

MARIE BÄRSCH/BLAUBLUT-EDITION.COM.

Prep it

Do. Not. Skip. This. Step. Smooth skin is the key to an even tan, so grab a wet washcloth or cleansing brush (both will give you a more even exfoliation than a grainy scrub) and softly rub your entire face and neck in small, gentle circles.

Add cream

The drier parts of your face can be a magnet for DHA, the chemical that reacts with your skin to create a “tan.” Prevent patchiness by massaging a tiny dab of oil-free moisturizer (oil = the enemy of fake tans everywhere because it breaks down the formula) around your hairline, brows, nostrils, upper lip, and neck. Chill for 10 minutes, letting it sink in before you put on your faux glow.

Apply tanner...

Fact: Most streaks are caused by using too *little* formula rather than too much. *Yup*. The level of DHA determines how dark you’ll get, not the

amount you put on. So don’t get hung up on the actual application process—fully saturate your face and neck and you’ll be fine. Just remember to wash your hands right after or they’ll scream your secrets tomorrow.

80 percent of you would rather self-tan than spray tan. This is for you.

SOURCE: COSMO POLL

...but not everywhere

Let’s talk about your eyes for a sec. Yes, they’re mesmerizing—and also v sen-

sitive. So keep all tanner at least half an inch away from your eye area to avoid irritation. You can always dust a matte bronzer over your lids and under-eyes to color match.

Let it marinate

Give your tanner a minimum of four hours to set before showering,

sweating, or, like, smashing your face against someone else’s. And that

10-step skincare routine? Cut it down to one tonight: repeat the oil-free lotion (yes, it’s your BFF now) 10 minutes after self-tanning. Then go to bed and wake up with an Insta-filtered face.

Be realistic

Baby-angel skin that’s also permanently magically bronzed? Sry, but you can’t have it all. Most self-tans start to fade after three days (and, btw, retinols, acids, and, yerp, oil-based products destroy a faux glow even faster). Hey—not all love is forever.



Now, explain it like I’m 5

1 USING A SPRAY?

With a mist (like Tanologist Self-Tan Water, \$17, target.com), there’s no need to rub in. Just spray from your forehead to your chin, then turn and spray the sides of your face (and ears!) before spritzing all sides of your neck. Better safe than streaky, so spray on an extra layer if your face doesn’t feel fully covered.

2 USING A LOTION?

Treat creamy formulas (try Clarins Liquid Bronze, \$40, clarins.com) like foundation. With a makeup brush, blend blobs of tanner over your face in long strokes, working outward from your forehead, chin, and nose before sweeping it over your cheeks, jaw, neck, and—with just the excess—earlobes.

3 USING A SERUM?

Serums don’t give AF about rules and can be used all over. Drip one (like St. Tropez Purity Vitamins Face Serum, \$30, sephora.com) over your forehead and cheeks, then spread it across your face (eyelids too), neck, and ears with your hands. After it dries, apply the rest of your (non-oil-based) skincare on top.

4 USING A MOUSSE?

Skip the mitt and use a foam makeup sponge to hit all the crevices. Blend four puffs of mousse (try Loving Tan Deluxe Bronzing Mousse, \$40, ulta.com) over the four quadrants of your face—forehead, cheeks, and chin—then another two puffs under your chin and over your neck, tapping a bit over your ears to finish.

Sh*t we stole from the beauty closet this month

Our editors test every product ever...but these are the ones we're sneaking home.

A FRESH FLORAL UPDATE

"It's like the OG Flowerbomb of my high school days—except lighter and spiked with rose. Great for when I want to project a grown-up chill vibe."

RUBY BUDDMEYER,
beauty editor

Viktor&Rolf Flowerbomb Dew, \$165 for 3.4 oz.,
us.viktor-rolf.com

THIS GENIUS CONCEALER

"It. Does. Not. Budge. And it covers dark circles and breakouts so well, you might forget you ever had them. Oh, it also is hydrating and gives you zero flashback in pics. Safe for Insta and beyond!"

AMA KWARTENG,
beauty assistant

Beautyblender
Bounce Airbrush
Liquid Whip Concealer,
\$26, sephora.com

A V GENTLE CONDITIONER

"I have to be so, so careful with my double-processed platinum hair, so I use only mild, sulfate-free products that are super nourishing. This vitamin-B-infused formula is my new fave."

CARLY CARDELLINO VACCARO,
beauty director

Pantene Sulfate-Free
Miracle Moisture
Boost Conditioner, \$7,
drugstores

THE MULTI-TASKING-EST SERUM

"Lately, my morning routine consists of only two things—SPF and this. It's part hydrator, part highlighter, and it gives my skin the dewiest glow."

LAUREN BALSAMO,
senior beauty editor

Laneige Glow Makeup
Serum, \$32, sephora.com

THIS NATURAL LIP COLOR

"The first ~clean~ lipstick I've ever been obsessed with. It's crazy-moisturizing and bright yet made with only 19 ingredients (most lipsticks have a lot more). Do I marry it? Is that legal?!"

CHLOE METZGER,
senior beauty editor

BareMinerals Mineralist
Hydra-Soothing
Lipstick in Wisdom, \$20,
bareminerals.com



Endless requests don't kill her vibe.

Neither does her period.

U by Kotex® Cleanwear pads have a unique Xpress DRI® Core that absorbs and locks the liquid to keep skin dry, so nothing can stop her from working pre-show to after party.

Period or not, **she can.**



So all the It Girls are getting scalp facials

(Scalpcials?)

By RUBY BUDDMEYER

If I'm going to pay for an actual facial, you better believe I need to walk out of there with the same skin as Gigi Hadid. So when what happens instead is red blotchiness, well... this, friends, is why I stopped getting facials. And why I'm skeptical of anything with "facial" attached to it—including this new treatment I've been noticing on salon menus.

To be fair, the concept itself does make sense: Your scalp has a lot in common with the skin on your face, which is why you can find zits, red patches, and flaky spots hiding out underneath your hair. So it stands to reason that a scalp facial **could** identify and treat that stuff. And that, fine, in the name of objectivity and I guess journalism, I should investigate if it really works.

I book a 40-minute treatment (\$55) at Tomoko Shima Hair Salon in NYC, where senior stylist Grace Rotondi starts with a consultation. I tell her my scalp is oily and prone to flaking while she mists my hair with an exfoliating serum. Then she dives into a straight-up heavenly head massage, neck and shoulders included. (So far, so totally worth it?)

Rotondi kinda kills the moment by sticking a huge shower cap on my head and hooking it up to a steamer-like contraption. I sit for 10 minutes as moist, warm air opens up the pores on my scalp in preparation for step three: two rounds of shampoo, followed by conditioner. Then she spritzes on a balancing leave-in toner and I get a sleek blowout (\$30 extra).

Okay, it's true: I leave the salon with noticeably softer,

shinier hair (that ~~me~~ you, Gigi?) and my scalp does feel super clean. But by the time I get home, I realize I can pretty much re-create the "facial" in the comfort of my own bathroom (which, btw, I now do a couple of times a month). Minus the profesh steamer situation, of course—and the insane massage. Throw me an extra \$55 and I'd happily hit the head spa again just for that.

94

percent of you guys deal with dandruff.

SOURCE: COSMO POLL

Your bathroom = the cheapest head spa

Here's what you need.

STEP 1

Start your deep clean

Work a clarifying mask all over your scalp.

Head & Shoulders Supreme Rejuvenating Scalp Pre-Wash Mask, \$4, drugstores

STEP 2

Scrub that ish

Go in with a charcoal exfoliator to get rid of any and all product buildup (ahem, dry shampoo).

Pantene Silicone-Free Deep Detox & Renew Pre-Wash Buildup Buster, \$7, drugstores

STEP 3

Hydrate

Lather up with a gentle, sulfate-free shampoo and conditioner.

Herbal Essences Potent Aloe & Bamboo Shampoo and Conditioner, \$6 each, drugstores

STEP 4

Hydrate again

Smooth a moisturizing toner all over your towel-dried hair to balance everything out.

SheaMoisture Morning & Avocado Power Greens Hair Tea Rinse, \$12, drugstores

STEP 5

Lock it all in

Run a dollop of a leave-in hair mask through your damp strands.

Garnier Fructis Hydrating Treat With Aloe Extract, \$8 for 13.5 oz., drugstores

STEP 6

Load up on protein

Spray a vitamin-packed treatment on totally dry hair to make it shiny as hell.

Nexus Scalp Inergy Leave-In Treatment, \$15, drugstores

head & shoulders
SUPREME



PURIFY & PROTECT
YOUR SCALP FOR
SUPREME HAIR

It's time to upgrade your deodorant situation



There are, like, a million new options. These are the best.

By LAUREN BALSAMO

ANTIPERSPIRANT

Aka it stops stink *and* sweat (usually thanks to aluminum).

Maybe kind of scary but also sometimes necessary: this deo's 72 hrs of total dryness.

Dark underarm skin happens, which is why this bb is infused with brightening antioxidants.

Heaviest of sweaters: Press one of these pads under your arms to reduce the damp factor for a full week.

Two-day protection + essential oils = the best-smelling pits of your GD life.

4/4 Cosmo beauty editors swear by this on days when it's hot and humid as hell.

Sensitive lil armpits also feeling extra sweaty? Of course they are. Use this.

Use your fingers (weird, but you'll get used to it) to massage in a tiny bit of this citrusy potion.

OG natural brand Tom's makes effing good deodorant. Proof: this new longer-lasting option.

Suave's aluminum-free nut-and-butter-based stick smells good enough to eat. (Don't eat it.)

~ INTERESTING ~

CLASSIC

DEODORANT

It stops odor...but not sweat.

True, a hemp and patchouli deo is basically the crunchiest. But it also truly works.

Clean but also "clean": This green deo comes in a cute refillable pod.

Rub this bar (it's made with all-natural bamboo and eucalyptus) under your arms post-shower.

1. Dr. Sweat Clinical Strength Antiperspirant, \$20, amazon.com.
2. Dove Even Tone Rejuvenating Blossom, \$6, dove.com.
3. Secret With Essential Oils in Cedarwood and Citrus, \$12, Target.
4. Mitchum Women's Advanced Control Antiperspirant & Deodorant Pure Fresh Stick, \$4.50, CVS.
5. Degree Women Advanced Protection Dry Spray, \$6, drugstores.
6. Ban Purely Gentle, \$10, amazon.com.
7. Suave Almond + Shea Butter Deodorant, \$2, drugstores.
8. Tom's of Maine Natural Strength Deodorant in Fresh Sage, \$6, amazon.com.
9. Schmidt's Patchouli + Hops, \$8, Target.
10. Ethique Solid Deodorant in Rustic, \$13, amazon.com.
11. Captain Blankenship Lime & Vetiver Cream Deodorant, \$16, captainblankenship.com.
12. By Humankind Deodorant, \$12, byhumankind.com.



“In 2 seconds,
you’re dry”

Dove Dry Spray Antiperspirant
dries instantly and keeps you
protected for 48 hours.



Ashley, Building Operations Specialist

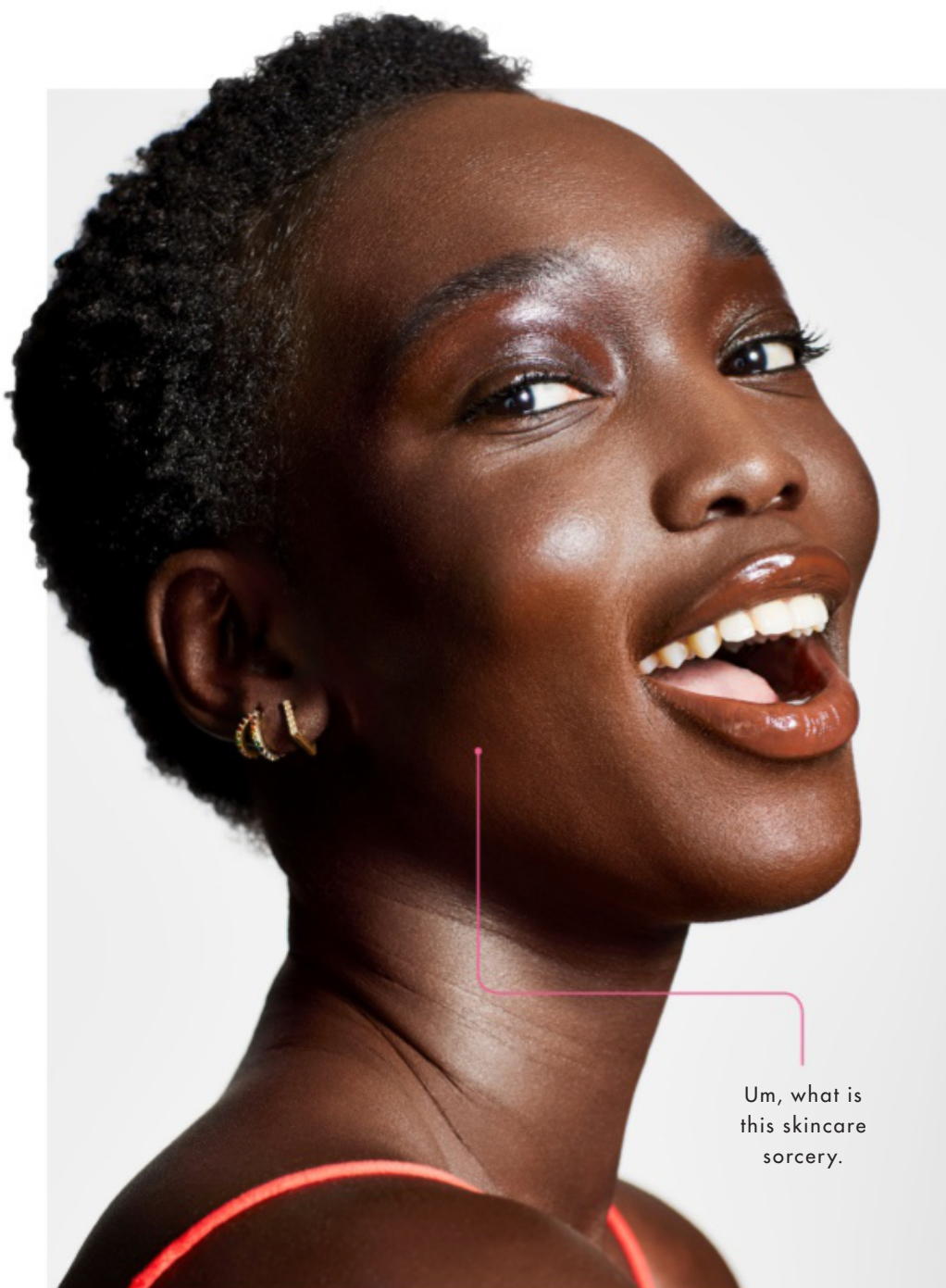
48h
protection

Meet bakuchiol: the hard-to-pronounce, crazy-magical ingredient that'll change your skin

Before you even ask: buh-koo-chee-all. BY RUBY BUDDMEYER

Unless you, IDK, live under a rock or something, you've heard that retinol can basically Benjamin Button your face. It smooths away fine lines, fades dark spots, and minimizes pores...but at a cost. "A quarter of my patients can't use retinol because their skin is too sensitive or they aren't willing to deal with the drying side effects," says dermatologist Mona Gohara, MD, an associate clinical professor at Yale.

You know what almost everyone *can* deal with? Bakuchiol. Think of it as a plant-based retinol *without* any harsh repercussions. It still increases cell turnover and the production of collagen (the stuff that gives your skin good glow)—IMO, it's the best new thing to come out of the recent clean-beauty movement. Here's what to know before adding to cart.



Um, what is this skincare sorcery.

1. You can use it twice a day, every day

Unlike retinol, bakuchiol needs no adjustment period, doesn't degrade in sunlight, and is gentle enough to use 24/7. Win-win-win!

2. It plays nice with the rest of your routine

Yep, including acids and the retinols you just can't give up (yet). In fact, bakuchiol won't react negatively with any of the ingredients you already use, says Dr. Gohara. So go forth and layer on.

3. It's great for acne-prone skin

Because of that cell turnover thing, bakuchiol is clutch for keeping pores clear and preventing breakouts. Plus, it helps fade the stubborn scars that old breakouts can leave behind.

The best bakuchiol for *your* skin type



If you have dry skin...

This natural serum is spiked with bakuchiol and exfoliating acids to make you look the dewiest.

1. **Herbivore** Bakuchiol Retinol Alternative Smoothing Serum, \$54, [sephora.com](https://www.sephora.com)

If you have fine lines and wrinkles...

Hydrating squalane and bakuchiol make this a skin-plumping treat.

2. **The Inkey List** Bakuchiol Retinol Alternative Moisturizer, \$10, [sephora.com](https://www.sephora.com)

If you have dull skin...

Expect bright, glowy-AF skin when you use this soothing, firming toner.

3. **Beautycounter** Countertime Mineral Boost Hydrating Essence, \$59, [beautycounter.com](https://www.beautycounter.com)

If you have dark spots or discoloration...

This p.m. serum blends bakuchiol with glycolic and lactic acids to even out skin tone.

4. **Ole Henriksen** Transform Plus Goodnight Glow Retin-Alt Sleeping Crème, \$55, [sephora.com](https://www.sephora.com)

A POWERFUL NEW RETINOL ALTERNATIVE
THAT'S GENTLE BY NATURE



Burt's Bees Renewal Skin Care

Made with bakuchiol, which naturally reduces the look of fine lines and wrinkles.

