

## CITY OF

LA It girls and their beauty the sun and look good the



**CRÈME DE LA MER MOISTURIZING CREAM:** "It's extravagant and feels so luxurious on your skin."



**KÉRASTASE BAIN ELIXIR ULTIME SHAMPOO:** Divine. "I have every single one of their shampoos and rotate which one I use—it's best if you don't oversaturate your hair with one product."



## THE ACTRESS BLAKE LIVELY

A born-and-raised California girl, Blake spent years in West Hollywood filming *Gossip Girl*, the role that shot her to super stardom and had designers clamouring to dress her killer curves. **HAIR** Her secret to those luscious waves? "My hair is always better in California than it is in New York, so I got a big water jug and I filled it with ocean, which is probably a really bad idea, but I would put it on my hair, and, actually, it worked," she mused. "It's salt and it's water and it makes your hair a little crunchier and holds it a little better." **MAKEUP** Blake loves Urban Decay's 24/7 Glide On Eye Pencil in LSD. "This eyeliner has a little metallic tone that I use on the inside of my eyes. I like a very natural eye makeup look, but when I wear black eyeliner, I like to add a little dark navy pencil on the inner rim—it makes my blue eyes look electric." **HEALTH** Blake keeps that healthy west coast outlook on life by opting for lighter foods especially in summertime, swearing by kale chips as a snack, and mint tea from Cafe Gitane in New York City.



### L.A. DIET, BLAKE'S WAY

"I don't watch what I eat. I can't start the day without a hot chocolate, or finish it without a few squares of dark chocolate. It's good for my mood!"



# ANGELS

rules: how to have fun in whole time *By Shantila Lee*

### L.A. GIRLS NEVER BINGE

"I've found when all I'm eating is really fresh, healthy foods [cucumber, hummus, apples], I stop craving burgers," says Conrad. "When I have these foods in front of me, I find it easier to avoid high-calorie binges."



## THE BEAUTY ICON LAUREN CONRAD

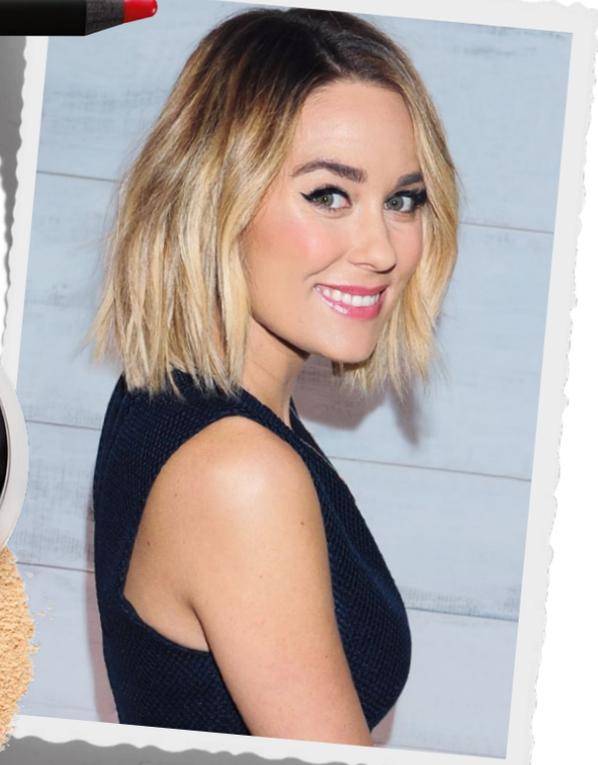
The quintessential L.A. girl, bronzed skin and blonde locks all in, Conrad was a fresh-faced cool-girl-next-door from *Laguna Beach* who became a fashion designer and beauty guru, all rolled into one. **SKIN** "I find that the more products I use, the more issues I have," says the uncomplicated surfer girl. "So I rotate every night between a mild wash and a light scrub. The best beauty advice I've gotten is just take care of yourself. Wash your face, moisturise, don't overprocess your hair or overstraighten it." **HER CARDIO** Like a true L.A. native, Conrad's workouts take place in the great outdoors: "[I] like doing outdoor stuff: tennis, bike riding, kayaking, stand-up surfing, hiking in the canyons around L.A." **SUN CARE** All those years spent in teeny bikinis in the O.C. taught Conrad a lesson or two. "I'm always wearing sunscreen. When I was 14 or 15, they removed precancerous moles on my back, and ever since then, I wear sunscreen every day. When we go on vacation, I pack bottles of it. And when we have pool parties, I'm like the mom who runs around and puts sunscreen on everybody. I'm the giant-hat lady."



