

juicy news. shareable stats. convo starters.

discuss



GO AHEAD,
HAVE A
BALL!



ICE, ICE BABY

Standard cubes in your whiskey? So vanilla! Your drink can now be chilled with larger, denser (and prettier) artisanal ice. These frosties come with an unexpected perk: “Ice isn’t just for getting drinks cold, but also for enjoying them longer, and the rate of dilution for bigger cubes is pretty slow,” says Kim Haasarud, the brand mixologist for Omni Hotels & Resorts. Meaning? Your scotch will still taste like scotch (not scotch and water). Premium rocks look impressively clear (thanks to purified H₂O and a slow-freeze process that prevents trapped air bubbles), and craft cocktail spots are also playing with fruit, herbs, and other flavor enhancers to make their ice cooler than cool.

MAKE FANCY FROST AT HOME BY...

GOING BIG & SQUARE

Boil water (to reduce cloudiness and impurities) and pour it, once cooled, into a mold like the Tovolo Colossal Cube Ice Mold (\$15 for two, bedbathandbeyond.com). Makes cubes that are slightly smaller than a Rubik’s Cube.

GOING FRUITY & ROUND

For serious cocktail-party points, use Fruit Infusing Ice Balls (\$10 for four, uncommongoods.com) to freeze some fruit juice, or a fruit garnish in water, so guests can drop ‘em into their liquor of choice.

FOOD STYLING: BRETT KURZWEIL/ART DEPARTMENT, PROP STYLING: ALMA MELENDEZ

beauty discuss



[EDITOR INTEL]

FIGHT THE BRASS

What *WH* senior associate beauty editor Jessica Chia learned at the Serge Normant at John Frieda Salon in New York City

“My dark, highlighted hair turns brassy in a hot minute. Fed up, I asked senior colorist Corinne Adams for a diagnosis. Turns out, acidic sweat from daily workouts can oxidize brunette and blonde hair, giving it a dull, reddish cast. Pre-gym, coat strands from roots to tips with about a tablespoon of coconut oil and slick back into a ponytail. The oil buffers the sweat threat and rinses out in the shower.”

Superlative Sponges

Time to graduate from the ordinary wedge. We give high-school-style monikers to a few new standouts.

1 “MOST NONCOMMITTAL”

Vera Mona Color Switch Duo, \$20, veramona.com
Applied bronzy blush but wish you chose berry? Just press and swirl your brush into this sponge’s high-tech surface to wipe it clean of any leftover pigment (no water necessary!).

2 “BIGGEST SUCK-UP”

Beautyblender Blotterazzi, \$20, sephora.com
If you’re a blotting paper addict, consider this sustainable sponge instead: Its flat, foamy surface absorbs excess face oil but leaves makeup intact.

3 “THE PERFECTIONIST”

By Terry Sponge Foundation Brush, \$36, b-glowing.com
The long handle of this foundation blender allows you to easily maneuver it like a pencil, so you can steer the teardrop-shaped edge into tricky spots, like your hairline.



Now Streaming: Skin Damage

Remember when sunbathers would “lay out” with silver reflectors trying to score a deeper tan? Half-baked idea! Welp, you might be doing the same thing with your phone or tablet. A study in the *Journal of the American Academy of Dermatology* found that sleek screens positioned at a 45-degree angle (the way you’d hold your tech IRL outdoors) reflected light so powerfully that they increased the intensity of UV exposure by up to 75 percent. Always protect your face—yes, even in winter—with a broad-spectrum sunscreen; we like Olay Total Effects Anti-Aging Daily Moisturizer SPF 30 (\$20, olay.com). And don’t skip your neck and chest, since these lower areas are more likely to take a hit, says New York City dermatologist Joshua Zeichner, M.D. You can also sunproof your device with anti-glare protectors—3M offers options for phones, tablets, and laptops of various makes and models (from \$12, shop3m.com).



The sultry look of slightly hooded lids (think Hollywood icon Lauren Bacall) that most cosmetic surgeons now believe creates a more youthful appearance than overly taut eye lifts of the past. Superfine fillers, like Belotero, injected under the brow can plump and smooth age-related droopiness, says Barry Weintraub, M.D., national spokesperson for the American Society of Plastic Surgeons. Not into needles? Fake the effect: Brush an eye shadow slightly darker than your skin tone from lash lines up to (but not into) creases, says makeup artist Michelle Radow.