BURT'S BEES
TRUE TO NATURE®

See the full line at burtsbees.com/renewal

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LEG MAKEUP

"I'm actually so obsessed with this product. It's my go-to for a natural bronze color when I don't have a tan. And even though it's technically for legs, I'll use it all over."



TINTED LIP BALM

"I don't love the feeling of wearing lipstick or lip gloss. Instead, I put on liner and layer this balm right on top. I love how it makes me look like I have naturally rosy lips."



STASSI SCHROEDER

of *Vanderpump Rules* fame (duh)

Every single product
your reality TV BFF
Stassi Schroeder
buys at
the drugstore

And no, none of these are #sponcon!

By AMA KWARTENG

* * * * *

1	Kiss Ever EZ Lashes Multipack	\$12
1	Burt's Bees Tinted Lip Balm in Red Dahlia	\$5
1	Neutrogena Makeup Remover Cleansing Towelettes	\$6.50
1	Sally Hansen Airbrush Legs Leg Makeup	\$14
1	Blink Contacts Lubricating Eye Drops	\$6
1	Sally Hansen Insta-Dri Nail Color in Rapid Red	\$5
1	Sally Hansen Insta-Dri Top Coat	\$6.50
	Total	\$55

* * * * *

3/3/20 @ 2:38 p.m.
Customer: **Stassi Schroeder**



FAKE LASHES

"I like to cut up the strips into tiny pieces and put them where I need extra volume. These have just the right amount of wispieness."



FACE WIPES

"I don't always have time to wash my face fully, so I keep these literally everywhere for when I need to take off makeup quickly."



EYE DROPS

"If I fall asleep on a plane—even for just 45 seconds—my contacts are ready to, like, pop out of my eyes. These moisturizing drops save my life every time."



NAIL POLISH

"My worst nightmare is having chipped nails, so I keep a red polish and fast-drying top coat on me to do touch-ups."



SIGN YOUR LIPS WITH WEIGHTLESS MATTE COLOR

BECAUSE YOU'RE WORTH IT.™

DUCKIE WEARS 426 I AM WORTH IT



**ROUGE
SIGNATURE**



MATTE LIP STAIN

OUR 1ST LIP STAIN CREATES A LASTING
COLOR IMPACT WITH A BARELY THERE FEEL.



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ROOTED
RITUALS

UPROOT YOUR HAIR ROUTINE





FIRST-TIMER

Here's a shitty fact for ya: The packaging and containers from beauty and personal-care products (so everything from used mascara tubes to your face cream's plastic wrapper) help make up nearly a third—yes, ONE-THIRD—of all the trash in our country's landfills. This is bad, you guys. Really bad. And being a beauty editor who tests hundreds (hell, thousands) of products each year, I'm feeling especially guilty.

So I decided to start replacing all my empties with eco-friendlier options. I'm not talking about "green beauty" (which is great but not always sustainable). I'm talking about products that are plastic-free or come in biodegradable and/or recyclable materials.

First up: the giant bottles of body wash sitting on my shower floor. I swap them for a bar soap wrapped in compostable paper (so cute, so easy). Then, instead of rebuying my beloved Oribe shampoo and conditioner, I pick up Ethique's biodegradable bar versions that can last for 80 (!) washes.

But, okay, just the thought of parting with my extensive collection

of retinol and vitamin-C serums is...horrible. (Plz remember, this stuff is my literal job.) After lots of research, I find some sustainable replacements from brands like Kinship and Ren. Aside from making really good products (Kinship's spot treatment = my own personal savior), both companies use ocean-waste plastic (basically, plastic that's scooped out of the sea and remade into new containers). Even better: By partnering with third-party group TerraCycle, these brands make it super easy to navigate the whole recycling thing on the back end.

Makeup options are def more limited, and it takes me a while to find products I actually like. Enter Ilia's lipstick and Æther Beauty's palettes, which rival the pigment payoff you'd get with conventional stuff.

I'm now three months into my low-waste lifestyle, and so far, I haven't even looked at a makeup wipe. I mean, I'm still no Greta Thunberg—I'd gladly fly private if I could, meep—but baby steps, ppl. Going low-waste beauty is way better than doing nothing.

PSA: A low-waste beauty routine is actually doable

Out here saving the turtles one biodegradable shampoo at a time.

By LAUREN BALSAMO





THIS EARTH DAY, SAVE SOME GREEN

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20_229194

Life

Quiz:

Am I allowed to microwave this at work?

Let's talk before you do something you regret.

By Ashley Oerman



1. How did this food come to be?

- A. I made it myself!
- B. I delivery-apped it this weekend.
- C. The freezer section of my grocery store came through.

2. Have you attempted micro activity with this dish before?

- A. No, but I can't wait to see how it all turns out!
- B. Yeah, at home. Is there some other protocol here?
- C. I basically nuke the same thing every day.

3. Did what you're microwaiting have gills in another life?

- A. Errrrrm.
- B. I'm not quite sure?
- C. Are you joking? What monster...

4. What color would you say this stuff smells like?

- A. Brown. Oh, wait, that's probably bad.
- B. Maybe green or red.
- C. What's the color of air?

5. The last time you opened the container you're about to zap was...

- A. When I assembled this mason jar last week—why?
- B. Last night, when I ate part of it for dinner.
- C. Literally never because it's supposed to stay in that thing till you heat it.

6. Do you like your job and your coworkers?

- A. Love them so much!
- B. I don't mind this crew.
- C. I'm planning to quit today, actually.

7. Is it popcorn?

- A. No.
- B. Ditto what she said.
- C. YES!



MOSTLY A'S
NOPE.

It's fish, isn't it? And you said you like your coworkers? I'm sorry to this lunch, but take that science experiment home and warm it up in privacy. Glad we had this talk.

MOSTLY B'S
MAYBE?

Your Italian, Thai, and Indian leftovers smell so tasty that you risk hearing, "Oh my god, that smells so good?!"... until tomorrow morning. If you're cool with that, proceed.

MOSTLY C'S
YOU GO, GLEN COCO!

Hi, world's most considerate coworker! Your neutral-smelling, microwave-ready meal (that you're probs willing to share with the class) passes the test. Fire it up.



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brows in 6-8 weeks.



Just a bunch of ways to make moving a lot less awful

Things that are fun about moving:
Things that suck about moving: How!
Long! Do! You! Have!

By MEHERA BONNER

Can't wait to turn these boxes into my furniture.



I'm not gonna pretend that nerdy organizational tips make the whole moving process "fun," because—hahaha—lies. What I am proposing: Moving can be tolerable and even, dare I say, satisfying if you have the right hacks. These are the right hacks.



Packing up

Bundle by purpose.

Do you paint your nails only at the kitchen table? "Then you want your nail stuff to be packed with your kitchen stuff because that's where it's going to live," says Ría Safford, founder of RiOrganize. It might not make sense for everyone, but it does make sense for you.

Avoid the newspaper.

Ink transfers easily, so get some plain packing paper—or use any kind of towel, which you have to pack anyway—to ensure your breakables don't get stained with alarming



headlines. (This tip brought to you by people who do this for a literal living at moving company Two Men and a Truck.)

Consolidate screws.

Taking apart priceless IKEA furniture? Go ahead and put *alllll* the hardware into a bag and tape it onto the item it belongs with. Or you could sift through a giant box of Allen wrenches—either way!

Box the essentials last.

Think about what you use every single day (your coffee maker, your wine opener...) and pack them together at the very end. These items all have one thing in common: getting unpacked first.

Loading out

Move on a weekday.

Mondays, Tuesdays, and Wednesdays are the best because you'll (a) often get a cheaper rate (if you hire movers), (b) avoid weekend traffic, and (c) not have to deal with a million people coming in and out of your buildings.

Also, this:

"Should I move?" was one of the top "should I" Google queries in 2019.



Stage your boxes.

Movers usually charge by the hour, so put all your stuff as close to the front door or driveway as possible. That way it can be loaded quickly—and you'll have extra pizza money to play with. Your movers are volunteers? This won't save you money—but it might save you friends.

Getting settled

Just calm down.

"The day you're bringing in boxes? That day is lost," Safford says. "You don't even know what year it is—it's a freakin' nightmare." Truer words. So just dive into that box of essentials we talked about and chill for 24 hours.

Do this room first.

"In everyday life, the bathroom sets the tone for your entire day," says Safford. And that totally normal, not-at-all-extra morning routine you have will immediately help you feel settled in your new place—even if your curtains are just towels for now.

Make a storage plan.

Shelves and drawers that fall between your knees and shoulders are prime, easily accessible real estate, says Safford. So think hard about how to utilize them. If you're not using something every day, find it a new lower-rent home.

Recipes
with *real,*
wholesome
ingredients?
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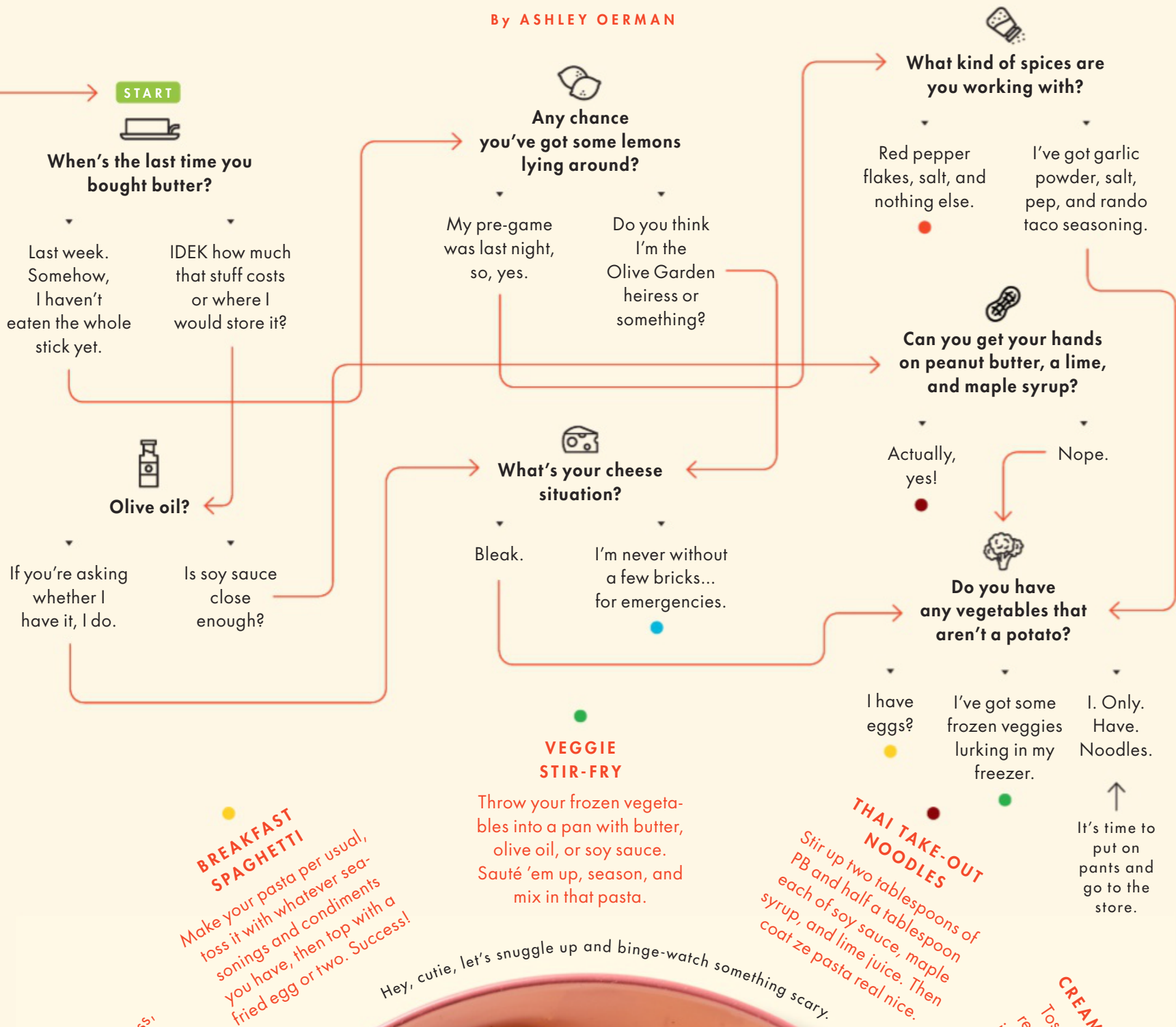
PURINA

Your Pet, Our Passion.®

Choose your own pasta adventure

1. Buy a box of pasta. 2. Follow this flowchart to figure out what to do with it.

By ASHLEY OERMAN



PASTA AL FORMAGGIO
Boil that carby goodness, strain, and mix in grated cheese and olive oil or butter. Done.





... Anything but basic





How to look for other jobs at work and not get fired

Add this to the list of stuff people do but never talk about.

By CAITLIN CARLSON



Turns out, job hunting while you're on the clock of your *current* job can **literally** be a fireable offense. But because that isn't fair and seems real problematic for lots of IRL reasons (like, hi, you spend more time at the office than at your actual home), I'm here to tell you how to do it anyway.



Swear yourself to secrecy.

Don't tell anyone at your company that you're job hunting (sadly, even your work wife could be sus). It can't hurt, though, to spill to a select number of people *outside* the office, especially former colleagues. Letting them know you're "open to opportunities" is a low-key way of saying "HMU."

Pick up your phone.

If you're working till WTF o'clock every night, it's tempting to stay even later to apply online or hustle out your résumé. This is dangerous, friends. Companies can monitor your search history and more, says Amy Cooper Hakim, PhD, an industrial-organizational psychology practitioner. And they often do: A (disturbing)

survey found that 45 percent of employers track search content and keyboard strokes. Your best strategy is to use your personal phone—and do it during your lunch break.

Schedule a disappearance.

If you're expecting a call from a hiring manager that you need to respond to immediately, sit outside or in your car while you wait for it, says Cooper



Hakim. People notice when you take a call *and then* step outside. K?

Become a ~fancy~ person.

"My industry is casual, but I dress up at least twice a month," says Ann, 31, who works in public relations. "That way, when I actually have an interview, people aren't suspicious and I don't have to find a place to change." Bonus:

Consider this your excuse to get a real nice blowout once in a while.

Master your OOO days.

Reserve at least 16 hours of PTO a year for interviews, says Jessica Miller-Merrell, founder of Workology.com, a resource for recruiters. If you've already burned through your vacay time, start switching up your explanations. Jacqueline, 33, says she started with doctor appointments, then moved to plumbing issues, then to off-site client meetings. Mixing things up helps throw 'em off your scent.



Try booking after-hours interviews. "Many employers are happy to accommodate. They know candidates have other jobs," says Kathryn Minshew, founder and CEO of The Muse.



MOSCHINO
TOY BOY
EAU DE PARFUM

LIFT HERE TO
EXPERIENCE
TOY BOY ▶



MOSCHINO

TOY 2

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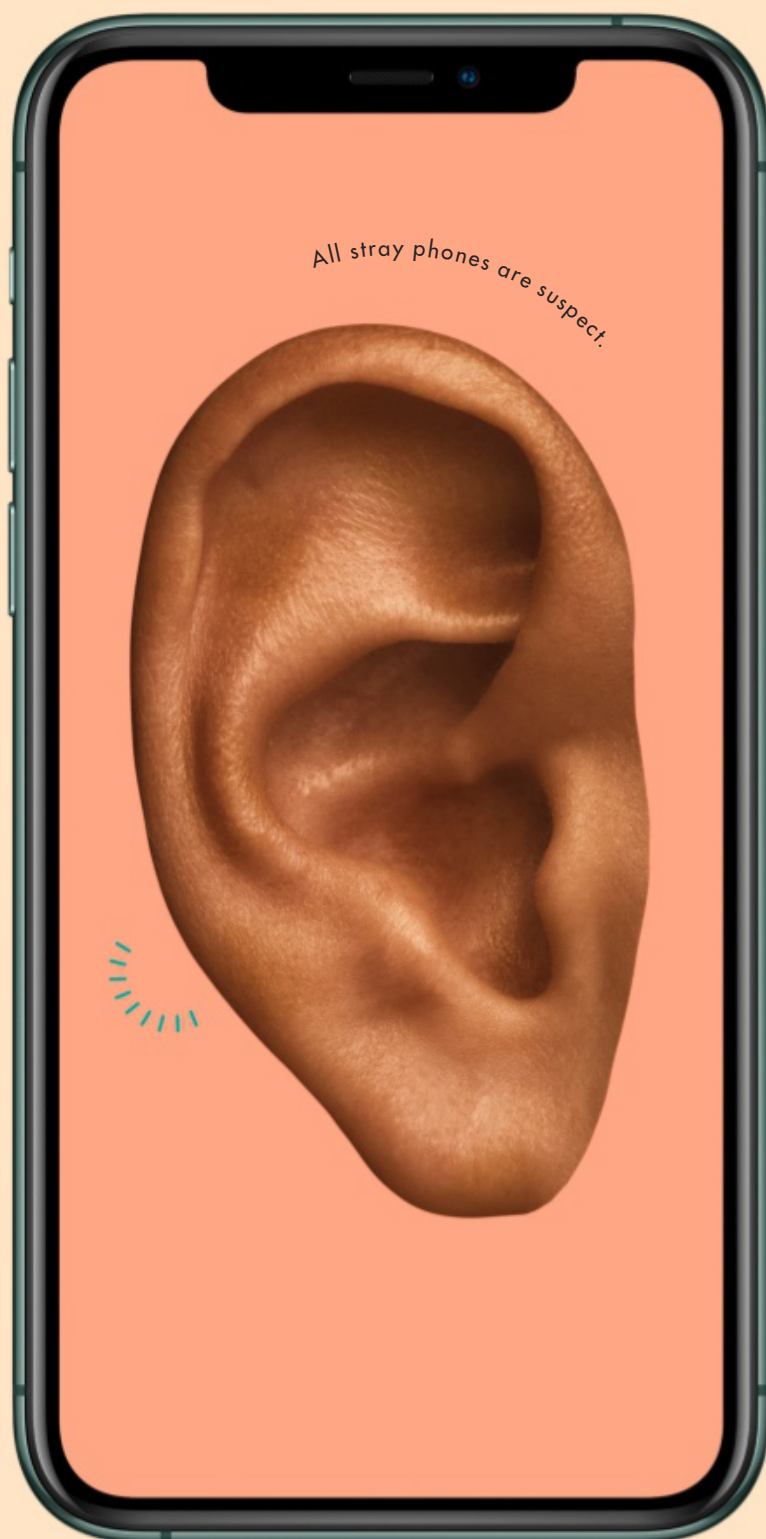
LEVEL UP

Hello, your AirPods are secret eavesdropping devices

Don't hate me if you
don't like what you hear!

