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Beauty Resolutions Everyone Should Make

The turn of the year provides a great opportunity to start fresh and promise to take better care of yourself—inside and out. We asked some of the country’s leading health and beauty experts to share with us the resolutions they think everyone should make.

Loren Bassett, instructor at Pure Yoga and founder of [Bassett’s Bootcamp](#)

Use yoga to boost your confidence and your energy. Back bends (camel or wheel poses, for example) increase confidence by opening the heart chakra and igniting the nervous system. When you’re fatigued, sun salutations are a natural energy enhancer...a great way to get the energy flowing! Movement stimulates the blood flow, bringing life and energy to the body.

Jennifer Iserloh, health coach and founder of [Skinny Chef](#)

Include one probiotic food in your diet at least three times a week. My pick is plain kefir; it’s a yogurt-style drink that contains 11 probiotic cultures. It not only helps to alleviate bloating, it’s 99 percent lactose-free and amazing for skin health. I use it as a base for all my smoothies. The two brands I recommend, because they taste the best and work well in the blender, are Evolve Kefir and Lifeway. Stick to plain flavor and lightly sweeten it with stevia for the skinny effect!

June Jacobs, founder of [June Jacobs Spa Collection](#) and [Peter Thomas Roth](#)

Wash your makeup off every single night before bed. No exceptions. Pollution and makeup left on from the day will wreak havoc in the skin if left overnight. If you’re too tired, make sure to leave face wipes next to your bed so you can easily remove makeup with little effort as a last resort.

Niv Zinder, trainer at [Barry’s Bootcamp](#) and [Krav Mega Academy](#)

Treat your body right, and don’t give up! It’s important to get into the right mindset and commit yourself to a change. Set up a fitness goal; it’s easier to stay committed when you see it in front of your eyes, so I recommend writing down your goal. Start by setting up easy and short-term goals (i.e. a weekly goal to start). Step by step you will find yourself more engaged and determined to reach the next goal.

Coby Alcantar, Oribe Educator and owner of [Little Axe Salon](#) in Brooklyn, NY

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First and foremost, be good to your hair and use a masque weekly, especially during the winter. If you're willing to be a bit more daring in the new year, go platinum (in my opinion, everyone should be blonde once in their life!). If you're not up for a total transformation, try something simple (and less permanent) like a new part. Change your part for a day and see how much of a difference such a small shift can make.

Tracy Anderson, founder of [Tracy Anderson Method](#)

Take some time to connect to your own inner and outer beauty. Grab a book like Dr. Sadeghi's *Within* after a great workout so you are in tune with yourself and honoring your unique beauty.

Dr. Shirley Madhere, New York City-based [holistic plastic surgeon](#)

I think it's important for people to pamper their scalp. I recommend a weekly essential oil treatment. I mix my own cocktail for healthy scalp – 1 ounce grapeseed oil and 1 ounce jojoba oil with 10 drops of each of the below essential oils:

Argan oil
Rosemary oil
Bergamot oil
Lavender oil
Peppermint oil

Kazumi, master colorist at [Jonathan and George Salon](#) in Beverly Hills, CA

Eat a balanced diet for the beauty and strength of your hair. Hair is made of protein, so you need to keep up your protein intake. Foods that are good for your hair include salmon, which is rich in protein, vitamin D and omega-3 fatty acids to contribute to strong hair. Also, walnuts have omega-3 fatty acids, vitamin E and Biotin, which is said to help hair growth. Kelp contains many essential nutrients for hair growth and shine, is high in iodine and is a great source of iron and a variety of vitamins, including A, B1, B2, D and E.

Rea Ann Silva, celebrity makeup artist and founder of [Beautyblender](#)

Clean your beauty tools regularly! Washing your brushes and sponges on a consistent basis not only extends the life of the tools, but it keeps your skin clean, clear and bacteria-free. Once a week, after your morning makeup application, set aside your brushes and sponges, fill up your sink or a bowl with warm water, add in a gentle cleanser like Johnson & Johnson or beautyblender's liquid cleanser, soak the brushes and let dry on a paper towel while you're at work.

Annet King, director of global education at [Dermalogica](#)

For 2014, everyone should resolve to wear an SPF of 30 every day...come rain, snow, or sunshine. Daylight is the enemy, not the sun. Also, resolve to get moles and freckles checked by a dermatologist."

Kien Hoang, Oribe Educator and owner of [Umbrella Salon](#) in San Jose, CA

Show off your self-confidence with a shorter cut in 2014. Many people don't realize just how versatile short hair can be, but you can create many looks for both day and night (I love to dress up a 'do with [Original Pomade](#) for a sleek evening look).