FOR CHANEL COSMETICS/EXCLUSIVE ARTISTS MANAGEMENT, MANICURE: ANA MARIA/ARTISTS (MAKEUP SPONGES); REFIKA KORTUN/THE NOUN PROJECT (ILLUSTRATIONS)

HAIR: BRIAN MAGALLONES FOR AVEDA/EXCLUSIVE ARTISTS MANAGEMENT, MAKEUP: KIM BOWER BY TIMOTHY PRIANO, PROP. STYLING: ALMA MELENDEZ; RIGHT/DISC/ALAMY (PILLOW); MATT RAINEY

weight loss discuss



DEFLATING NEWS

Two new slim-down options have been FDA-approved for those with a BMI of 30 or higher—a.k.a. obesity territory. Here, the facts (but talk to your doc, of course).

> SAXENDA

> WHAT IT IS: A higher dosage of a diabetes shot (called Liraglutide) that a recent study showed can help overweight people, diabetic or not, drop twice as many pounds as those on a placebo.

> HOW IT WORKS: Your doctor sends you home with Saxenda-filled pens, and you inject your upper arm, abdomen, or thigh once daily to quiet hunger pangs. Your M.D. monitors your progress to decide how long you'll continue the shots.

> THE SIDE EFFECTS: Sticking yourself stings (duh), and initial nausea can occur too.

Source: F. Xavier Pi-Sunyer, M.D., professor of medicine at Columbia University

> RESHAPE INTEGRATED DUAL BALLOON

> WHAT IT IS: Two silicone balloons (connected by a silicone shaft) filled with saline, which, according to a clinical trial, led to an average weight loss double that of people on a placebo. And it's far less invasive than gastric bypass.

> HOW IT WORKS: In an outpatient procedure, a doc guides the deflated balloons into your stomach via your mouth and fills them up. They chill in your bod for six months, helping you feel full, eat less, and, therefore, drop inches. Your stomach learns to consume less, and fitness-and-food counseling helps you stay slim.

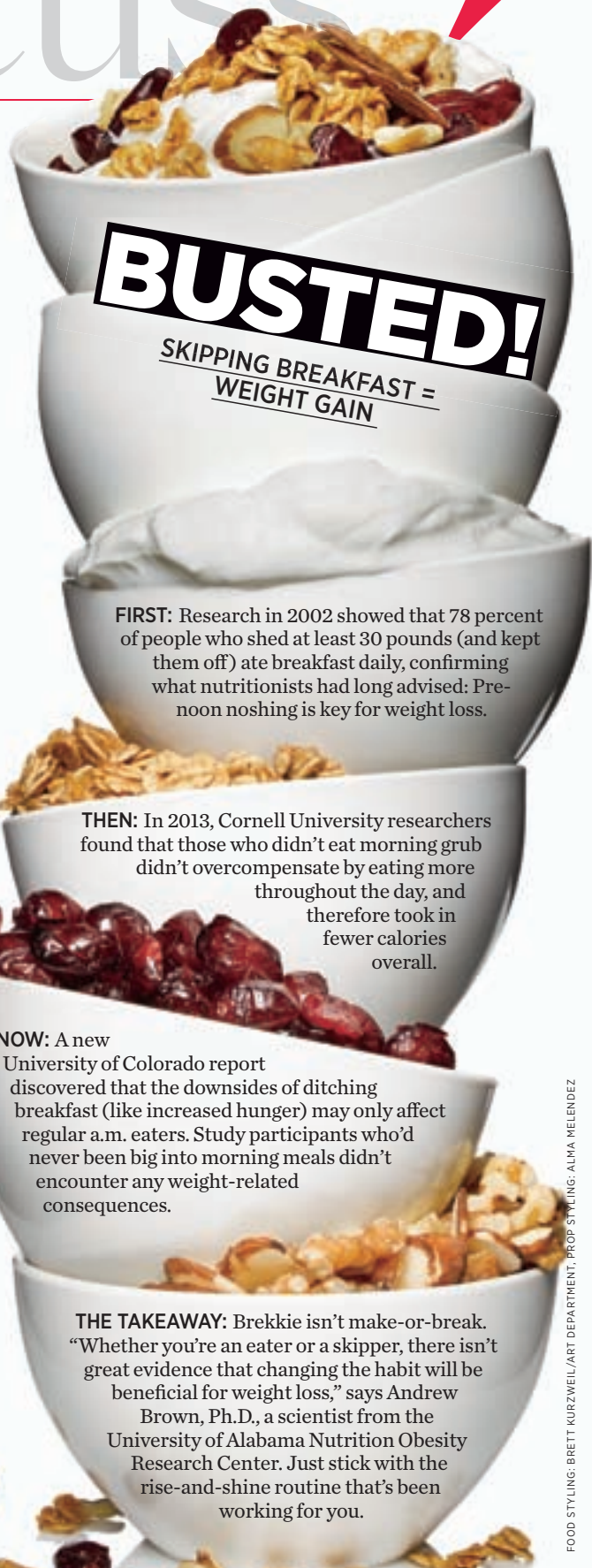
> THE SIDE EFFECTS: Nausea is possible, but meds can help. The \$6,000 bill? May be tougher to swallow.

