

marie claire

Marie Claire

HIGH IMPACT

COOL GIRL HAIR SECRETS

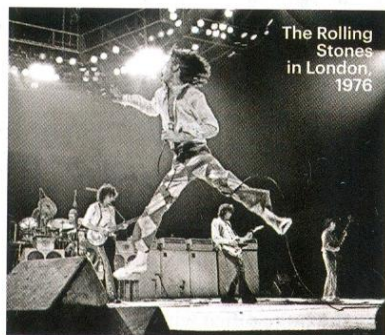
THE NEW SMOKY EYE



Miley Cyrus

On her new mission and why she'll never change her wild child ways

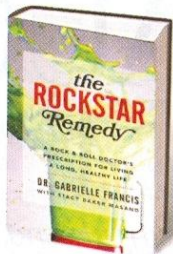
The latest in fitness, nutrition, and more *By* CLAIRE FONTANETTA



The Rolling Stones in London, 1976

MOVE LIKE JAGGER

If the crazy lifelong party animals in Aerosmith and the Rolling Stones can get healthy, so can we—at least according to *The Rockstar Remedy* (HarperWave). Here are a few takeaways:



MAKE MONEY GOING WHAT

GO 90/10:

You can stay out all night after a sold-out show (like a rock star) 10 percent of the time, as long as the other 90 percent is "clean."

DETOX:

For the morning after, try a shake made with Functional Food powder, fiber, probiotics, flaxseed oil, and green juice, which all support the liver.

DO WHAT YOU CAN:

Even if you aren't breaking a sweat onstage each night, every little bit of exercise counts, from playing drums to taking the long way home.

THE ROCKSTAR REMEDY \$26; therockstarremedy.com.

@Peak



PUMPED-UP KICKS

Though it sounds like an unlikely collab—makeup and tennis shoes?—the results are kind of genius: Reebok has teamed up with Swedish beauty brand Face Stockholm to produce gear like these white sneakers adorned with black swipes reminiscent of the water-resistant mascara that inspired them. Pretty cool.

REEBOK X FACE STOCKHOLM Sneakers, \$85; reebok.com. FACE STOCKHOLM Makeup, \$18; facesweden.com

Resistant Mascara, \$32; facesweden.com.



But wait. There's more!

Special K Salted Pretzel Chocolate Chewy Snack Bars.

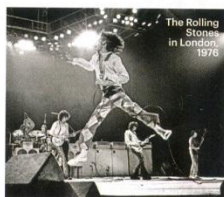
Loaded with dark chocolatey chunks, salted pretzels and rolled oats. It's more of the good stuff you love.



Also available in four delicious flavors. © TM. © 2015 Kellogg NA Co.

HEALTH NEWS

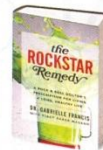
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