NYC-based cosmetic dentists from [Lowenberg, Lituchy & Kantor](#)

"Watch what you eat and drink in 2014. Cut down on tea, red wine, coffee and colored berries, as these are major culprits that stain teeth. If you can't fully kick that habit, drinking with a straw will help. It is also good to keep Vaseline in your purse, so you can rub a layer on the surface of teeth before drinking these staining beverages. The Vaseline will act as a barrier for a few hours.

Joey George, editorial hairstylist

Resolve to indulge yourself. Even the most simplistic salon service can transform a woman emotionally and physically. Whether it's a 15-minute treatment, a bouncy blowout, a manicure or a full makeover, make some time to treat yourself regularly.

Dr. Paul Jarrod Frank, [cosmetic dermatologist](#)

Avoid sugar/carbs for a month and watch how healthy your skin will look. Replace these carbs with protein and vegetables that are rich in color.

Adam Livermore, Oribe Educator and stylist at [Muze Salon](#) in NYC

Repeat after me: "This year, I will treat my hair like I treat I treat my Hermes scarf."

Everyone needs to understand that hair is a delicate fabric and it needs to be cared for like one. Imagine if you had a beautiful silk scarf and washed it in Tide every day, then dried it in

the dryer and ironed it on the ironing board. How long would it last? Delicate fabrics need to be cleansed carefully, properly softened with conditioners and handled with care. Luckily for those of you who are obsessed with having a squeaky clean scalp or hair that's ironed to perfection every day, Oribe has gentle cleansers like [Ultra Gentle Shampoo](#) and heat-protecting sprays like [Soft Lacquer](#) and [Royal Blowout](#).

Stick to this mantra, and your hair will have the best year of its life.

Dr. Elizabeth Tanzi, co-director of the Washington Institute of [Dermatologic Laser Surgery](#) in Washington, DC

The best beauty resolution (that also feels good too) is to get a full seven to eight hours of sleep every night. It helps reduce eye puffiness, acne breakouts and slows down the effects of aging on the skin.

Joanna Vargas, celebrity facialist and founder of [Joanna Vargas Salon and Skincare Collection](#)

Make a commitment to eating or drinking one thing per day that helps the skin stay healthy and glowing. A green juice daily is a great way to chase away breakouts and dull winter skin. Ring in the new year with a simple way to making the skin looks flawless!

Steven Schmidt, Oribe Educator and stylist at [Oribe Salon](#) in Miami

Learn how to help your hair beat the heat in 2014. Use a leave-in conditioner to protect your ends, then choose the proper heat-protecting product to get your desired style. Remember to never allow the blow-dryer to touch the hair as you dry. Your hair is far too delicate to take this amount of heat directly applied to it. If you stick to this resolution, your hair can show major improvement almost immediately.

Shawn McLoughlin, national makeup artist and trainer at [Sisley](#)

"Every woman should resolve to use an intensive mask treatment at least once a week. Even women who already follow a good basic skincare routine need to realize that their skin may require different treatment with stronger ingredients throughout the year. The new year is a great time to introduce a hydrating mask, for example, because the dry winter air is slowly draining the radiance from our complexions. Most women complain they simply forget or don't have time for masks, so my tip is to find a no-rinse mask and leave it on your nightstand. You will always see it when you get in bed for the night, and it can be the last thing you do before you go to sleep. Sisley's Hydra-Flash Mask and Express Flower Gel Mask are both no-rinse options that are great for restoring moisture during the winter. They're easy to apply in bed and you can rub any excess into your hands for an added benefit.

In terms of your makeup routine, resolve to switch things up and learn how to look more natural. I love a natural eyeliner look. It's possible to intensify the lash line and still keep a clean, very natural look using two coordinating kohl formula eyeliners. Smudge a rich, darker color that's not black, such as espresso brown, charcoal or a deep green, into top lashes and on to the inside rim of the eye. Use a softer color (khaki or plum), to line the bottom lashes. You'll get a more defined lash line without the heavy "made up" look that comes from lining above the top lashes.

Deborah Lippmann, founder of [Deborah Lippmann](#)

Take care of your nails and let them grow free. If your nails need a little help, I recommend Vivascal; although it's recommended for hair, I find it helps nails grow as well.

Ronnie Stam, Oribe Educator and stylist at [Muze Salon](#) in NYC

Think NEW for 2014 and experiment with your style. Don't fall into the same old routine; commit to trying something different at least once a week, whether it's a fresh take on a ponytail, a new updo, a more—or less—voluminous blowout, or even a great new accessory.

—SHARON FEIEREISEN

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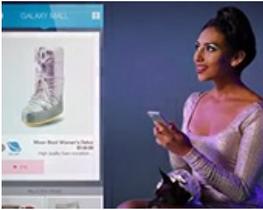


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