



**7 YEARS
YOUNGER**

Makeovers



IF YOU'RE SEEKING INSPIRATION to refresh and renew, look no further. These five women lost their bad habits (and 71 pounds) in just seven weeks—and then some! Check out their easy hair and makeup tips here, and tune in next month for the no-hunger diet plan.

BY PAULA DERROW

LOST
19
LBS.

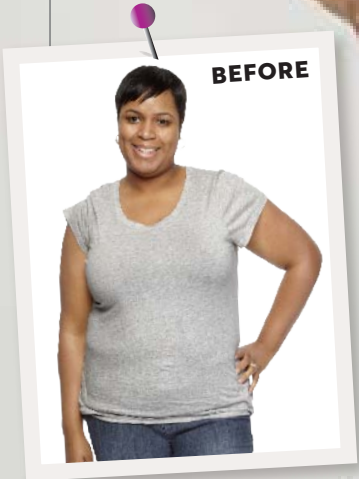
Shawna Doyle

AGE 36 **HEIGHT** 5' 8"
POUNDS LOST IN 7 WEEKS 19
(shown here)
TOTAL POUNDS LOST 30

HER CHALLENGE Finding time to make her health a priority. Doyle has two daughters, ages 3 and 5. "I gained 50 pounds with each pregnancy, and everything took a backseat to being a mom," says the human resources program manager.
STRIKING A BALANCE Makeup artist Sue Pike, who worked with each of these women, added smoky drama to Doyle's eyes, then offset the look with a neutral lip color. "Heavily made-up eyes, lips, and cheeks age you," Pike explains. "Pick one feature to emphasize, and stick with it." Another anti-aging Pike-ism: Choose a lightweight foundation or tinted moisturizer.

“I want to show my kids a healthy path”

Heavy cover-up can cake and highlight lines, making you look older.
THE LONG AND SHORT OF IT "Just because you have short hair, that doesn't mean it can't have texture and movement," says celebrity stylist George Ortiz, who did the panelists' hair. On Doyle, he created mini waves with a tiny flat iron. "It's the same technique as curling a ribbon with scissors," says Ortiz. Then he added a dime-size amount of balm for shine. What to avoid: the dread helmet head. "Stiff, dull, dry hair can pile on the years," he warns.



DIET TIP
"When I have a late-night craving, I grab string cheese or a boiled egg. Each is less than 100 calories—and satisfying."



Hair by George Ortiz for Nexxus. Makeup by Sue Pike for sallyharlor.com. Wardrobe styling by Sarah Conroy (Shawna, Melissa, Malaika) and Erin Turon (Lynn, Maria).

BEFORE



LOST
19
LBS.

Melissa Berman

AGE 46 HEIGHT 5' 4"
POUNDS LOST IN 7 WEEKS 19

HER CHALLENGE A sweet tooth. "Before I started the 7YY program, I used every excuse in the book to eat sweets ('Oh, it's raining!' 'It's Friday!'). I was having dessert after breakfast, after lunch, *and* after dinner!" confesses Berman, a stay-at-home mom of two boys, 9 and 11. "But you can't treat every day like it's a special occasion."

THE EYES HAVE IT Berman's eyebrows already had strong arches, which helped her eyes look bigger and brighter. For an extra lift, Pike stroked her brows upward with an eyebrow brush. She then used a creamy brown pencil eyeliner (more age-friendly than black or heavy liquid liner) and set it by brushing matching eye shadow on top.

PUMP UP THE VOLUME "Instead of drinking soda, I'm drinking more water—and, of course, eating healthier—and my hair looks fuller and shinier as a result," says Berman of the fringe benefits of her

“My skin looks brighter and more even-toned”

diet changes. Ortiz agreed that her hair was in good condition and “the perfect length for her face.” But Berman has fine locks, so after towel-drying them, Ortiz applied a root lift at her crown and hairline—and at the nape of her neck, which “keeps hair from sticking to the back of the head,” he explains. Then he blew it dry.



DIET TIP

“At the movies, I used to get the buttered popcorn. Now I bring a mix of naked popcorn, raisins, and pistachios. Yum.”

LOST
8
LBS.

Malaika Adero

AGE 56 **HEIGHT** 5' 3"

POUNDS LOST IN 7 WEEKS 8
(shown here)

TOTAL POUNDS LOST 10

HER CHALLENGE Carb overload. Being active was never a problem for Adero, a book editor who has been dancing since she was 16. "I started with modern, ballet, and African-based dance, and now I do mainly Afro-Cuban and African—for at least 4½ hours a week." Yet she was finding it harder and harder to keep her weight down: "It's so easy to slip—a croissant here, a muffin there, cupcakes at an office party..."

