

SPECIAL ISSUE!

FALL'S GORGEOUS DRESSES, BOOTS, SWEATERS, AND COATS

allure

THE BEAUTY EXPERT

OCTOBER 2010

BEST OF BEAUTY

BLAKE LIVELY

Loves the Gig,
Hates the Game

BIG BREAKTHROUGHS

Proven Age Fighters, Hair Straighteners, Volumizers

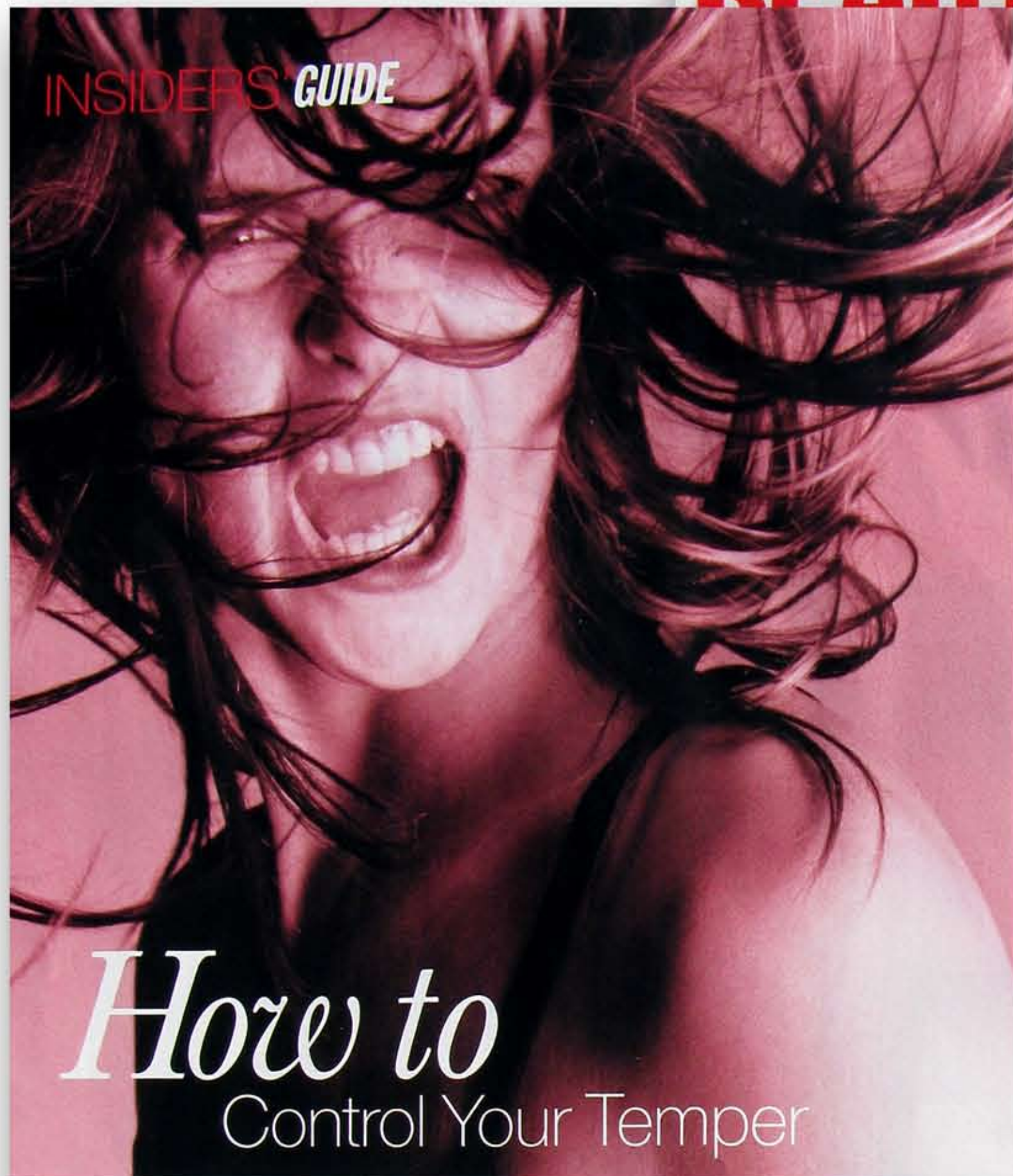
LOSE WEIGHT BY...SUNDAE

The Hedonist's Diet
(It's Shockingly Effective)

IT'S ONE KY AIRCUT

ing Style for Everyone

INSIDERS GUIDE



How to Control Your Temper

An Interview With Matthew McKay

A psychologist based in Berkeley, McKay is the coauthor of *When Anger Hurts* (New Harbinger Publications).