By TAYLOR ANDREWS

What I mean is,
the combo of your
Pods + your phone =
spyware you didn't
even know you had.
Now, let me show
you how to use this
hidden feature for
really important,
practical, not-at-all-
creepy purposes.*



STEP 1

Connect your AirPods to your phone via Bluetooth.

STEP 2

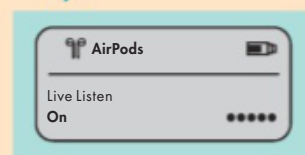
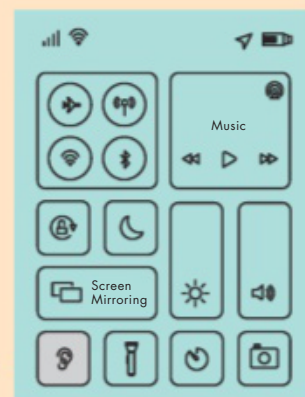
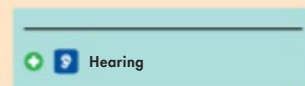
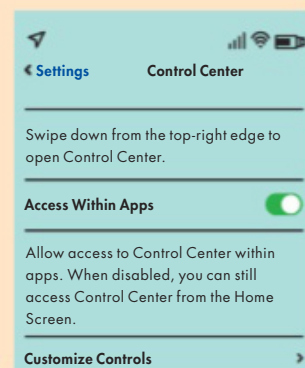
In your iPhone's Settings, tap **Control Center**, then **Customize Controls**, and add the **Hearing** feature by clicking on the green plus sign next to it.

STEP 3

Swipe into your actual Control Center and tap the Hearing button (it looks like an ear). Select **Live Listen**.

STEP 4

Put your AirPods in, put your phone down, walk up to 30ish feet away—and you'll still hear ev-er-y-thing that's going on in the room where you left it. Please use the power for good!



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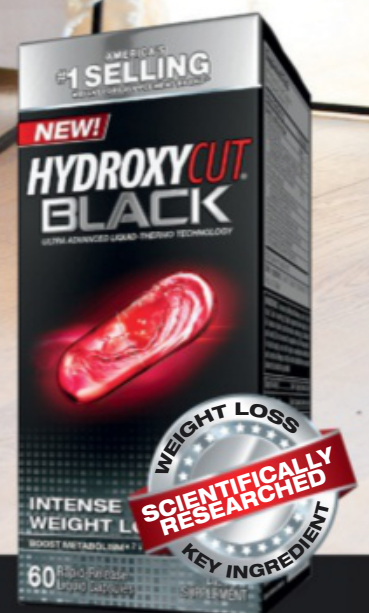
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¹People using the key ingredient in 60 days lost an average of 10.95 lbs. with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.



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My doctors blew me off for nine years. Then they admitted I had cancer

At just 24, Amanda Kabbabe’s “cramps” finally landed her in the ER. Now, a melon-size tumor later, she wants you to learn from her journey.

By AMANDA KABBABE

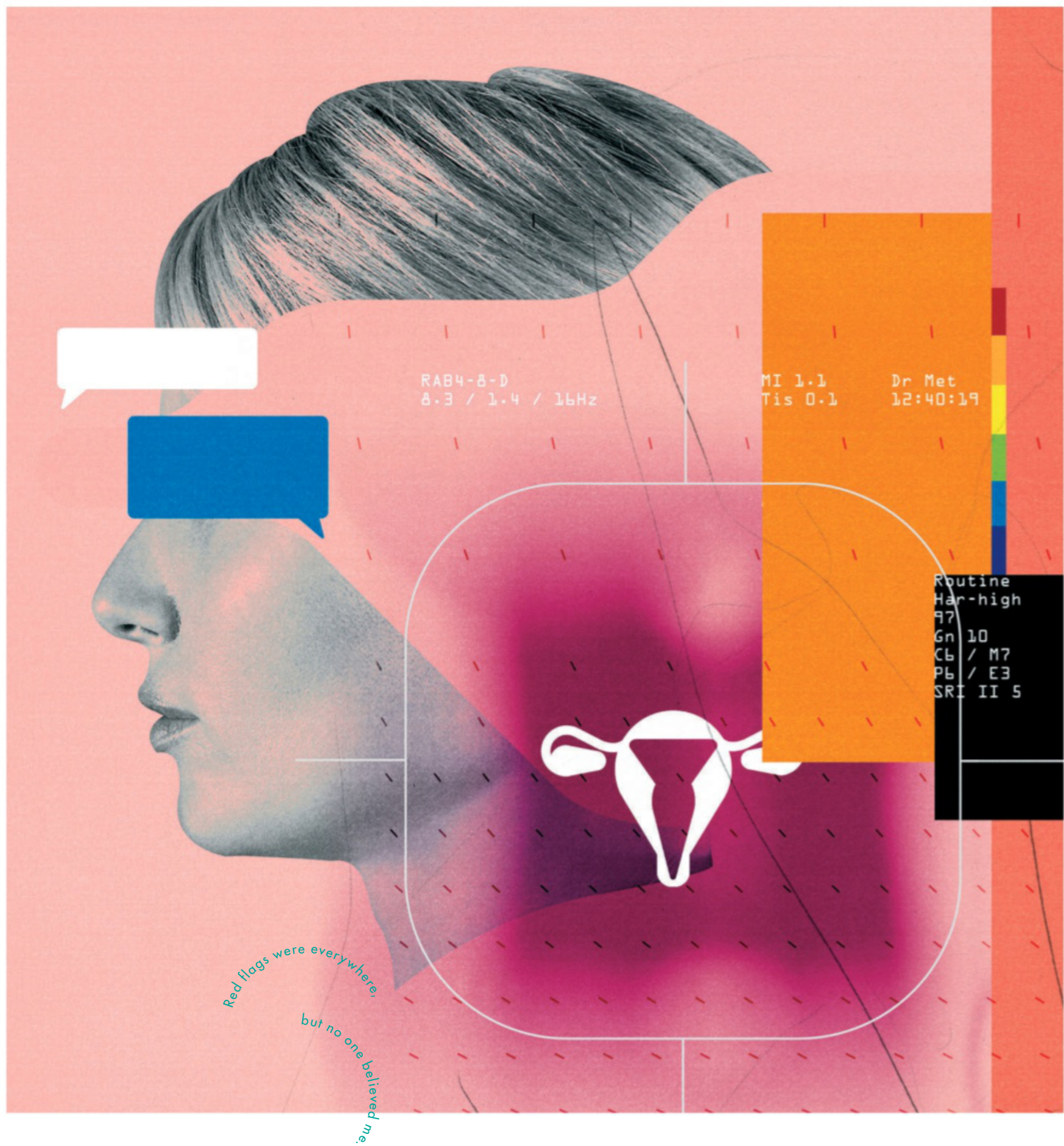
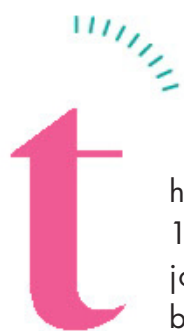


ILLUSTRATION BY STUART BRADFORD.



hey started when I was 15. Random, sharp jolts, somewhere between a period cramp and a stabbing sensation, on my lower right side. Over the next decade, I would tell three primary-care physicians and four gynecologists about the pain. They all brushed it off, so I did too.

After all, I was 5'2" and weighed 185 pounds. On paper, I was "obese," which might be why doctors hinted that my issues could probably be solved by cutting carbs.

By the time I was 24, the cramps were hitting daily and I still had no idea what was going on. One summer day, while walking the beach with my boyfriend, it felt like someone hit me across the pelvis with a shovel. I told my gyno, who said that if I was "really that concerned," she could do an ultrasound. But her tone made me feel like it'd be a waste of time. So, again, I let it go.



It felt like someone hit me across the pelvis with a shovel.

Over the next few weeks, though, the pain migrated to my stomach, and my arms, and my legs. Sometimes I couldn't get out of bed, and I'd often feel full after barely eating a thing. Weird, but I chalked up the latter symptoms—which I would later find out are textbook signs of ovarian cancer—to stress.

When I finally went to urgent care a few months after that beach day, a physician gently touched my abdomen and it hurt

so much that I jumped. He sent me for a transvaginal ultrasound at the ER, where a doctor prescribed Tylenol and told me I had an ovarian cyst that would go away on its own. I felt like an idiot.

The next day, as I cradled a heating pad in bed, the same doctor called to say the cyst was actually larger than he'd thought. "Anything of this size is worrisome for cancer," he said. It was the first time I'd even heard the word "cancer."

My regular gyno was OOO, so I saw a new one, who did another scan, took some blood, and assured me it was nothing to worry about...except that my test results showed elevated levels of a protein called CA 125, linked to ovarian cancer. But it wasn't enough to diagnose me. The doctor told me again not to worry. He did more blood tests and scheduled surgery to remove what he thought was a cyst.

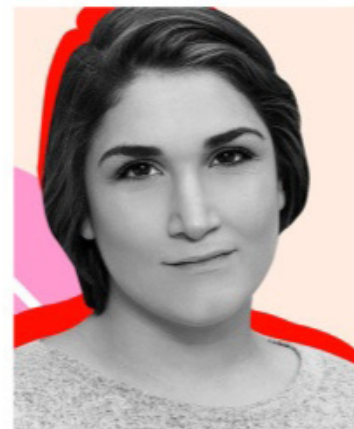
But as I got to the hospital for the procedure, he called again—the surgery was canceled. My "cyst" was cancerous.

I didn't realize I was shaking until a nurse tried to calm me down. My mom heard me panicking and rushed over to hold me as I sobbed.

I had to wait a few days to meet with an oncologist, who finally officially diagnosed

me with a cancerous ovarian germ-cell tumor. This rare type accounts for 2 percent of all ovarian cancers—and it's most common in young women. She couldn't say how long it'd been growing, but she suggested my pain was getting worse because the tumor was weighing down my right ovary like an anchor, causing it to twist. The way forward involved surgery (for real this time) and chemotherapy.

I was afraid, but I also felt validated. A doctor had actually taken me seriously, and I finally knew what was wrong. I wanted



Amanda, one year into remission.

Only
20
percent of
ovarian cancers
are found at
an early stage.

But
94
percent of patients
who catch it early
live longer than
five years
after diagnosis.

SOURCE: NATIONAL
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AMERICAN CANCER
SOCIETY

to say "Fuck you" to every single medical professional who had blown me off.

About five days after my diagnosis, surgeons removed a honeydew-size tumor from my abdomen as well as my right ovary and fallopian tube. I spent five days in the hospital with my mom by my side, sleeping in a chair next to my bed.

Over the next few months, I was in and out of chemo. Not long after I finished treatment, I received a parting gift from my former gyno: a bill for \$12.99. In the grand scheme of cancer costs, it was nothing. But I just couldn't bring myself to pay it. I sent his office a letter explaining why they didn't deserve my \$13. I never heard back.

I'm in remission now and basically myself again, but my diagnosis still haunts me. I'll never feel a random ache or pain without jumping to a horrible conclusion. But I don't let myself feel dumb for asking a thousand questions. I have my own back now—and no dismissive doctor can take that from me.

SPECIAL SECTION

p a r t y

THE **29** BEST **hosting
hacks**

YOU WILL EVER HEAR IN
YOUR WHOLE DAMN LIFE



Cocktail pouring is the new bicep curl.



One million cute drinks coming right up.

PEDEN & MUNK/TRUNK ARCHIVE.
PHOTO ILLUSTRATION BY KATIE BUCKLEITNER.



3 party themes

THAT ARE ACTUALLY COOL

By SAM FEHER

Okay, fine. Having a ~concept~ is for sure kid-party vibes. But—counterpoint—it’s also extremely fun and it gives everyone something to dress for and bond over. (Love to see it.) Pick one of these and go HAM.

THE VIBE

THE SNACKS

THE DRINK

THE ASSIST

DYNAMIC DUOS



It’s a costume contest, y’all. Tell everyone to pair up ahead of time and come in a coordinating lewk, like Lizzo and her flute. Mid-fete, crown the most creative ‘fits.

MIDNIGHT BRUNCH



 Ask your crew to arrive in their PJs, and throw on some Saturday morning cartoons from your youth.

TOKYO 2020



The name of the game is...games. Divide everyone into countries à la the Olympics and get competitive (your party, your choice of games).



Fries with ketchup. PB&J sammies. Avo on toast. You get the point.

Bagels and cream cheese (lox optional—you’re not rolling in hund- dos!), some dunk- able waffle sticks with syrup, and fruit served on skewers (no silver- ware = no dishes).



Basically all the snacks on page 76 plus whatever chips ‘n’ dips you have on hand.



Easy-to-make two-ingredient drinks like Corona with lime or whiskey gingers.

A DIY mimosa and Bloody Mary bar. Seems obv, but why mess with perfection?

Cheap beer or another low-ABV drink like wine coolers (yes, they’re still a thing) so no one gets too blitzed too fast.



Ask someone to bring a Polaroid so you can document the costumes, have a caption con- test, and then take pics of the pics for the ‘gram.

You know *that girl* who always brags about her “bagel place”? To quote Rihanna: Let her have her shine and see if she can pick them up for the group.

Task your most-organized friend with bringing all the boring stuff—pens, paper, stick- ers—so everyone can keep score.



Let's keep Marie Kondo far away from this one.

By MADELEINE FRANK REEVES

1

Hide your sh*t

Stuff the random crap lying around into duffels and suitcases or—if you're living large—an empty washer/dryer.

2

Hack your trash

To make sure it doesn't draw unwanted attention, store a scented dryer sheet in the bottom of the bin. Hide extra bags down there too so you don't have to scramble later on.

3

Wipe your faucets

Windex-ing the metal parts of your sinks makes a *huge* difference. Try it. You'll see.

4

Hang a hand towel

If you have only one and it's dirty (same), set out a clean dish rag. No one will know.

5

Trick them by making it *smell* clean

Spray a little Lemon Pledge on a paper towel and hide it somewhere.

5 sneaky ways to make your apartment *appear* clean in under 10 minutes

ZHUZHED-UP frozen apps

ARE THE EXPERT PARTY THROWER'S PARTY SECRET

Hi, you're a wizard now.

By SAM FEHER



SEEDY PIGGIES

Before baking, brush 'em with butter and sprinkle with everything seasoning.



SHRIMP BITES

Fill a scoop-shaped chip with pre-made guac and top with a thawed cooked shrimp.



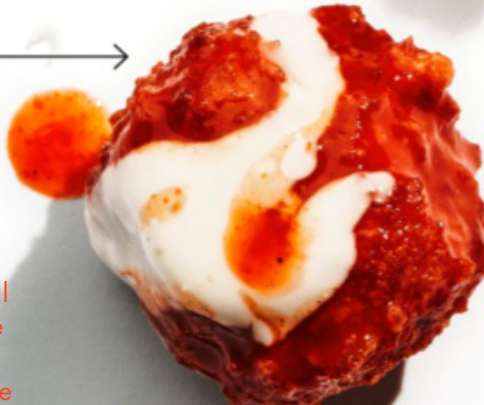
WAFFLE NUGGETS

Place a pickle slice and a chicken tender on top of a mini waffle. Drizzle with maple syrup, then skewer.



FANCY TOTS

Bake, then toss in a mixing bowl with truffle oil and Parm.



BUFF BALLS

Dunk a cooked chicken meatball in buffalo sauce and drizzle on some blue-cheese dressing.

APPROPRIATE THINGS TO ASK PEOPLE TO BYO



A bottle opener



Ice: Obvious. Heavy. Critical.



A roll of paper towels

keep it
real.
make it
simple.



also available
in plant based
creamer

Made with simple ingredients
like farm-fresh milk & cream
and Madagascar vanilla flavor.
It's 100% awesome.





IS THERE A...
SLIGHT CHANCE...
YOU'RE A
host-zilla?

By SAM FEHER

Have you ever had a throwdown, lost your absolute sh*t, and terrorized your friends by accident? Guilty. But you're only The Worst if you commit more than five of these heinous crimes.