NATURAL GLOW "Her skin is amazing," says Pike, who used a light touch, starting with a radiance-enhancing primer to fill

“My skin is more supple, even in winter”

in tiny lines and give Adero's skin a glow. She followed that with plum eye shadow and brick lipstick. "Color brightens the face," says Pike. "Choices that aren't too bold keep the look soft and approachable."

CURL CONTROL Adero's curls "were flattened out and messy, but those same curls can easily have a lot of body and fullness," says Ortiz.

To shape up her hair, he misted it with a shine spray and wrapped any visible curls around the barrel of a tiny curling iron. "It helps tame and smooth wiry grays so they don't stick out," says Ortiz. "It also gives a polished-looking finish."

BEFORE



DIET TIP

"Keeping a food journal teaches you how much you really eat. Eating well means eating quality food in the right quantities."

LOST
30
LBS.

Lynn Bunis

AGE 54 **HEIGHT** 5' 5"
POUNDS LOST IN 7 WEEKS 14
TOTAL POUNDS LOST 30
(shown here)

HER CHALLENGE A declining metabolism. "I steadily gained weight over the past three decades; I just wasn't happy with where things were going," says Bunis, a private-school administrator.

LIP SERVICE When it comes to hair and makeup, "I'm hopeless!" she confesses. "Basically, all I use is moisturizer." But even a novice can master a few easy tricks, says Pike, who brightened up Bunis's face with a lip stain in a get-noticed berry shade. "Stain stays put better than lipstick does—but swipe on a balm first, so it won't dry out your lips," Pike says. Then, for extra insurance that the color won't bleed into fine lines (a common problem with age), use a tiny brush to trace and blend some nude-colored loose

“Even strangers have given me compliments!”

powder around the edges of your mouth. "It creates a buffer to keep the color in place," Pike explains.
GOING WITH THE FLOW "Bunis had a good cut for her face, but her hair needed more body. It was a little bit 'soccer mom,'" Ortiz says. To give Bunis's hair oomph, he used medium Velcro rollers on her crown and a curling iron on the ends of her strands to flip them away from her face. The final look: piece-y and touchable.



DIET TIP

"I track everything I eat with my Lose It! app [free]. If I'm craving something, I can plug it into the app and decide if it's really worth it."



On Lynn: earrings by Bauble Bar, bracelets by Ted Rossi and Sisco + Berluti, shoes by J. Renee. On Maria: shoes by Jean-Michel Cazabat, ring by Lisa Freede, necklace by KiraKira, bracelets by LyraLovestar and Bauble Bar. Silhouettes by istockphoto (iPhone); Getty Images (wine); PHILIP FRIEDMAN/Studio D (book).

BEFORE



LOST
25
LBS.

Maria Arap

AGE 38 **HEIGHT** 5' 4"
POUNDS LOST IN 7 WEEKS 10¹/₂
TOTAL POUNDS LOST 25
(shown here)

HER CHALLENGE A history of yo-yo dieting. "I tried everything, from cleanses to acupuncture," says Arap, a legal assistant who partly attributes her extra pounds to sitting at a desk all day. "I've always gained everything back."

EYE-OPENERS "My go-to is concealer, to cover my black under-eye bags," says Arap. The trick: Choose a concealer that's neither too creamy nor too dry. "Both consistencies settle into lines," explains Pike. She used an eyelash

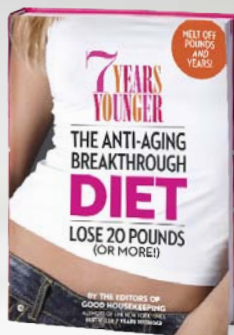
“I love losing weight and not realizing I’m doing it”

curler and taupe eye shadow to help make Arap's hazel eyes pop. **A LAYERED APPROACH** Arap's cut gives her natural curls bounce so they don't overwhelm her face. And when blown out straighter, as here, the layers accentuate her eyes and cheekbones for a more youthful look, says Ortiz. He also used Velcro rollers to create fullness.



DIET TIP

"Instead of having two glasses of wine with dinner, I have one, to stay within the diet's 1,450-calorie target."



7 Years Younger: The Anti-Aging Breakthrough Diet

Our panelists shed pounds using our science-backed plan, and so can you! Get a 21-day free trial of our new book at 7yearsyounger.com/ghk. And yes, you can have wine and chocolate—and still get weight-loss results!