**KIEHL'S LIP BALM #1:** "I have a little tube of it in every bag I carry!"



**CHANEL VITALUMIERE LOOSE POWDER FOUNDATION:** "It's the worst when you need it and don't have it."



PHOTOGRAPHY LILIAN TAN IMAGES COURTESY OF INCIIMAGE

## THE IT MODEL GIGI HADID

The L.A.-born and bred supermodel's easy, breezy beach babe appeal—golden surfer streaks and that tawny Malibu glow—made her an instant it-girl of the moment. Here's how to Gigi-fy yourself. **LIPS** Protecting skin from the harsh effects of sun and salty water comes naturally for an L.A. golden girl. "My mom mostly taught me about taking care of my skin, especially protecting it from sun-damage. One thing we used to do together when I was young was exfoliate our lips with a sugar scrub and a wet towel." **HAIR** Do it the L.A. way: "I don't wash my hair every day, which is what keeps it healthy because that way it doesn't dry out. Being on the beach all the time gave me my original highlights, but I get some balayage highlights on top so then when it grows out you can't tell it's been colored. It's definitely L.A., balayage." **MAKEUP** Her tip for always looking fresh and freckled: "After I do all my makeup, if it starts feeling a little dry or flat, I will use a protein mist to make my skin look fresher and break it up a little bit."



**CHANEL HYDRA BEAUTY LIP CARE:** "My all-time favorite lip moisturiser. I just love how thick it is. I love the smell. It's the one beauty thing that I spend money on."

**THE GIGI HADID EFFECT**  
*Her beachy, textured waves and flushed cheeks make her a true blue LA it girl. Gigi says she uses simple, ultra fraiche products for that effortless insouciance, like Fresh Sugar Lemon Bath and Shower Gel.*



**MAYBELLINE ROCKET VOLUM' EXPRESS MASCARA:** "The one makeup item she can't live without: "Since I started wearing makeup, any Maybelline mascara!"



**TARTE CREASELESS CONCEALER:** "I love this and you just need a tiny dot under the eyes."

**ESTÉE LAUDER ADVANCED NIGHT COMPLEX:** "Especially in the winter months, skin can look dry and dull so [use this to] give yourself an extra boost of moisture."



**HER SMOOTHIE BULLET**  
*Hewitt blends kale, spinach, half a banana, pineapple, dates, almond butter, flaxseed oil, chia seeds, mint, ginger and coconut water and downs it every single morning. It keeps her full until lunch time and gives her the buzz to get ready for work.*

## THE BLOGGER MARIANNA HEWITT

The stunning LA-based beauty guru posts about everything from how to get Kylie Jenner's full lips to recipes for her antioxidant-rich smoothies that we love. **BODY** "I have used argan oil for years," says Hewitt of her beachy glow. "I would say that Moroccan Oil is one of my favorite luxury beauty products that I can't live without. I use their shampoo, conditioner, oil and hairspray because I love the smell." **MAKEUP** Hewitt is very into that LA city babe ooze: self-tanning towels and glowy skin is the trick. "Over the years, I have tried to master the J Lo glow. It's always dewy, never cakey and always flawless in photos. [To get the look, I use an airbrush makeup kit] from Belletto Studio and it gives you an HD finish without clogging your pores." **HEALTH** LA girls have the beach bod diet down: "Lunch varies depending where I am. In Los Angeles, it is really easy and convenient to eat healthy. I love salads with mangos or dried cranberries. To clear my skin, I've been avoiding dairy so no more cheese in salads for me. I'll also go hiking at Runyon Canyon (on the easy side)."