- ❑ You would never let someone "help" you in the kitchen, as they would just be in your way.
- ❑ You're low-key salty when someone shows up empty-handed even though you *literally* said, "Don't bring anything!"
- ❑ Or, on the other hand, you "forget" to set out your friend's contribution because it doesn't match your vibe.
- ❑ You *fuh-reak* when your sister—whom you asked to make the charcuterie platter look cute—doesn't do the 'gram-worthy meat ripples. ("We're not *animals*, Becky.")
- ❑ You jokingly/not jokingly threaten to chop off the fingers of the first few arrivals for trying to nibble at the hors d'oeuvres before the party even "gets started."
- ❑ You decline to serve red wine or dark booze to make sure the white faux-fur rug stays white.
- ❑ You expect people to "mingle on their own" and therefore make zero introductions.
- ❑ Your face practically melts off when someone asks if they can "hop on the aux for just a sec."
- ❑ You Venmo-request everyone \$15 the next morning to cover your costs.



Unclear why we weren't always doing this.



CHELSEA KYLE. FOOD STYLED BY SUE LI. PROPS STYLED BY KALEN KAMINSKI. PHOTO ILLUSTRATION BY KATIE BUCKLEITNER. ICON ILLUSTRATIONS BY KHADIJA HORTON.

AND FOR
dessert...

Pour olive oil on your
ice cream.

By JESSICA GOODMAN

Add some flaky sea salt
and your life will
never be the same. Truly
the sexiest/bougiest
thing you've never tried.



A six-pack
of seltzer



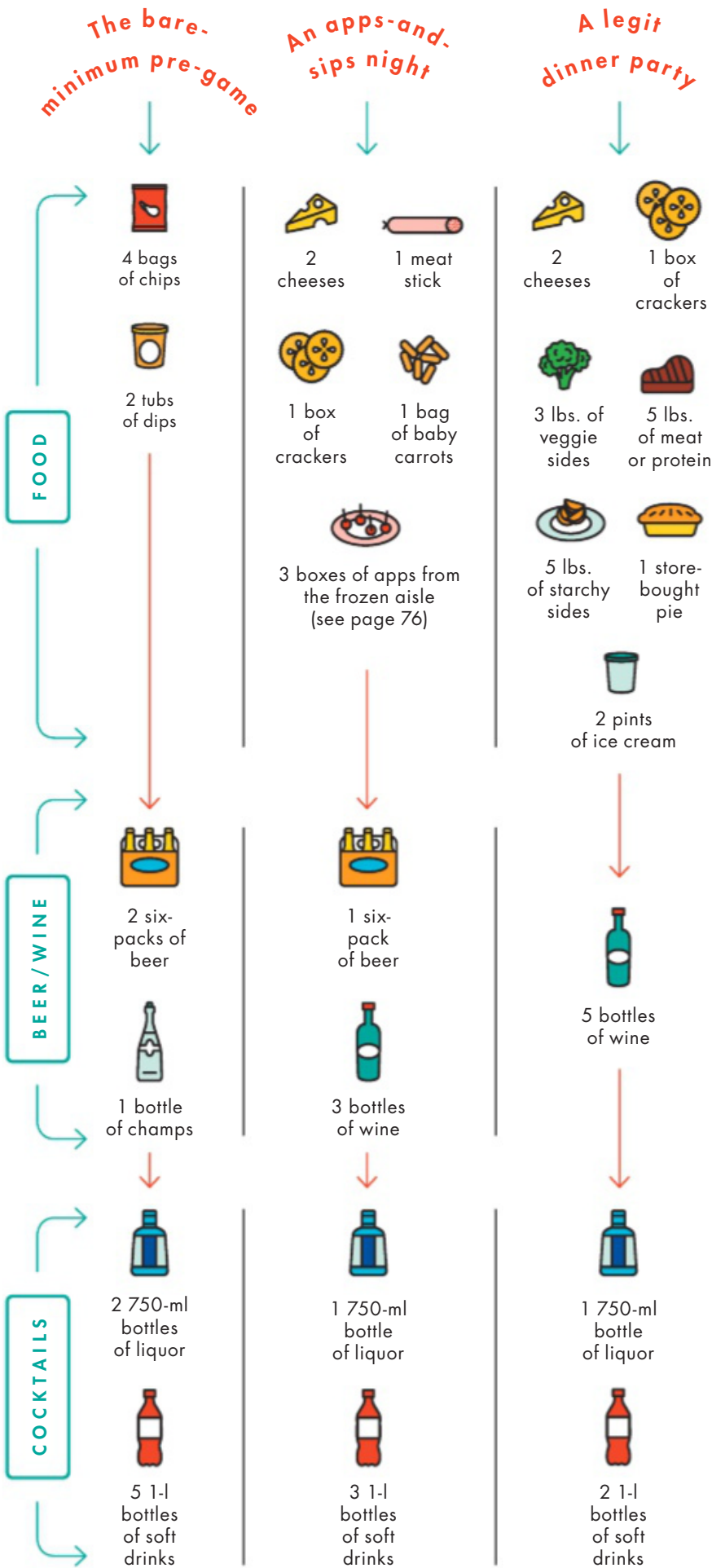
Tupperware
for leftovers

HOW MUCH
OF EVERYTHING DO
YOU REALLY HAVE TO BUY?

Never do calculus in the cheese aisle again.

By MIA LARDIERE

This airtight equation is based on a party
of 10 guests. (Extrapolate from there for other
numbers of RSVPs.)





HELL IS THE
first hour
OF A PARTY

A plea/temper tantrum.

By MIA LARDIERE

y

our first guest is always the wrong guest. Inevitably, they are a host clinger or the one who eats all your good crackers and vents about her boyfriend while you're still applying winged eyeliner.

Your second guest is the antithesis of the first, and as you are the only reason they're together in the first place, you try to do your best to give them something to talk about. (And frankly, you **need** to hover—even though something is def burning—JIC guest one turns to guest two with, "Omg, were you the one who puked in the Uber on Memorial Day weekend?")

Just when you think things are fine, your only vegan friend, who was a "maybe," rings the bell as you're removing a tray of chicken

wings from the oven. She looks at you as if she walked in on you and your vibrator. Also, you have nothing for her to eat.

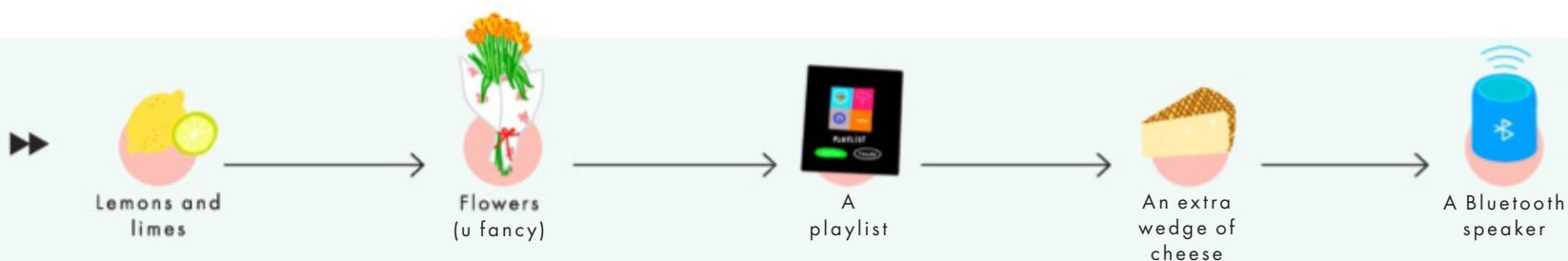
The volume of your playlist is never right. People recklessly throw their coats on your vintage side table. You imagine what your mom would do. You realize for the first time that maybe you really are becoming your mother.

The third, fourth, ninth, and sixteenth guests arrive. One immediately pronounces your house plant dead. Another has a sneezing fit because he's allergic to your cat. An anonymous source clogs the toilet.

Then, it happens, when you're just drunk enough on stress wine to really appreciate it: Everyone starts to have fun. Even you. As you pour another,

more celebratory glass, you realize that only the host ever remembers the agony. Everyone else has too much of a hangover to even care.

**She looks at you
as if she walked in
on you and
your vibrator.**



Just
**DO
THESE
3
THINGS**
before you
pass TF out

Future you
is hungover and
v grateful not
to have to move.

By JESSICA GOODMAN

1

**Give out goodie
bags...of garbage.**

Ask your buds to grab a bag of trash as they walk out the door. You threw the party—it's the least they can do.

2

Make a dump bucket.

This is just as gross as it sounds: Find a big pitcher and pour all the half-empty drinks into it. Pour the monstrosity into the kitchen sink. Repeat until you know you won't wake up to a stale beer smell.

3

Soak. Everything.

Don't wash—just plug the drain and toss your Brie-crust plates into the sink with warm water and soap. No scraping come sunrise.



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Astrology just gave me permission to be way spicier

evil laugh By MIA LARDIERE

i find little ways to surprise myself all the time. Some days, I leave my AirPods in the pocket of my jeans and then I throw those jeans into the washing machine. Other days, I accidentally sprinkle turmeric instead of cinnamon in my coffee. Being a walking disaster is, I'd always assumed, just one of my adorable personality traits.

"Haaa-ah-ah-ah, haaa-woah, ha-ah-ah-aaah."

You see, for most of my adult life, I thought I was a Leo Rising. That's what came up when I plugged "12 a.m.," my made-up birth time, into birth-chart generators. (I didn't know that my birth deets would get lost in shuffled adoption paperwork when I was born or I would have checked the clock when I exited the womb.) The Leo thing made sense: Although I'm a mysterious Scorpio Sun sign, I can be extroverted when I need to be, I care a lot about my hair, and I identify with J.Lo. It was fine; I was happy.

I was also wrong. After months of searching, I finally did find my birth time—and my real Rising sign: Aries.

This news scared the shit out of me. According to my astrologer (yes, I have one now), my Sun in Scorpio and Moon in Aries already made me a lethal personality. Like, I do this cute thing where I never tell anyone what I'm feeling and then have explosive meltdowns.

Add an Aries Rising into this mix, and

🔥🔥🔥. People with this placement tend to live in a state of constant frenzy and be super hard on themselves. They can also be perceived as extremely bossy when they're trying to trail-blaze on their own terms.

Where Leo Rising asked me to fluff my ego, Aries Rising tasked me with the challenge of actually being brave. So instead of shying away from my alpha-charged intensity, I started leaning into it. I called out my friends for their bullshit, double-texted people when I needed answers, and protected my energy by setting boundaries for me-time. Call me Karen because from now on, I'm asking to speak to *all* the managers, and it feels amazing.

You can bet that I'll be following my gut and embracing my resting bitch face from here on out. No promises on avoiding a waterlogged-AirPods-and-turmeric-coffee repeat though. Turns out, that whole thing was just me being me.



Breaking: We're into oracle cards now

Like tarot cards but easier.

By KERRY WARD

It's not that tarot is hard. There are just a lot of rules: Every deck has 78 cards, and you've got to get to know each one and what it symbolizes and then let your intuition guide you and then interpret complex spreads....Okay, fine, it *is* hard. And TBH, it can feel like work. (Actual work, in my case—I do tarot readings for a living.)

Which is why, lately, I've been turning to oracle cards, the v, v Insta-friendly decks you've now seen everywhere (they come in themes like fairy tales, cats, and millennial pink). Think of them as kind of like a way cooler but just as simple Magic 8-Ball.

Each card delivers a message symbolized by an image—don't worry, packs usually come with a guide-

book that explains what's what. The only real rule of oracle cards is that there are pretty much no rules. Here, I'll walk you through the process....

STEP 1

Ask your question.

Make it specific. Something like: "How do I make this big work thing I've been daydreaming about actually happen?"

STEP 2

Shuffle the deck.

This will get your hands—and energy—mingling with the cards. Then scatter them on the floor, faceup or facedown (no rules, remember?).

STEP 3

Select one card.

Stick to single-card readings to get familiar with your deck. Say, for example, it's a picture of flames. (Note: Oracle cards can have *anything* on 'em, since each deck has its own theme.)

STEP 4

Take it in.

Maybe fire makes you think of...burning it all down? Or cleansing to start over? Note which symbols stand out to you and what that imagery could mean.

STEP 5

Look it up.

If a guidebook came with your cards, check out how the card description matches up with your initial impression. (Oh, fire is all about gathering courage to kick-start a challenging project? I'm listening....) Write down your OG question and surround it with key words or meanings from the card you chose. What emerges from this word cloud? How do those ideas translate to your current situation? Put it all together.

STEP 6

Let it simmer.

Sometimes your reading won't make sense right away. Come back to your notes in a day or two, after your subconscious has done more work to realize that maybe the fire card was a nudge to burn up old habits and smoke out the grit you need to level up in your career.

The more you do this, the more you'll sharpen your visual intuition and be able to ~see~ the story in the picture. Like a crystal ball but cuter.

Only downside is you can't use these to play drunk Uno, sorry.

Terra Soleil Wild Moon Oracle Card Deck, \$50, [terraSoleil.co](http://terra Soleil.co)

Worthwhile Paper Inquire Within Card Deck, \$48, worthwhilepaper.com

Amenti Oracle Feather Heart Deck and Guide Book, \$28, amazon.com

YOUR APRIL HOROSCOPE

By JAKE REGISTER



ARIES

(03.21–04.19)

It's a stacked few weeks for your Google Cal, with party after party and app match after app match. Once Taurus season starts on April 19th, work takes over and the rest of the month is all about chasing your bag.



TAURUS

(04.20–05.20)

You have zero time for life rn. You're focusing hard on your job and getting shit done. Stay strong—a big raise is coming with Taurus season on April 19th. You'll finally break out of this rut and start feeling ~lively~.



GEMINI

(05.21–06.20)

Lovey Venus slides into your sign on April 3rd, and the social zones of your chart are getting lit TF up. Basically, it's perfect astro weather for partying, so have fun, bb! Sleepy Taurus season will be here soon enough.



CANCER

(06.21–07.22)

Hi, lil crab, hiding in your shell even more than usual? Aries season has you focusing on your job (or on naps during downtime)—until April 19th, when you put work on the back burner and your squad front and center.



LEO

(07.23–08.22)

With Venus in Gemini all month, you are Living It Up. Plans every night, group chat on fire, etc. You're all about your *existing* relationships, bonding with your ride-or-dies, DTR'ing with a crush, or getting v serious with boo.



VIRGO

(08.23–09.22)

So sorry, babe, but on top of all those overtime hours, you're probs dealing with some pretty bad allergies (yep, the stars know). Don't give up hope! Taurus season, starting April 19th, brings a much-needed escape.



LIBRA

(09.23–10.22)

You're getting lots of action and meeting hella hotties this month, maybe even a partner to...actually settle down with?! Try not to ghost in the hopes of meeting someone better—this could be a person you don't want to lose.



SCORPIO

(10.23–11.21)

You're about to connect deeply with someone and start exposing yourself (not like that, Scorpy). It'll be an intimate bond, both in and out of the bedroom (okay, fine, like that), if you can get over your fear of vulnerability.



SAGITTARIUS

(11.22–12.21)

You've got kick-ass vibes surrounding you in early April, thanks to Aries season. Per usual, it's a whirlwind of fun—until the 19th, when you hit a wall, aka Taurus season. Then, all of a sudden, it's all about work. Blah.



CAPRICORN

(12.22–01.19)

Your job is a pretty big focus this month—well, a bigger focus than usual—but you don't mind. It's nothing you can't handle *and* you'll get your reward: There's either a raise or an office crush coming your way very soon.



AQUARIUS

(01.20–02.18)

Your month is basically split in two: The first half's all about love, sex, and F-U-N. So get out on as many dates as possible. The second half...womp...spells "homebody" for you. Think of it as time to rest and recover?



PISCES

(02.19–03.20)

So early April's astro vibes aren't the best you've ever had and you're feeling totally meh. Luckily, come April 19th, it's time to *Kylie Jenner singing voice* riiiise and shiiine! You're alive again and picking up the pace, big-time.

THE ONLY THING STANDING BETWEEN YOUR SIGN AND PERFECTION

By ALIZA KELLY

ARIES

Three words: hella petty competitive-ness. Srsly, stop.

TAURUS

Inflexibility. But not, like, the physical kind, you feel me?

GEMINI

That thing where you do 100 things at once but nothing actually gets done.

CANCER

Passive-aggressive Post-it Notes. Yep.

LEO

Pride.

VIRGO

Your need to know ev-er-y detail of ev-er-y-thing. *deep breaths*

LIBRA

Insecurity. 🙄

SCORPIO

You're an enigma. Like that Lady Gaga show.

SAGITTARIUS

Fear of commitment. Boo!

CAPRICORN

Workaholism. Admitting is the first step of recovery.

AQUARIUS

Too. Much. Daydreaming. Pay attention, bb!

PISCES

That whole martyr complex.

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ASK YOUR ASTROLOBESTIE

Real-talk advice from astrologer, author, and Instagram meme queen Aliza Kelly.

Dear Aliza,

I'm starting to get serious with a Leo. We met on a dating app and hit it off instantly. Things are going great—I really like him, and recently, we both agreed to delete our profiles and be exclusive. The thing is, though...we hardly ever see each other. We text and DM 24/7, but he always ends up flaking on our plans. I know his job is extremely demanding, but I'm starting to feel like he's avoiding me. Is this just modern love or am I being played?