Anger is a healthy emotion—it's a signal that something is wrong, and it forces you to figure out what that thing is. What's not so healthy is the aggressive behavior it often causes.

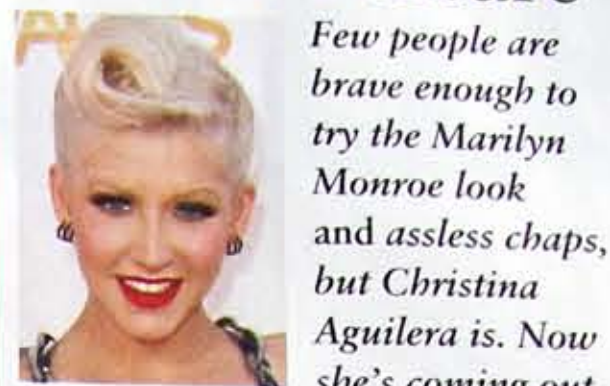
• **CATCH YOUR BREATH.** If you feel like you're about to snap, take a few deep breaths: Inhale until your stomach pooches out, and then exhale. This will give you a few moments to think before you say something you might regret.

• **CHECK YOURSELF.** Anger is often the result of feeling helpless. Ask yourself whether the person you're dressing down is the one who actually wronged you.

• **BE EMPATHETIC.** Force yourself to see the other person's side. It obliges you to listen, and it may change the way you talk to that person. (You're on the right track if you can say, "I see where you're coming from" rather than "You have no idea what you're talking about.")

• **TAKE A TIME-OUT.** If there's no resolution in sight, suggest picking up the discussion again later. Then do something to clear your head, like taking a walk. Don't sit there stewing or call up someone else to complain—that will just rile you up again. —INTERVIEW BY ERIN QUINN

Double Feature



Few people are brave enough to try the Marilyn Monroe look and assless chaps, but Christina Aguilera is. Now she's coming out with two new fragrances—Christina Aguilera and Christina Aguilera By Night—that represent her demure and overtly sexy sides. We spoke to the singer about her scents and her style. —KATE SULLIVAN

Why two? "I'm multidimensional. The floral scent is all of the things that put a smile on my face, like candles and bubble bath. But I'm a night owl. I spray on By Night before I go to bed. It is a mood enhancer and a seduction tool."

Do you get glam every day? "I can be at home in sweatpants, and I'll slap on red lipstick to write in my diary. LipSense in Blue-Red always seems to do the trick. It's kissproof."

What's your favorite beauty look from your past? "The cotton-candy,

to-the-sky hair that I had for 'Lady Marmalade' and 'Fighter.' I've always had this fascination with having an Afro. I'm very small, so maybe it stems from my Napoleon complex."



COCKTAIL HOUR

Unmarked bars and mixologists with facial hair are as common as they were during Prohibition. Jason Kosmas of the New York City bar Employees Only, coauthor of *Speakeasy* (Ten Speed Press), shares his old and new favorites. —DAISY SHAW

THE CLASSIC

SIDECAR

Lemon wedge
Superfine sugar
1 1/2 oz. Cointreau
VS Cognac
1 1/2 oz. Cointreau
1 oz. lemon juice
Orange twist



THE UPDATE

CALVADOS SIDECAR
Lemon wedge
Superfine sugar
and grated cinnamon
1 oz. Calvados
1 oz. Cointreau
1 oz. lemon juice
Orange twist

CHAMPAGNE COCKTAIL

1/2 oz. Grand Marnier
5 oz. champagne
1 raw-sugar cube
4 or 5 dashes
Angostura bitters
Lemon twist

SECRET CRUSH

5 oz. rosé cava
1 raw-sugar cube
4 or 5 dashes
Angostura bitters
3/4 oz. Campari
Lemon twist



For both, moisten the rim of a glass with the lemon wedge and dip it into the sugar. Put the glass in the freezer for a few minutes to harden the coating around the rim. Mix the remaining ingredients in a shaker with ice, and strain into the prepared glass. Garnish with the orange twist.

For the classic, pour Grand Marnier into a glass and top with champagne. Saturate sugar cube with bitters, then drop it into the glass. Twist lemon over the drink, then discard. For the update, pour 1 oz. of cava into the glass. Saturate sugar cube with bitters, drop it into the glass, and top with cava and Campari. Twist lemon over the drink and discard.