**Sincerely,
Vexed Virgo**



Dear Vexed Virgo,

First, I've gotta remind you that you're governed by Mercury, the planet of expression and communication. Dialogue is **very** important to you, so I'm glad you have a great rapport with your Leo!

Unfortunately, your textual back-and-forth is the only thing I really like about this dynamic. The rest resembles a giant, billowing red flag, and we do not stan red flags.

Leo is ruled by the Sun, the big, bright, look-at-me star at the center of our solar system. Every Leo embodies this spirit: They know they're zodiac royalty, and they love to flex how shiny they are. They live for compliments and flattery. While this can be



endearing from time to time, for some Leos, even little self-esteem boosts can turn into full-blown egomania.

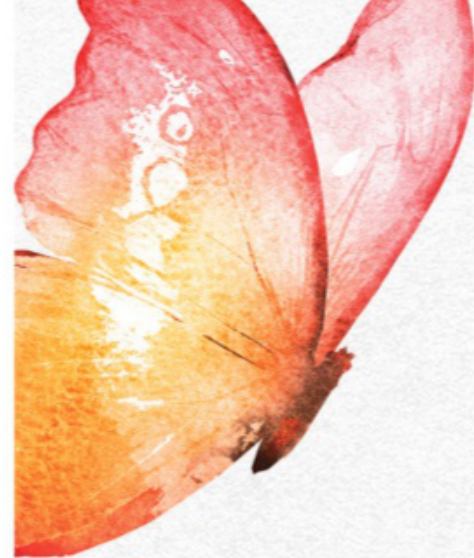
Sadly, your dynamic sounds like a recipe for disaster. Your Leo is getting exactly what he wants—someone who's available to feed him praise and support—without offering much in return. Don't get me wrong: I get it. Big jobs can be sooo demanding. But it's 2020: Everyone is struggling to maintain work-life balance. Everyone has a side hustle. Everyone is over-booked. But even the busiest people can make time for

partnership. Why? Because when you truly care about something, it becomes a priority. Simple as that.

It sounds to me like this Leo is too preoccupied to invest in a relationship—and, btw, this doesn't make him a bad guy. But, my darling Virgo, partnerships are all about reciprocity, *especially* for you. So unless you want this match to exist solely in notifications, you need to demand that your Leo step it up IRL. If he's unwilling to do that, I'm sorry to say he may be best left on read.

**To the Moon and back,
xx Aliza
@AlizaKelly**

Need some cosmic help to cope with your drama? Hit me up:
**Astrolobestie
@Cosmopolitan.com.**



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April = big asteroid energy

Oh wow, yet another astrological category to have to worry about!

By LISA STARDUST



despite how it may seem, less can actually be more in astrology. And by that, I mean that tiny lil ~impacts~ on your life. Case in point: asteroids. Technically

considered minor planets, these bbs are loaded with energy. They're less personality- and destiny-defining than, say, planets, but there are waaay more of them, and their movements within your astrological houses can affect you big-time. Astrol-

ogy! It's a lot! And rn, these asteroids are popping off like a *Housewives* reunion on steroids.

Once you stop screaming, peep this guide to see what the key asteroids could mean for your April.

CHIRON (technically an asteroid-comet mashup) is currently in Aries and exposing your deepest boo-boos from childhood—the ones that have never quite healed, despite lots of care.

LILITH is casually hanging in Capricorn...and looking for a payback for all its hard work. Now you know where your own zero-BS vibes are coming from.

CERES represents the love a parent has for a kiddo. (Side note: Call your mom.) It's in Aquarius through April 23rd and changing up the way you nurture yourself and others. Now's a good time to get some self-care on your Google Cal.

PALLAS is like your inner superhero: the part of you that will stand up and fight for justice. For most of the month, it's in Capricorn, and it won't quit until the battle is won.

JUNO is in Libra and serving you a reminder not to be submissive or ignore any relationship red flags.

VESTA, an asteroid that defines how you feel about your family, is currently in Gemini and giving you the sort of pep talk you can depend on from your family in times of doubt.

PHOLUS, another asteroid-comet hybrid, represents the act of... making poor decisions (meep!). It's transiting Capricorn, which points to bad choices at work or in investing money. Don't say we didn't warn you!

EROS is a *passionate* asteroid. Starting mid-month, it's in Aries, making you take action around expressing your inner desires. Channel it to lead a protest or to tell boo how you feel.

NESSUS (yet another dual asteroid/comet) is in Pisces, allowing you to grow and heal old scars. It's here to help you throw out toxic relationships and friendships that don't serve your highest purpose.

IXION is transiting Capricorn, meaning: Beware of any thirsty coworkers who are eyeing your corner office—and will throw you under the bus to get it.

ORCUS represents broken pacts as well as the desire to get even with those who betray you. Resist the urge to be petty!

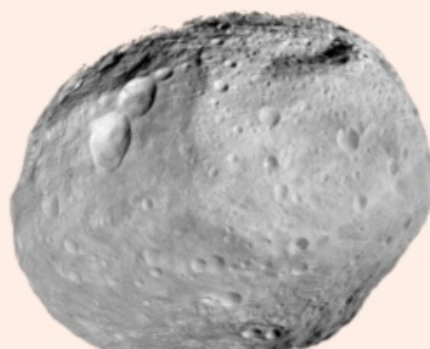
QUAOAR is in Capricorn, and it's sending you serious artistic vibes. Finally, your cosmic permission to turn that side hustle into a full-time gig.

SEDNA provides nourishment for the body and soul. While it's in Taurus, you'll want to indulge in fine wine, delish chocolates, bath bombs, you name it.

VARUNA forces you to embrace and trust your intuition. It's in Leo, creating a perf moment for you to use your gut feels to make major life choices.



It's not the size of the asteroid that matters.



The combo of your Sun and Moon signs pretty much explains who you are

Check yourself. Literally. Look up your signs and check this chart. **By JAKE REGISTER**

★ Moon

Sun		 ARIES	 TAURUS	 GEMINI	 CANCER	 LEO	 VIRGO	 LIBRA	 SCORPIO	 SAGITTARIUS	 CAPRICORN	 AQUARIUS	 PISCES
	 ARIES	Eternal flame, baby	Stubborn (but loyal) AF	Two words: Chatter. Box.	Hot-headed but also a low-key softy	The life of the party	Reckless perfectionist	Falling in love at first sight = your fave hobby	You have no chill	Human megaphone	All the mommy/daddy issues	Most popular person around!	Weird, fun, and a little scary
	 TAURUS	AGGRESSIVELY passive-aggressive	Taking <i>alllll</i> the naps	Barely talking but always thinking	Cool-mom energy	Holding a grudge is your kink	Polished AF	Perfect Insta aesthetic	Number one lover	Busy 24/7	The ultimate confidante	Always stanning obscure stuff	Über-romantic dream-boat
	 GEMINI	Emotionally volatile	Super opinionated, with changing opinions	Keeper of all the tea	All in or all out	Drama queen	Overthinking everything	Freak in the DMs, bigger freak in the sheets	0 to 60 in 3.5	Chronic ghoster	Total genius	The GOAT (Geekiest of All Time)	Always in the clouds
	 CANCER	Angry crying, happy crying, sad crying...a lot of crying	Coping with stress by baking cookies	Emo	Emotional whirlpool	*gets ghosted* *sad-tweets for weeks*	Shy AF	Never not boo'd up	Bottling it up until you explode	Sensitive but only to your own feels	Motto: "I think we're soul mates."	Eternal high school mall goth	Sobbing
	 LEO	"Pick me! Me, me, I'm first!"	Getting left on read—and slashing tires	Obsessed with rumors	You don't have feelings—you <i>are</i> feelings	Takes 1 billion selfies a day	Always in full glam	Life is a rom-com (right?!)	INTENSE	Corny AF	Works hard, parties harder	Very delicate	Smothering others with love
	 VIRGO	"I couldn't sleep, so I redecorated my whole apt. Again."	Persistent	In the middle of saying something important...	Cleaning your S.O.'s house while your own is a disaster	"I can do it better."	The ultimate perfectionist	Dedicated to bae (and only to bae)	Master of shade	Waiting until the last minute	Opinionated AF	Qween of conspiracy theories	Helping others, then resenting them for it
	 LIBRA	Gaming Tinder	That "I'm Too Sexy" song? That.	Dating a dozen people and ghosting them all	Everyone's BFF	Sooo mushy	Sad about being single	The most romantic	Terrified of commitment	The *best* conversation starter	BTS shit talker	Friends with everyone and no one	Looking for a fairy tale
	 SCORPIO	Emotionally volatile	Holding a grudge	Huge nerd	The best at emo poetry	Always overreacting	Always stressing	Introvert who secretly wants to be loved	Witch (but, like, really)	Quiet... until you're not	Serious AF	You have dirt on every-one	Running multiple Instas for all your feels
	 SAGITTARIUS	Competitive AF	Can't-stop-won't-stop	Listening? Never heard of it	Joking about your trauma	100% oversharer	Not into instructions. Very into frustration.	Major (unintentional) flirt	Darkly funny	*shows up 15 minutes late with Starbucks*	"Well, actually, I think—"	Random-trivia champ	Living in your own little world
	 CAPRICORN	Shitting a brick when you don't win	"Sorry, I can't tonight. I have work."	Anxious AF	Hard on the outside, soft on the inside	Total boss	It's your way or the highway	The most loyal	"Hell hath no fury like me scorned."	Hilarious but kinda shady	Major. Business. Person.	What feelings?	Making dreams come true
	 AQUARIUS	Lovable goofball	Your opinions may as well be fact	On everyone's friend list	Fine. Always fine.	One-upping everyone	"I'm sorry you felt that way."	Into all your dates but just as friends	Very complex... a little too complex	World's funniest person	World's best at throwing shade	True genius	Giant sci-fi nerd
	 PISCES	Sweetly unstable	Constantly treating yourself	*derails conversation with random thought*	Really into these vibes	Super artsy and creative	"Take me seriously!" *doesn't take self seriously*	Day-dreaming about falling in love	Will seek revenge	Late to your own funeral	"Hey, I'm just keeping it real." (LOL)	Just a little bit (a lot) fickle	Pretty much always MIA

MOON: GETTY IMAGES.

I u s t



HOT TAKE



Bad texters are actually the best guys

Fifteen reasons not to be a size queen (and by "size," I mean word count).

By GINNY HOGAN

f

irst, let me clarify that by “bad texter,” I mean the dude who takes hours to say he’s “bored at work lol” and/or spells “shrimp scampi” as “shrimps camping,” not the bro who leaves you on read because he’s...I don’t know what, there’s no excuse. From now on, the person who struggles to cough up an “ok” should no longer be the one you drop from your rotation. Here’s why:

1.

He won’t be phubbing you when you two are out together IRL. You’ll have his undivided attention because he responds to people on *his* time.



5.

...and when it does, you can borrow his. (What must it be like to live every day at or above 80 percent battery?)

2.

Your iPhone Screen Time report won’t make you feel personally attacked. Less texting = less time on your cellular = more minutes spent walking to the farmers market (or doing other cute shit like that).

6.

He won’t text while driving or crossing the street, so you (and his mom) can rest easy.

3.

You’ll never worry who he’s been side-texting or Dming on the DL. Ha! Like he has the thumb skills to pull that off.

7.

With few incoming messages, you can also be more present in the moment. Timothée Chalamet could be anywhere, ya know—you don’t want to miss him because you had your head in your phone, now, do you?

4.

Instead of your phone dying every 20 minutes, it’ll die every 30 minutes...



9.

Saving your face from all the harsh blue light emitted from your phone will be the glow-up you didn’t know you needed.



10.

He’ll never stalk you via Location Sharing, because he’s never learned how to use it. (This means you can deploy that “I’m omw!” text knowing damn well you’re still chillin’ in your towel on your bed.)

11.

He’s got all the extra time in the world to, like, learn how to speak Balinese, which he can use to book a romantic beach vacay for you and him to Canggu this fall.

12.

Your friends won’t hate you for being deep in dicksand since you’re still responding to their group chats and double-tapping their weekly Instagram DMs of cute baby seal pics.

13.

When your yoga instructor says, “This next exercise is great for people who spend a lot of time on their phones,” you can feel the blissful pride of self-righteousness.

14.

He’s probs amaze at telling jokes at parties because he’s not used to relying on memes to land the punch line.

15.

You actually know the color of his eyes, because when you speak to him, he looks at you.

But when you **really** need a reply...

Go rogue and just show up at his house. This is every character in *Gossip Girl*’s move when they royally fucked something up, so I don’t know why it wouldn’t work out for you too.

Record your text as a voice message. Add a few deep, sensual breaths between “I’ve been running around...” and “...just thinking about you.”

Call him. You know, the thing phones were actually invented for.



LMK when a boy’s text is as cute as this face.



Listen, if he’s not good at texting, maybe he’s really good at giving oral, y’know?



FASTEST.
ORGASMS. EVER.

Okay, sure, the 50-plus-year-old Magic Wand, as it's now officially called (the manufacturer has dropped the "Hitachi," but, like, it'll always be the Hitachi, you know?), is crazy-loud and weighs almost one and a half pounds. It looks like a *Game of Thrones*-style weapon, one I'd probs get arrested for trying to take through TSA. But oh dear god, how I love it. Its two speeds—"holyshitherelcome" and "omgomgomg"—take me from zero to howling in about a minute, stimulating every nerve ending at once. I mean, you've gotta respect a toy with power so intense that it needs to be plugged in to a wall. (If I'm ever feeling like it might erase my clitoris from the planet, I simply put a layer of fabric between me and the machine.) Also: It's way more versatile than people give it credit for, with attachments for internal action. I will forever stan the icon, the queen, the legend: the Hitachi.

—KRISTA MCHARDEN



To Hitachi or not to Hitachi?

Is the OG vibe really all that great?



MY ANCESTORS
PROBABLY
USED THIS THING.

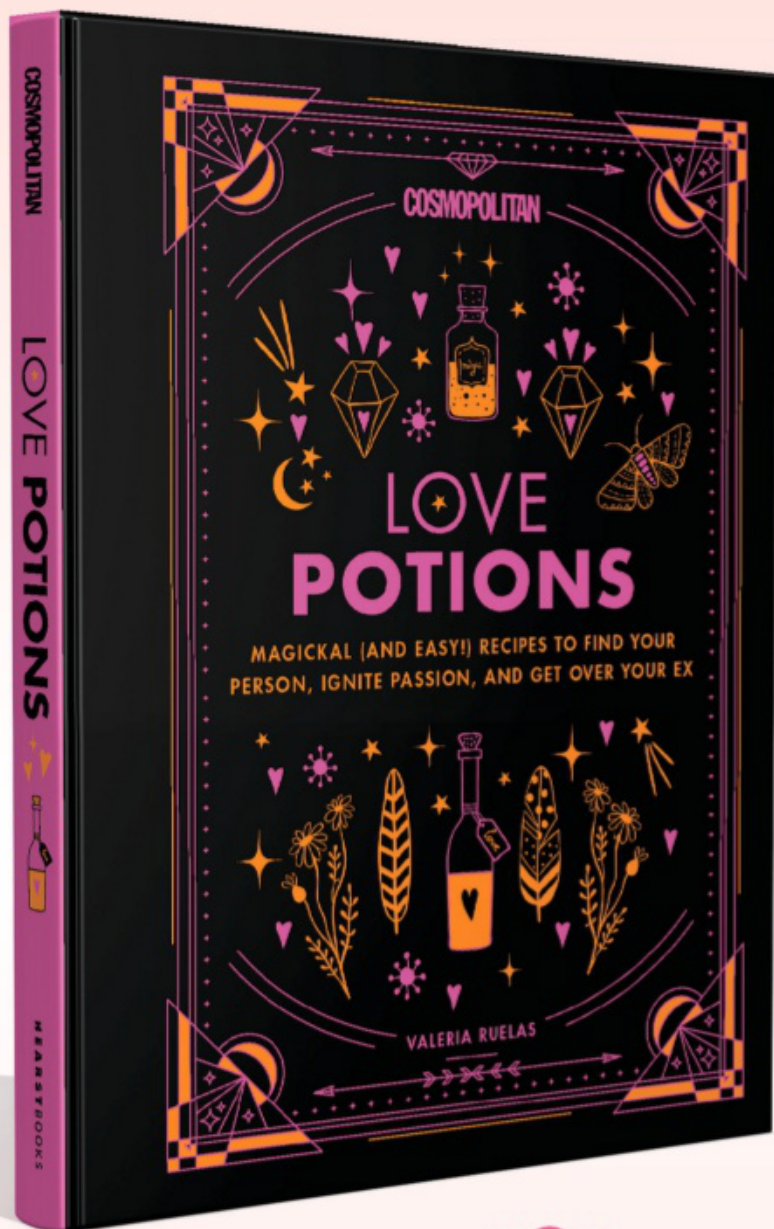
Honestly, the Hitachi should have peaked with its "Is it a neck massager or vibrator?" homage on *Sex and the City*. Why it didn't—and why some people still won't STFU about it—remains a mystery to me. Y'all, this toy is like a jackhammer on the clit. I know this because for journalism, I tried it out myself...and honestly, it's a miracle I can still feel any sensation at all down there. Plus, even the newer cordless version isn't water- or "splash-proof." Ex-squeeze me? I squirt when I orgasm, and I almost always use sex toys in the shower. The Hitachi is so cumbrously huge that even if I didn't electrocute myself by bringing it in there, masturbating would be like trying to womanhandle a Costco-size shampoo bottle. The only way I'll ever use this large boi again is as a pretend karaoke mic while serenading my dogs.

—JANIE SHANE

WANDS FOR ALL



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HEARSTBOOKS

If you haven't tried this yet,
10/10 would recommend.



Petition
for everyone to
reconsider

period sex

There are literally *scientific reasons*
it's better than the normal kind.

By CARINA HSIEH

So many of us avoid it like the GD plague: Nearly 47 percent of women are less likely to even go on a first *date* when they have their periods, according to a new survey by menstrual cup company Flex. If cramps, bloating, etc. are to blame, obviously that's fine (and I feel you). *Buuut* if it's because you're worried about a red tide cramping your sexual style, please, I implore you, keep reading.

It capitalizes on your horniness.

Biologically speaking, women may have the easiest time getting turned on while ovulating, aka not bleeding. But anecdotally, some women say they experience buzzing levels of sexual desire during their periods, reports Eduardo Harrison, MD, an ob-gyn and fertility specialist.

COUPLE: MOSUNO/STOCKSY. GLITTER DOT: GETTY IMAGES. MILLIGAN: DAVID NOLES PHOTOGRAPHY. BANANA: RUBEN CHAMORRO.



Important PSA:
You've still gotta
use a condom!
It is possible to get
preggo or contract
an STI when you're
menstruating.

You may have a more intense orgasm.

When you're on your period, your uterus swells, pressing on nerve endings in your vagina and making you feel more sensitive than normal, says sex educator Suzannah Weiss. For some women, this = higher odds of climaxing during intercourse.

You don't need lube.

This is the one week when your trusty bottle of Shibari can post up an OOO message. Menstrual blood is thickened with endometrial cells, which give it a perfect lube-like consistency, according to intersectional sex writer Arielle Gozi.

It could help with sucky side effects.

Studies show that sexing during bleed week can actually help ease cramps and headaches because getting off is like a natural, temporary painkiller. Plus: "Orgasms can lead to uterine contractions, which can help the process of shedding the uterine lining along," explains certified sex therapist Donna Oriowo. TL;DR: Get yourself laid in the pursuit of a less painful, potentially shorter period.

The afterglow is next-level.

Cramp-curing power aside, the endorphins and oxytocin that

Bloody good positions

SPOONING

You'll be the most comfy lying on your side while your boo nonstop hugs you.

STANDING IN THE SHOWER

If the upsides of doing it here aren't obvious, I don't know what is.

FROM BEHIND

Get on all fours, put a towel-covered pillow under your hips, and have your partner enter you. Mostly because, duh, doggy-style always feels good.

are released during sex lower your stress levels—which can relax you when you need it most, says intimacy expert Stacey Herrera.

You deserve it, dammit.

Bottom line: No woman should feel ashamed or resolve to go sexless just because something totally natural is happening inside her. Nothing has to be off-limits during your time of the month, and I mean nothing... not even oral sex. (See the first 30 seconds of *The L Word: Generation Q* for steamy proof.)

3 game changers for your best period-sex life



SOFT CUPS

Don't wanna "plan ahead" but also don't want a crime-scene-esque aftermath? The Flex Disc (\$13, flexfits.com) and Ziggy Cup (\$40, intimina.com) hold your blood like a menstrual cup and also create a barrier between what's escaping your bod and what's going in (think: a penis, fingers, or toys).



DARK TOWELS

They are literally \$6 on Amazon. You have no excuse.



BLEACH

Nothing feels more powerful than making a hot mess and knowing that *Olivia Pope voice* It Can Be Handled. Blood proteins are best cleaned with hydrogen peroxide or color-safe bleach, explains Mary Gagliardi, Clorox's in-house cleaning expert. Apply one of these before tossing sheets into cold water (hot water will set the stains). Wash again normally, and you're good.



HEY, GUYS, IF YOU'RE NOT ON BOARD, YOU SHOULD BE

A plea from **Jerah Milligan**, star of Netflix's *Astronomy Club* and cohost of the podcast *Black Men Can't Jump in Hollywood*.

If sex is like cake, then period sex is red velvet. It's the best sex scenario: extra warm and super

wet. It's also vulnerable for her and for you... which makes it intense and intimate. Also, what

better way to make your lady feel sexy than not giving a fuck about her being on her period?

You're showing her she's hot no matter what. Fellas, this is our chance to use our dicks for good.

What it's like to date a male gyno

Do I still have to go to my doctor-doctor, or can I just...?

By KIRSTI ALEXANDRA



I know what you're thinking, and it's true (at least in my experience): An MD who specializes in vaginas is way above average at sex. Still, having your guy spend most of his time between other women's legs is...interesting. Especially when you run into one of said patients at the grocery store. Other stuff I wish I'd known before flirting across the stirrups:

PRO

Having your own WebMD

Worried about weird spotting or odd feels during sex? You have 24/7 access to a (sincerely) concerned expert.

Birth control is a given

This is basically the opposite of dating that grimy guy who is thoroughly convinced the pull-out method is legit.

It's true: phenomenal sex

It's both obvious and maybe a little bit cringey, but he knows where to touch you and why it feels so damn good.

Stellar bedside manner

He listens to people all day, so he can deal when you spiral into worst-case scenario mode.

CON

Major TMI from your besties

You'll never be able to unsee the pic of your BFF's ingrown hair she wants to get his opinion on. *shudder*

Oh, hi, Mr. Know-It-All

Once, I found myself shouting mid-argument: "Oh, you're so sure an IUD is better than the pill? Do YOU have a uterus?!"

Stories that kill the mood

You sooo don't need to hear about the worst vaginal tearing he's ever seen, *buuuut* he's gonna tell you anyway.

Adoring fans

Best of luck to ya if you're the jealous type. Expect his other patients to have the mega hots for him too.

DOCTOR-DATING TALES



x

"My friend asked my husband—who is *not* her doctor—whether he'd deliver her baby... via water birth. Cue the awkward silence."

—CHLOE, 29

x

"We did it in an exam room. It was hilarious—not because the sex was funny but because it felt so cliché."

—KIM, 29

x

"I went out with my very attractive gyno, the kind of doctor who makes you blush a little bit every time you visit. But when we got to dinner, the chemistry wasn't there—because he was just so much less sexy in his regular clothes."

—RACHEL, 32



glow with the faux

INSTANT BODY BRONZER | AFTERSUN MOISTURIZER | SUN LOTION
WITH SHIMMER | SUNLESS MOUSSE | OVERNIGHT SUNLESS LOTION

amazon.com

[AMAZON.COSMOSUNBYCOSMO.COM](https://amazon.com/cosmosunbycosmo)



Alexander Wang
dress and heels.
Eriness earrings.

Left

Photographs by ELLEN VON UNWERTH

Fashion by CASSIE ANDERSON

Words by KATE WILLIAMS

on





read

Sofia Richie isn't getting sucked in to the comments on her bikini-clad Instas, following every headline about her relationship, or, ahem, *Keeping Up*. But she knows you are—and that's the whole idea.

IT'S NOT POLITE TO stare.

Unless you're looking at Sofia Richie, in which case it's necessary.

Call it the Instagram effect. Sofia is the embodiment of the can't-look-away, cool-girl algorithm: glowy golden-hour skin × high-fashion athleisure + *MTV Cribs*-level, you-fancy-huh? backdrops ÷ comments like “Last night 🍷.” If you’ve never scrolled so far back on @SofiaRichie that you find yourself deep into a 2017 trip to Tokyo, ignoring your own 2020 in definitely-not-Tokyo, who even are you?

The IRL Sofia is less glossy, more understated sparkly. But just as relentlessly stare-able. Even when she’s in the kitchen of her Hidden Hills home, making herself a matcha (“If I drink coffee, I’ll have an anxiety attack”), fresh from a shower in pink FreeCity sweats, pink barrettes anchoring the center part in her still-wet hair. She’s also sharper, funnier, and more self-aware than you’d expect, but we’ll get to all that after we talk about the house. You need to know about the house.

The catalog of fancy cars parked out front (Ferrari, Range Rover, a few others too fancy to name [because I don’t know them]) is enough to make someone consider switching careers from writer to Luxury Car Thief.

Inside, it’s even more...more. In the dining room, a small army of stylists is unloading a department store’s worth of garment bags for a fitting Sofia’s doing right after I leave. (It’s a fitting “for life,” aka some upcoming events, Sofia tells me.) There are distractingly shiny shoes and holy-shit gowns, a *chef’s kiss* juxtaposition to everything else in the house, which is exclusively white, black, brown, or a shade of gray. It’s the pristine kind of place that makes a normal person irrationally terrified of being offered Cheetos or red wine. (No one is offering me Cheetos or red wine.)

Sofia hops up to sit on the kitchen island, her slippered feet dangling off the edge. When I ask if she wants to move somewhere more comfortable, she shakes her head. “This is my natural habitat,” she says. Of course it is.

This isn’t the first time I’ve visited Sofia Richie at home. That

“It’s time to start hustling. 2020 is about doing things that would usually make me very uncomfortable.”

was in 2015, in her childhood bedroom of her childhood house. She was a 16-year-old budding style icon I was interviewing for an indie magazine, and we spent time playing with her puppy and going through her closet, talking about Tumblr and Balenciaga leather jackets and her modeling dreams. “I remember!” she says now. “That was probably one of my first shoots ever.”

Now-21-year-old Sofia makes it very clear that she no longer wants to be a *model* model. In fact, she never really was one. It’s just that it fell into her lap because of, well, you know. (Hint: *You know*.) “A lot of people just become models because they’re influencers,” she explains. “We would all get the same jobs, be in the same space, and be labeled the same thing, and I hated it. It made me step back and be like, *Okay, I’m a creative individual and I want to be smart, start my own businesses, do something I can do on my own, and not be attached to other people.*”

She’s starting with a line of bikinis and it’s sort of genius. “I love bikinis,” she tells me. She has no idea how many she owns. She



Gucci jacket,
sunglasses, and
chain. Jennifer
Fisher earrings.

tries her assistant, who is sitting nearby and also has no clue. “Like, 50 or 60?” Sofia finally guesses. If you go by how many make appearances on her Instagram, it’s about, oh, a gazillion, inspiring comments that range from the complimentary (“ooooo okay bodyyyyyy 🥰🥰🥰 🥰🥰🥰”) to the delusional (“can i be you!”) to the inexplicable (which one of you randomly tagged Enrique Iglesias?). “I feel like my following is always fascinated by the bikinis I’m wearing,” Sofia says. That’s why she’s making her own. (She has more than 6 million Insta followers, btw. Do you know how much that is in bikini money?)

It’s gonna be a big year—and that’s just an itsy-bitsy, teeny-weeny, yellow-polka-dot part of her master plan.

“It’s time to start hustling,” Sofia says. “2020 is about no fear, and I’m doing things that would usually make me very uncomfortable.” This includes eventually expanding her collection into a full-on fashion line and launching a beauty company (she’s quick to clarify that it will be hair and body, not makeup), a YouTube channel, and an acting career.

That last one is something she’s been thinking about for a while. She did theater as a kid in an after-school program—*Annie*, *Wicked*, *The Lion King*—and she always got the lead. (Today, she’s more into the idea of movie and TV roles, and has been working with an acting coach.)

“I was too scared to fail, and that was the reason I didn’t do it before,” she says. “This year, I’m not scared to fail. I don’t think there’s necessarily failing. It’s just learning and growing.”

When I ask her how, specifically, she wants people to think of her—because that’s what you ask someone on the verge of her big breakout moment—she doesn’t hesitate: “badass triple threat.” Business

**“I mean, just be nice.
There’s no reason
not to be nice.”**





owner. Actor. Activist. She's still figuring out the latter: "I feel like there's a space for me to talk about mental health, having dealt with severe anxiety," she says so nonchalantly that it catches me off guard.

It's not a surprise, exactly. Young stars, like the rest of us, are just trying to survive 21st-century angst—while also, you know, dealing with screaming paparazzi. "It was zero-to-a-hundred panic attacks," Sofia says of her experience, brought on

THIS PAGE

Etro dress, earrings, and belt.

OPPOSITE PAGE

Valentino top, shorts, and sunglasses. Tabitha Simmons heels. Jacquie Aiche earrings. Jennifer Fisher rings.

by "stupid things, like not having a water bottle in the car or getting stuck in traffic."

She went to doctors, but every single one tried to put her on prescription drugs, which she refused to take. "I read a lot of books, and once I figured out what I was doing to myself, I learned how to control it," Sofia says. "I would convince myself that I was panicking or that I wasn't comfortable, and once I realized that I was doing that to myself and nothing was actually wrong with me, I was totally fine."

Meditation played a huge role too. She credits a Reiki expert, who's also her friend Miranda Kerr's (yeah, the supermodel) Reiki expert. She's still not totally immune to that "oh my god, I'm



about to freak out” feeling. “But,” she says, “I know how to be like, *Calm down, you’re here. There’s nothing to panic about.*”

But even though she’s heading into full-on multi-hyphenate entrepreneur territory, there’s still something she can’t quite shake off: how she got here.

Namely, via a couple of Very Famous Men in her orbit. But that’s not her fault. And just because it’s part of her origin story doesn’t mean she’s forfeiting control of the plot.

“When things were first starting,” she says, “I was discouraged because everything I did was ‘Lionel Richie’s daughter.’” She stops and clarifies: She’s grateful—she wouldn’t be

where she is without him—“but it’s hard branching out into my own person when I have such a powerful artist as a father,” she continues.

“My dad was always like, ‘Once you find your thing, you’ll move away from that,’ and I feel like over the past couple of years, I found my lane in life to go the direction I want to go.”

And the guy riding shotgun: Scott Disick. That’s right, you’ve made it to the Scott Disick portion of the story.

For anyone who doesn’t know (which is no one, but play along), Sofia has been dating Scott for more than two years. Scott, as in Lord Disick of *Keeping Up With the Kardashians* fame, father to



FOR SHOPPING/REPRODUCTION, SEE COSMOPOLITAN.COM.



**"I want people to
know that I have a lot
of ambition to work hard."**

Kourtney's three kids, boyfriend 15 years older than Sofia, and the owner of the house they share that we're currently sitting in.

You've probably seen sightings of the couple in the wild (read: on *TMZ*) or, more rarely, her Instas of them sprinkled among solo pics. These are the photos that inspire the most haters, spurred, perhaps, by brand loyalty to America's "royal fam" or faux concern over a biggish age difference. Or maybe by residual envy of the prom king and queen, now unleashed on an easy target. Whatever it is, no thank you.

Because when it comes to her relationship, Sofia has "this weird thing where I just don't care what people think." The shit-talking she and Scott have endured "doesn't bother me because I'm very happy," she says. "Why would I let someone from the middle of nowhere ruin that for me?" (Spoken like a true Cool Girl, whose coterie of girlfriends includes the Scott-adjacent Kylie Jenner. They've known each other since they were 14—"no one's a new friend," Sofia says.)

Scott and Sofia's relationship doesn't have a starring (barely even guest-starring) role on *KUWTK*. You know that cringey hot-tub scene? Yeah, that's pretty much it. Which makes the recent freak-out over Sofia "leaving" the *E!* series she never "joined" in the first place seem...overblown? (There's also this: Offscreen, Sofia and Scott seem drama-free enough to bring a reality

► Continued on page 130



THIS PAGE

Area dress. Ippolita earrings. Atsuko Kudo gloves.

OPPOSITE PAGE

Gucci jacket and pants. Jennifer Fisher earrings and rings.

Hair: John D at Forward Artists for TRESemmé. Makeup: Adam Burrell for The Only Agency using MAC Cosmetics. Manicure: Kimmie Kyees for CelestineAgency.com. Props styled by Evan Jourden. Production: Crawford & Co. Productions.



WHAT EVEN IS

BREA

This is where
you will lose
your phone in
the ocean.



SPRING K

RIGHT NOW?

It's not all hookups on the beach anymore
(but yes, it's that too).

Written and reported by ELIZABETH KIEFER, ANDREA STANLEY,
SARAH WELDON, and MELISSA BATCHELOR-WARNKE

One's spring break trip should begin with something akin to a beach-size party.



Ideally on an actual beach in a Day-Glo bikini while a DJ plays [insert Top 40 song] and everyone writhes around on the sand like sunburned reptiles. The scene itself: over the top. Too much, too loud, why's there a beer keg in the bathroom. At least, that's how it used to be, back in the era of "Thong Song."

But then MTV's *Spring Break* went off the air, interests evolved (no offense, "Thong Song"), and it seemed like a cultural reckoning would render the decades-old party all but dead.

Except it's still going. Spring break has emerged, somewhat surprisingly, as just the salve we need. One that's less *spring breeeaaak* and

more...break. Choosing to escape the real world isn't an act of let-loose raging anymore so much as it is self-care.

Of course, it's also fun—and Very Much The Thing, according to an exclusive new *Cosmo* survey of more than 1,000 spring breakers. Maybe because, as the results also revealed, while some parts of it have stayed the same, the legendary March migration has transformed just enough to keep it current. You'll still be able to find a foam party or three—but also get your aura read in a crystal shop, if that's more your vibe.

Given that it's spring break szn (see also: season, circa 1992), let's take a little trip.



Where do you stay on spring break?

53% Hotel
34% Airbnb
13% Other

THE NEW OLD HOT SPOTS

Turns out Florida is...timeless?

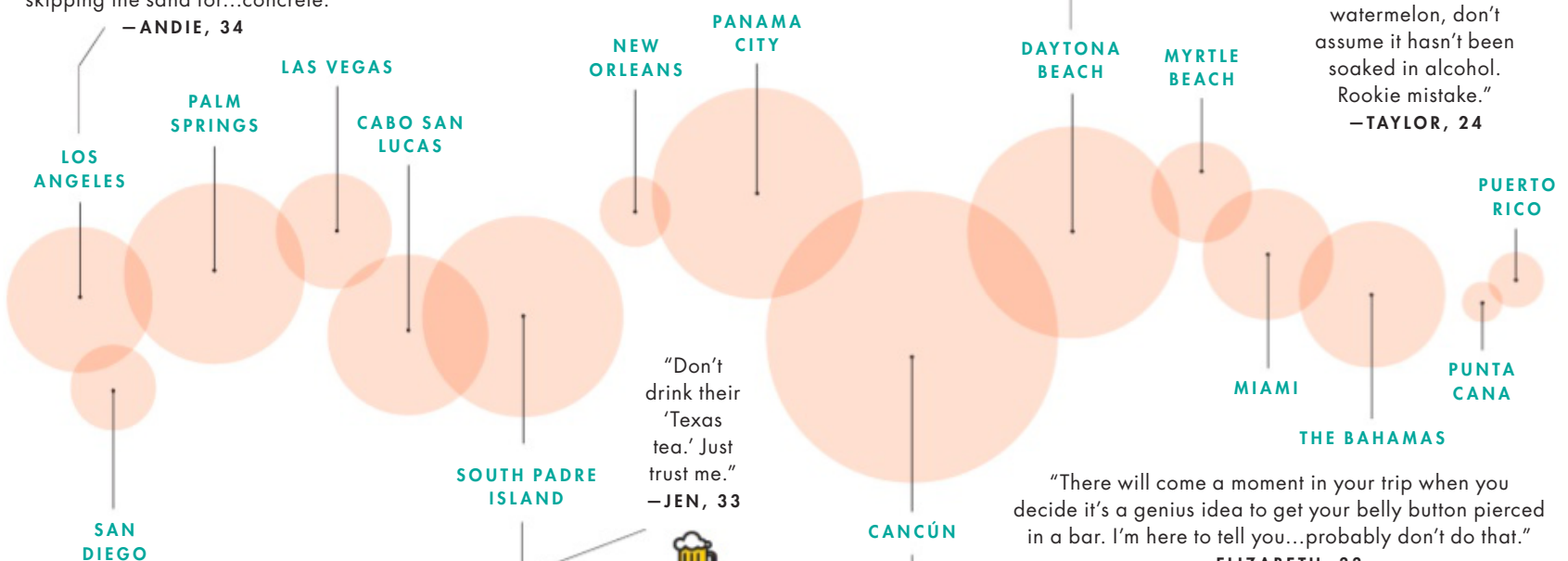


"If you see a watermelon, don't assume it hasn't been soaked in alcohol. Rookie mistake."
—TAYLOR, 24

"If you're not offended by the idea of going to a museum on spring break, I highly recommend skipping the sand for...concrete."
—ANDIE, 34

"Don't drink their 'Texas tea.' Just trust me."
—JEN, 33

"There will come a moment in your trip when you decide it's a genius idea to get your belly button pierced in a bar. I'm here to tell you...probably don't do that."
—ELIZABETH, 33

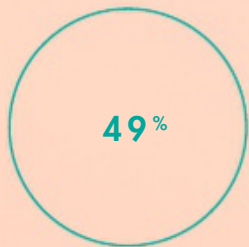


THE SPRING BREAK DOWN

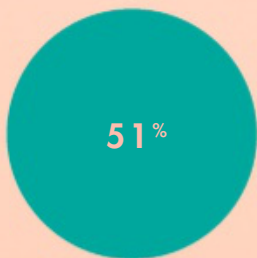
19

percent of you
don't feel safe on
spring break.

Do you party
more on
spring break
than you do in
real life?



YES



NO

Only 16 percent
of you spend most of
your trip partying.



30

percent of you
feel pressure to
post online
during spring
break.



Who goes on
spring break?
Basically
everyone*

*Aka

97

percent of you.

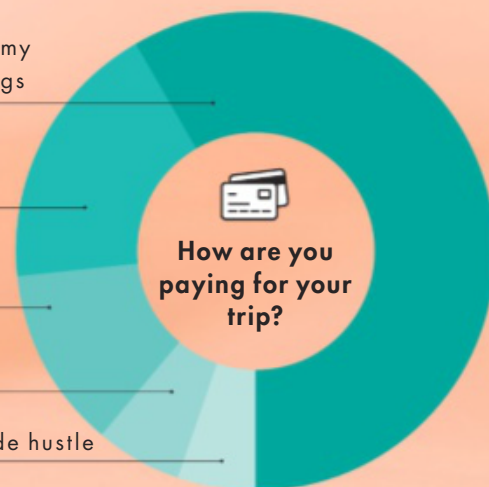
59% With my
own savings

18% My parents
covered it

12% I charged it
to a credit card

6% Other

5% I got a side hustle



OPPOSITE PAGE: GALLERY STOCK. THIS PAGE: TYLER JOE. FASHION BY KIA GOOSBY. HAIR AND MAKEUP: DEEPTI SADHWANI. JADE SWIM ONE-PIECE. AGOLDE SHORTS. GOLA SNEAKERS. WARBY PARKER SUNGLASSES. DONNI SUNGLASSES CHAIN. LOREN STEWART EARRINGS. BABOON BAG. ROXANNE ASSOULIN CHOKER AND BRACELETS. DANNIJO STRING BRACELET. ELIOU BRACELET (WITH PEARLS). COLLINA STRADA WATER BOTTLE. PHOTOS ARE OF PROFESSIONAL MODELS AND USED FOR ILLUSTRATIVE PURPOSES ONLY; COSMO DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUCT DISCUSSED IN THE STORIES THEY ILLUSTRATE.



WHAT SPRING
BREAKERS ARE
SPENDING

Three trips, three budgets.



Cheap but not cheap

Casandra, 22, William Woods University

"I had \$475 in my bank account when I left, and when I came back, I had, like, \$10."

THE TRIP

A five-day road trip from Missouri to the Grand Canyon in a Honda Civic with two friends

THE COST

\$430 per person

Gas: \$100

Road snacks: \$40

Accommodations: \$100 for an Insta-cute cabin in the desert

Food: \$150 (breakfast, lunch, and burrito dinners)

Fun: \$40 (a guided tour of Antelope Canyon)

Booze: \$0 (underage and not trying to get busted!)



Kinda fancy

Krystyn, 24, Texas Christian University

"All-inclusive is nice, but 'bottle service' was just a bucket of beer."

THE TRIP

A six-day, five-night, all-inclusive stay at the Gran Caribe in Cancún

THE COST

\$1,300 per person

Flight, food, and lodging: \$1,200

Fun: \$100 (a catamaran excursion and club pass)



Straight-up spensy

Megan, 23, William Woods University

"This trip was only possible because my school fronted the money for my completing more than 100 hours of community service."

THE TRIP

A 12-day South American adventure to Ecuador and the Galápagos Islands

THE COST

\$2,650 per person

(would have been \$5,000 without school assistance)

Flights, boats, food, and lodging: \$2,500

Souvenirs: \$150 (alpaca blanket, fancy chocolates)



WHAT WAS COOL. WHAT IS COOL.
AND WHAT...WILL BE COOL?

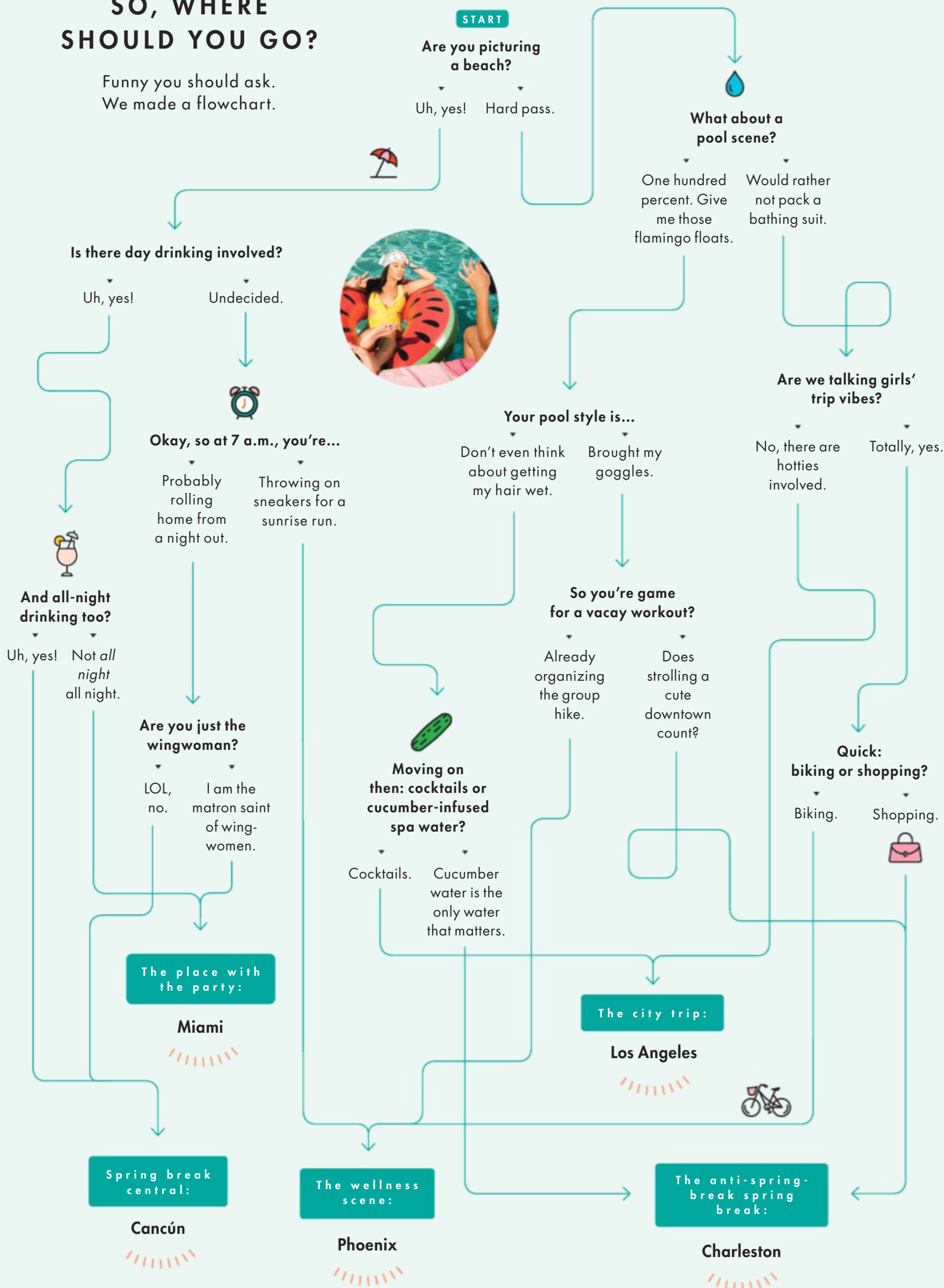
Then	Now	Next
Wine coolers	White Claw 	CBD cocktails you can vape
 Blurry Polaroids	Hyper-saturated Instas	Disposable cameras (delayed gratification is your thing now)
Walkman (google it)	 AirPods	A Spotify chip in your brain
Belly-button piercings	Tiny tats	Color-changing tats
Neon bathing suit	Neon bathing suit	Neon bathing suit

YOU'D DESCRIBE
YOUR TRIP AS...

- ▶ "Messy."
- ▶ "Complicated, performative, and emotionally toxic."
- ▶ "Too short."
- ▶ "Weird."
- ▶ "Fucking crazy."
- ▶ "A tiny-ass break from adult responsibilities."
- ▶ "10/10."
- ▶ "Stress-free...until I ran out of money."

SO, WHERE SHOULD YOU GO?

Funny you should ask.
We made a flowchart.





PARTY REPORT FROM THE POST-#METOO WORLD

It's better

"It's more of a trend now for spring break to be centered on friends and less on partying and hooking up with strangers."

"Men have been forced to be more aware of women's boundaries, so it's more comfortable to turn down drinks and dates."

"People are more educated on consent."

"It's no longer acceptable to 'score' girls."

"There's a lot more camaraderie among women to keep each other safe."

It's the same

"People are still getting wild and making poor choices."

"I don't think the movement has touched college culture much."

"Sexual assault has always happened and will continue to happen—people are just more aware of it now."

"The general expectation of spring break is to party. People aren't really focused on politics or consequences in that moment."

"It's still spring break."

OH LOOK, IT'S THEM

(You are them.)

The Girls-Only Girl

No boys allowed ever, and if she catches you texting your boyfriend while everyone is supposed to be having a good time together, it will high-key become a thing.

The Sorry-I'm-Taken Girl

The one always texting her BF while everyone's supposed to be having a good time. But hey, at least she didn't bring him along for the ride. (Mainly because your airline didn't allow for excess baggage.)

The Mom

She's the one with sunscreen, a Hydro Flask, ibuprofen, contact solution, tampons, lip balm, a portable phone charger, and a backup pair of flip-flops. And also extra hair ties. Which you will steal.

The Budgeter (aka The One You'll Thank Later)

She's mapped out the nearest grocery stores so meals can be made in the hotel microwave. She's got notes in her phone of everyone who owes her a Venmo and she will judge you for not ordering a well drink.

The Girl Who Packed Only Leggings

She **will** be on a run before you wake up/when you're heading back from the bar.

The Wild Card

You know she's going to let loose. You just don't know when. But it's gonna happen—and when it does, you'll hold her hair back and give her that hair tie you stole from The Mom because you're a friend.

The Girl Spring Break Was Invented For

She's the one who sniffed out the beach parties as soon as y'all landed (tysm!). At one point, her IG bio read, "And on the third day, God invented cocktails." Amen.





When it comes to wet T-shirt contests, which statement most represents how you feel?

47%

I didn't even know they were a thing.

19%

I'd watch one but I wouldn't participate.

12%

I'm totally against them.

11%

I would compete!

11%

I wouldn't participate in one, but my friends have.



HERE LIES THE
WET T-SHIRT CONTEST
1975 to 2016ish.

ALL ATTEMPTS
TO RESURRECT THE
DEPARTED HAVE,
THANKFULLY, FAILED.

Best known as the spring break mascot of the '90s, The Wet T-Shirt Contest died sometime around the summer of 2016, due to...let's call them complications. Just kidding—it was murdered by a generation of women who aren't down to throw on a white tee with nothing underneath, get drenched in water, and allow themselves to be judged by a crowd of fist-pumping bros.

The proud brainchild of a Louisiana bar owner in 1975, The Contest had previously evaded its fate for decades, hiding out in sketchy joints with sticky floors, serving as a regrettable moment to be (sort of) remembered. Then social media happened, and *every-one* remembered.

All attempts to resurrect the departed have, thankfully, failed, including a recent bid by a Fort Lauderdale bar (which then nixed the idea when no one signed up).

The Contest is survived by The Booty Shake Challenge and the even skeevier practice of clubs blowing smoke up girls' skirts for promo videos. Don't worry, New Contests, your time is coming too.

the K- pop cover- up

For fans, the music feels like a fantasy. After the recent deaths of two leading stars, it seems like it is one.

By MARIA SHERMAN • Additional reporting by KRISTEN YOONSOO KIM

Photographs by INA JANG • Fashion by ANN WANG

The industry is worth billions. But at what cost?



Last October, K-pop singer Goo Hara took to Instagram and completely broke down.

She was mourning the loss of fellow K-pop star Sulli, a former member of the wildly popular girl group f(x). Sulli had died by suicide, found the day before by her manager, no note left behind.

In her livestream, Hara's tear-stained face was swollen with grief. She didn't comment on the circumstances surrounding Sulli's death—instead, for three minutes, she spoke as if she were saying goodbye to her best friend. Her “sister.” She apologized that she would have to miss the funeral because, as a member of the group Kara, she was stuck out of the country for work.

Thousands of fans watched Hara's pain unfold in real time. They left broken-heart emoji in the comments and asked if she was okay. “I will live twice more diligently,” Hara said. “Dear fans, I will be fine. Don't worry about me.”

A little over a month later, Hara, too, would take her own life.

The thing about K-pop is that while other music might make you feel moody or mad at your ex or over it all, K-pop makes you feel *good*. The sticky, upbeat songs never get unstuck from your brain, and you don't want them to. Artists are both memes and icons, putting on the kinds of performances that require all caps to describe. Impressive for a class of music that's new(ish): It really took off in 2012 around the time Psy's hit “Gangnam Style” went viral. Today, it's a multibillion-dollar business. Boy

band BTS brings in \$3.6 billion to South Korea's economy every year all by themselves.

And that's just at home. Across the world, stadium-size shows routinely sell out. When BTS added a last-minute stop in New York City to its 2019 tour, tickets were gone in less than 20 minutes. Stars regularly appear on morning shows, late-night TV, and red carpets proselytizing K-pop's peppy, polished reputation. It's what they're asked and allowed to do.

Many K-pop artists are essentially “owned” by entertainment companies.



What they're *not* allowed to do is reveal the often toxic, manipulative, and inhumane circumstances behind the scenes that push some performers to extremes. "K-pop's history is a history of cover-ups," says John Lie, author of *K-Pop: Popular Music, Cultural Amnesia, and Economic Innovation in South Korea*. "Exploitation is one of the worst abuses."

Exposing the industry's insidious problems has been next to impossible, largely because the perpetrators are the singers' own bosses. "What makes K-pop different—and more exploitative in some ways—is that artists are employees," explains Lie. All-powerful entertainment companies dictate their every public (and sometimes private) move. In fact, stars are often bound by ironclad contracts that prevent them from speaking out.

I would know. I reached out to dozens of people in K-pop and I was continually ignored, ghosted, or strung along. This story almost didn't happen. Until one artist finally agreed to speak to me.

"Many artists don't want to talk because they get threatened—they're afraid of being blacklisted from the industry and feel powerless compared to the companies," K-pop artist, songwriter, and YouTuber Grazy Grace exclusively tells *Cosmo*. "But it was important for me to speak honestly so that others don't make the same mistakes I did."

**"MANY ARTISTS DON'T
TALK BECAUSE THEY GET
THREATENED—THEY'RE
AFRAID OF BEING
BLACKLISTED."**

It all starts in the dorms.

Unlike here, where getting a music executive's attention can be a stroke of luck, there's really only one funnel into the world of K-pop: participating in often years-long training programs run by entertainment companies whose goal is to mass-produce punch-cut pop stars like an assembly line, exporting the better-than-perfect ones onto the stage.

Trainees can start as young as 11 years old. Many cram into rooms (in Grace's case, with eight other people), sleeping on bunk beds or the floor. Living away from family and friends, typically in Seoul, they're forced to work 12-hour days or longer, memorizing lyrics and dance moves, practicing until they don't make a mistake. All for free. "Payment" comes in the form of a room and dance and voice lessons...and sometimes nose jobs and double-eyelid lifts so aspiring stars can look the part.

"It was my dream to become a singer," says Grace, who went through training in hopes of being chosen for a girl group. "Until I realized how bad it was mentally. I developed insomnia. I couldn't sleep for six months straight.

I started to feel anxiety but didn't even know what an anxiety attack was. I didn't want to share my feelings because I didn't want to get cut from the company. I thought if I looked too depressed, I'd be let go."

So she dealt with verbal attacks whenever her voice cracked. She kept quiet through weekly weight checks. Girls like Grace weren't allowed to gain even one-quarter of one pound, she says. (In 2018, Momo, a singer in the K-pop group Twice, posted on the social media platform Vlive that she was only eating one ice cube a day until she dropped more than 15 pounds.)

"You kind of lose who you are," says Grace. And that's not by accident. Some trainees' rooms are monitored by closed-circuit cameras, and cell phones are frequently checked by managers. Social media posts, too, must often be approved, every single selfie scrutinized before posting. (Part of this is to make sure there's no interaction with a trainee of the opposite sex. Romantic relationships could result in termination—even actual K-pop Idols, as those who "make it" are called, are often contractually barred from dating for the first few years of their career in order to appear available.)

And once you're in, you're *in*. Some trainees sign contracts that stipulate that if they quit, they have to pay back everything the program invested in them. Depending on the company, that can be tens of thousands of dollars.

Most won't though. Grace didn't. After three years of strenuous, unpaid work, the company let Grace go.

For those fortunate enough to reach idol status, things don't get better. Sometimes, they get worse, for little more than the illusion of being rich and famous. Because while K-pop concerts sell out in minutes, some artists can't even afford to

► Continued on page 130

clashing IS A LIE

Turns out all your loud prints go together.

Et voilà: the vacation packing list of the future.

Fashion by CLEO MARCOPOULOS

Photographs by JACQUES WEYERS

Words by RACHEL TORGERSON

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COSMOPOLITAN

APRIL 2020

*books a full-on trip to test out
this whole plaid and florals thing*

**AND BY "LIST,"
WE MEAN...**

No list at all?
You can just throw
every single "vacay
vibes" piece you
own into a bag and
head out the door.
Done, you getaway
goddess, you.

▼
Triangl bikini top.
Foschini jacket, pants,
and shoes. Forever 21
headband. Tessa
Design shell necklace.
American Swiss gold
necklaces and gold
bangles. Your Badge
Statement bag.



Looking back on how much time I used to
spend planning outfits and shaking my head.

“SPRING BREAK MAXIMALIST”

Aka the title we
should all aspire to.
This patterned
two-piece = just
the beginning.



Forever 21 top.
Foschini pants.
Galago shoes. Lulu
Belle earrings.
American Swiss chain
necklace. Colette by
Colette Hayman
necklace (worn as belt).
Lovisa bangles.



**BEAUTY
BONUS**

A matte red lip with black tightliner is pretty much the ultimate makeup power move. Try Chanel Rouge Allure Luminous Intense Lip Color in Passion, \$38.

**OH, AND
YES TO HATS. ALL
THE HATS.**

Not trying to wear a squished bb to the beach though, so hot tip: Wear it through security and on the plane instead of packing it inside.



Foschini bikini top.
Crystal Birch hat.
Lovisa earrings.

When you put a scarf on your head and feel
like you missed your calling as a professional scarf tie-er.



BEAUTY BONUS

Keep your braids from getting thirsty in the heat with Pantene's ultra-hydrating Gold Series Triple Care Braid Cream, \$8.

WHO? ME?

"Is that the girl from that CW show?" "Should we ask her if she'll take a selfie with us?" Just a few things you'll overhear at the resort while wearing every accessory you brought at the same time. No need to correct them. You're manifesting.



Foschini top. Lovisa headscarf. Vogue Eyewear sunglasses. American Swiss earrings and necklace.



**YEP, IT'S A LOT. BUT
THAT'S THE POINT**

Cheetah + stripes =
literally why not.
Is that the sound of
you snapping a pic
and saving it for
your outfit inspo?
Case dismissed.

▼
Foschini swimsuit and
hat. Vogue Eyewear
sunglasses. Lovisa
earrings. American
Swiss bracelet. Your
Badge Statement bag.

Coor- dinating is cool again

Singer, songwriter, and makeup master (um, have you seen her Insta?) **BECKY G** shows you how to get in on the matchy-matchy trend.

Words by **CARLY CARDELLINO VACCARO**

Fashion by **CASSIE ANDERSON**

Photographs by **JENN COLLINS**



GO TWO-TONE

The trick to wearing two different shadow colors and not looking insane? “Make their bases match,” says makeup artist Vincent Oquendo (aka the genius behind this story’s bomb eye looks). That means cool tones with cool tones, warm with warm. Baby blue and lavender are a solid duo—put one color on each lid using your fingers or a shadow brush, then level up your overall lewk with a like-minded ombré mani.

▼

**PLAY WITH PEARLS...
LOTS OF PEARLS**

If you've been on Insta in the past 15 minutes, then you know: Pearls are having a *moment*. So don't be shy—use a lash glue (Ardell makes good ones) to place the little bbs (there are tons of options on Amazon) on your brows, upper lash lines, and nail beds. And, okay, if you're like Becky (her vibe: more is more), down the center of a finger or two.



THIS PAGE
Versace
earrings.

OPPOSITE PAGE
Jil Sander hoop
earrings.

DOUBLE UP ON NEON

What? No such thing as too much neon. Especially if you follow these steps: Take a creamy orange pencil (like Colourpop Untz Liner in Neon Orange, \$6) and use it to draw a crisp flick along your upper lash lines. Then extend that past your inner corners and down along your lower lash lines, stopping a quarter of the way in.

Mirror the linear mood by painting just the tips of your nails orange.



BECKY G TALKS MAKEUP, SKINCARE, AND MORE



SEE OUR
FULL
STORY ABOUT
BECKY AT
[COSMOPOLITAN.COM](https://www.cosmopolitan.com).

STACK SOME SHADES

Rainbows but, like, on your face. Use four different colored pencil liners (waterproof is a must for preventing pigments from bleeding together) and draw thin lines—one on top of another—from your lash line to your crease. Use similarly colored polishes and a thin-tip striping brush (Amazon's your friend here too) to create the same situation with your mani.

ALL-BLACK EVERYTHING

It's timeless—but also kinda deliciously extra. Layer on a mascara (try Maybelline New York The Falsies Lash Lift Mascara, \$10.50), then use a pair of tweezers to glue individual fake lashes (sry, strips can't give you this fluttery effect) to the outer halves of your top and bottom lids. Once you're done, paint your nails in two coats of black polish (like Essie in Licorice, \$9), followed by a top coat.

THIS PAGE
Jennifer Fisher
ring. Kenneth Jay Lane
necklace.

OPPOSITE PAGE
Fendi jacket
and earrings.

Hair: Gabi Lopez using
IGK with crowdMGMT.com.
Makeup: Vincent
Oquendo for Maybelline
at The Wall Group.
Manicure: Naomi Yasuda
at Management Artists.

On her relationship with products

"I always played with my mom's makeup. It was never taboo; it was a form of expression for me. So now, even on days when I'm sick, I'll put on some makeup—I consider it self-care. Anything that has to do with your natural beauty and self-expression is an outlet to tell a story."

On her everyday look

"I like to try different trends, but I typically do faux-mink lashes and tinted moisturizer with sunscreen."

On doing her own glam

"When I'm on the road and I don't have one of my favorite artists or stylists with me, I do it all myself. I pride myself on being able to do everything from a glitter cut crease to fake lashes to hair extensions."

On keeping her skin clear

"My skin throws fits just like everyone else's does. So I use the green Ole Henriksen scrub, the volcano one (Ole Henriksen Pore-Balance Facial Sauna Scrub, \$28), to get all the dead skin cells off and Kate Somerville's drying treatment (Kate Somerville EradiKate Acne Treatment, \$26), which works really well."

buy a friend a last-row ticket to their own shows. When Lee Lang won Best Folk Song at the 2017 Korean Music Awards, she used her speech to auction off her trophy to pay rent. There was laughter and then an uncomfortable silence in the room—until someone piped up and bought it for \$422.

“K-pop musicians don’t enjoy much wealth,” says Lie. Instead, their predatory contracts, which can outlast their careers, allow for very little compensation. That’s because most artists aren’t really viewed as artists at all but as assets.

While profiteering off pop stars is hardly a new thing (see: Lou Pearlman, the notoriously exploitative manager of the Backstreet Boys and NSYNC), it’s especially intense in K-pop. “Companies are trying to maximize profits in a short amount of time,” says K-pop expert Hye Jin Lee, PhD, a clinical assistant professor at USC’s Annenberg School for Communication and Journalism. “The career life span of an Idol is very short.” Few make it to 30.

For women, the problems compound. While female stars aren’t usually allowed to *be* in a relationship, that doesn’t stop managers from selling sexualized personas of them to fans. Once, a male investor even tried to broker a deal to take Grace to “dinner” for \$30,000. It never went through, and Grace only found out about it when a mentor told her more than a year later. “Maybe it happened all the time behind my back,” she says. Others in the industry have been pressured into prostitution—one CEO was sentenced to prison for his role in pimping out artists.

Add it all up—the greedy, grabby behavior of those at the top; the non-stop pressures; the steady abuses to body and soul—and it’s clear that the deaths of stars like Hara and Sulli aren’t just sad tragedies but dire warn-

ings. Many K-pop stars have reached rock bottom when it comes to their mental health, and they need help. Yet in an image-obsessed industry, in a country where talking about mental health is taboo, few are likely to get it.

Take Kim Jong-hyun, a singer in the popular K-pop boy band SHINee. In 2017, he took his own life, leaving behind a note suggesting that the pressures of the industry contributed to a depression he could not overcome.

About the future: Some would-be Idols are starting to forge their own career paths through social media, giving them the opportunity to step over abusive systems and put music out on their terms. “It’s easier to be independent now than it was before,” says Grace, who, over the past three years, has slowly built an audience of more than 200,000 subscribers on YouTube. “You see it more: people breaking out from their old companies and making it on their own.”

And while talking about mental health has long been considered off brand, more and more stars are starting to do it anyway. Like K-pop artist Taeyeon of Girls’ Generation, who opened up to fans on Instagram about how she’d been taking antidepressants, and BTS rappers Suga and RM, who regularly use their platforms to talk about issues like depression and anxiety.

“As more K-pop artists get vocal about their issues, the companies will start realizing that they need to do something,” says Lie. Adds Ju Oak Kim, PhD, former media consultant at the Korea Society: “Dramatic changes might not happen in a short period, but there will be changes.”

Here’s one: BTS was recently given time off for an extended vacation—for the first time in six years.

TV producer to frustrated tears.)

When asked about getting along with an S.O.’s ex, Sofia gives a no-frills, no-shit answer: “I mean, just be nice. There’s no reason not to be nice.”

That people have made—and continue to make—a big deal about the age difference between Sofia and Scott is on them, she says. She actually thinks the gap is great. Her parents, she points out, are exactly the same number of years apart, and to her, they’re perfection. (Their gap is actually 18 years instead of 15—but still, if it’s perfect, it’s perfect.) And not that it’s anyone’s business, but yes, her parents are fine with Sofia dating Scott.

Anyway, back to Sofia. Did you know that she does, in fact, smile?

Her dad “hates it when I do the serious face” in photos, she says. You know the face. You saw it on the cover when you picked up this issue. The sizzly stare, lips barely parted, an expression that makes you want to apologize for bothering her. It’s just that she kind of can’t help it. “Look at my photos as a kid,” she offers as evidence of her lifelong resting-camera-face affliction. “People think I’m this serious, boring person,” she says, “but I have a big, bubbly personality.”

To be clear, Sofia isn’t bubbly in a 4-for-\$5-seltzer-you-get-at-Kroger sort of way. She’s champagne bubbly: sweet with a hint of tart, unabashedly bold and aware of her privilege, as confident as her voice is raspy. And if you want to get the good stuff, you’ve got to hustle.

She’s ready to put in the effort: “I want people to know that I have a lot of ambition to work hard,” she says, leaning forward earnestly. “I want to be known for the great things that I do in my life.” Not the dad, the boyfriend, the ex. Just Sofia—and all the cool shit she’s got up her sleeve.

DO YOU HAVE A PROBLEM WITH YOUR SUBSCRIPTION? ARE YOU MOVING? GET HELP AT OUR CUSTOMER-CARE WEBSITE AT SERVICE.COSMOPOLITAN.COM.

Cosmopolitan (ISSN 0010-9541) is published monthly, 11 times a year, by Hearst, 300 W. 57th Street, New York, NY 10019 U.S.A. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman. Hearst Magazine Media, Inc.: Troy Young, President; Kate Lewis, Chief Content Officer; Debi Chirichella, Executive Vice President, Chief Financial Officer & Director of Global Operations; Catherine A. Bostron, Secretary. © 2020 By Hearst Magazine Media, Inc. All rights reserved. *Cosmopolitan* is a registered trademark of Hearst Communications, Inc. SUBSCRIPTION PRICES: U.S.A. and possessions: \$29.97 for one year; \$57.94 for two years; Canada add \$15 per year; all other countries add \$24 per year. SUBSCRIPTION SERVICES: *Cosmopolitan* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within four to six weeks. For customer service, changes of address, and subscription orders, log on to Service.Cosmopolitan.com or write to Customer Service department, *Cosmopolitan*, P.O. Box 6000, Harlan, IA 51593. To assure quicker service, enclose your mailing label when writing to us or renewing your subscription. Renewal orders must be received at least eight weeks prior to expiration to assure continued service. Manuscripts, drawings, and other material submitted must be accompanied by a stamped self-addressed envelope. *Cosmopolitan* cannot be responsible for unsolicited material. MAILING LISTS: From time to time, we make our subscriber list available to companies that sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings via postal mail, please send your current mailing label or exact copy to: *Cosmopolitan*, Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. You can also visit Preferences.HearstMags.com to manage your preferences and opt out of receiving marketing offers by email. Periodicals postage paid at New York, New York, and at additional mailing offices. Printed in U.S.A. Canada BN number 10231 0943 Rt. POSTMASTER: Send all UAA to CFS [see DMM 507.1.5.2]. NON-POSTAL AND MILITARY FACILITIES: Send address corrections to *Cosmopolitan*, P.O. Box 6000, Harlan, IA 51593. Vol. 268 no. 3.

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In my nightstand

Euphoria star **Barbie Ferreira**'s whole bedtime routine is a party. The theme? Mess, of the hottest kind. **BY MOLLY STOUT**

MY OVERALL NIGHTSTAND VIBE

Chaotic but chic

THE MOST SURPRISING ITEM IN THERE RN

Slime



ALWAYS ON TOP

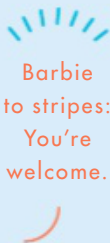
Lavender spray and other people's phone chargers that they left at my house, mwahaha

MY SNACK SITCH

None in my nightstand, but I do wake up with crumbs everywhere from my middle-of-the-night adventures.

BOOK BY THE BED

Eileen, by Ottessa Moshfegh



Barbie to stripes: You're welcome.

SLEEP MASKS: YEA OR NAY?

Yea!! I have this one I'm currently using that says "SEX" on it. It's adorable.



WHAT I STEAL FROM MY PARTNER'S NIGHTSTAND

Nothing—I'm a SAINT.

HOW I WAKE UP

I never change my alarm labels, so I wake up to one from a year ago that says, "Take Morty to vet."



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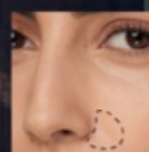
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redness.



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