Source: John Morton, M.D., chief of bariatric and minimally invasive surgery at Stanford University

HOW SAFE IS IT?

Five-Day Fasting

Imagine eating a restricted diet for just five days, then eating whatever you want for the rest of the month—and still losing belly fat. You dig? Here's where it gets dicey: This soon-to-debut meal plan (called the ProLon diet) is low in protein, high in fat, and meager in cal (about 700 to 1,000 for each of the five days). And though some research has shown weight benefits from part-time fasting, "it must be done under medical or R.D. supervision," says Valter Longo, Ph.D., who studied ProLon's weight-loss potential. Plus, the "eat whatever you want afterward" bit could lead to yo-yo dieting, says Keri Glassman, R.D. "You're better off with consistent, healthy meals and small indulgences, versus going to extremes."



BUSTED!
SKIPPING BREAKFAST = WEIGHT GAIN

FIRST: Research in 2002 showed that 78 percent of people who shed at least 30 pounds (and kept them off) ate breakfast daily, confirming what nutritionists had long advised: Pre-noon noshing is key for weight loss.

THEN: In 2013, Cornell University researchers found that those who didn't eat morning grub didn't overcompensate by eating more throughout the day, and therefore took in fewer calories overall.

NOW: A new University of Colorado report discovered that the downsides of ditching breakfast (like increased hunger) may only affect regular a.m. eaters. Study participants who'd never been big into morning meals didn't encounter any weight-related consequences.

THE TAKEAWAY: Brekkie isn't make-or-break. "Whether you're an eater or a skipper, there isn't great evidence that changing the habit will be beneficial for weight loss," says Andrew Brown, Ph.D., a scientist from the University of Alabama Nutrition Obesity Research Center. Just stick with the rise-and-shine routine that's been working for you.

FOOD STYLING: BRETT KURZWEIL/ART DEPARTMENT, PROP STYLING: ALMA MELENDEZ



DENTIST ORIN SCRIVELLO FROM LITTLE SHOP OF HORRORS LOVED HIM SOME LAUGHING GAS.

100-WORD RANT

Very Light Smoking

We all know that smoking is *the worst*. It can cause stroke, heart disease, tooth decay, cancer of the throat, stomach, pancreas, liver, and lungs...on and on. Yet nearly two-thirds of young women still indulge in “very light smoking”—defined as five or fewer cigarettes each day. Not smart. No matter how many you puff—one during your lunch break or a few bummed off a friend at a party—you’re still inhaling nicotine and tobacco and are at risk for these diseases. Plus, even the occasional drag can be a bitch of a habit to kick. Replace your tokes with something that satisfies your fingers-to-mouth fixation: Gnaw on fruit, chew gum—heck, chew on your pen! Just ditch the cigs, 'k?



LOCK IT UP ONLINE OR YOU'RE ASKING FOR TROUBLE.

HEALTH HACKERS
TIPS TO KEEP YOUR INFO SAFE

GIVING BIRTH IS FUNNY NOW!

Okay, so Steve Martin won't be making appearances, but more hospitals in the U.S. are using laughing gas for labor. The pain-relieving method used to be popular before the epidural took over in the 1980s. How the two compare:

	▶ Laughing Gas	▶ Epidural
ADMINISTERED VIA	A face mask, in which you voluntarily inhale nitrous oxide	An injection with a medium-size needle (and tiny tube) in your lower back
HOW IT WORKS	Takes the edge off, but you can still feel pain	Numbs you from the waist down so you feel only pressure
RELIEF LASTS	Only a few minutes, which is why you should take a hit as soon as you feel a contraction coming on	Through delivery and typically wears off an hour afterward
BIG ADVANTAGE	Pain relief via euphoric distraction (not needles or numbness)	You're fully awake and aware for your baby's birth
SIDE EFFECTS	Light-headed, loopy giggles—if you call those a side effect	Soreness in the pricked spot and queasiness from a drop in blood pressure

Source: Edward Yaghmour, M.D., chair of the American Society of Anesthesiologists' Committee on Obstetric Anesthesia

What's scarier than an Ashley Madison hack? This stat: In the past two years, 91 percent of health-care organizations (insurance companies, M.D.'s offices, clinics) say they've had at least one data breach that leaked patients' secure online info, including birth dates and social security numbers. Attackers can steal scripts from your doc and even botch your future checkups: 10 percent of people say they have been misdiagnosed or mistreated based on fraudulent medical records (e.g., your health history gets mixed with the hacker's blood type. Shudder.). Protect yourself, woman.

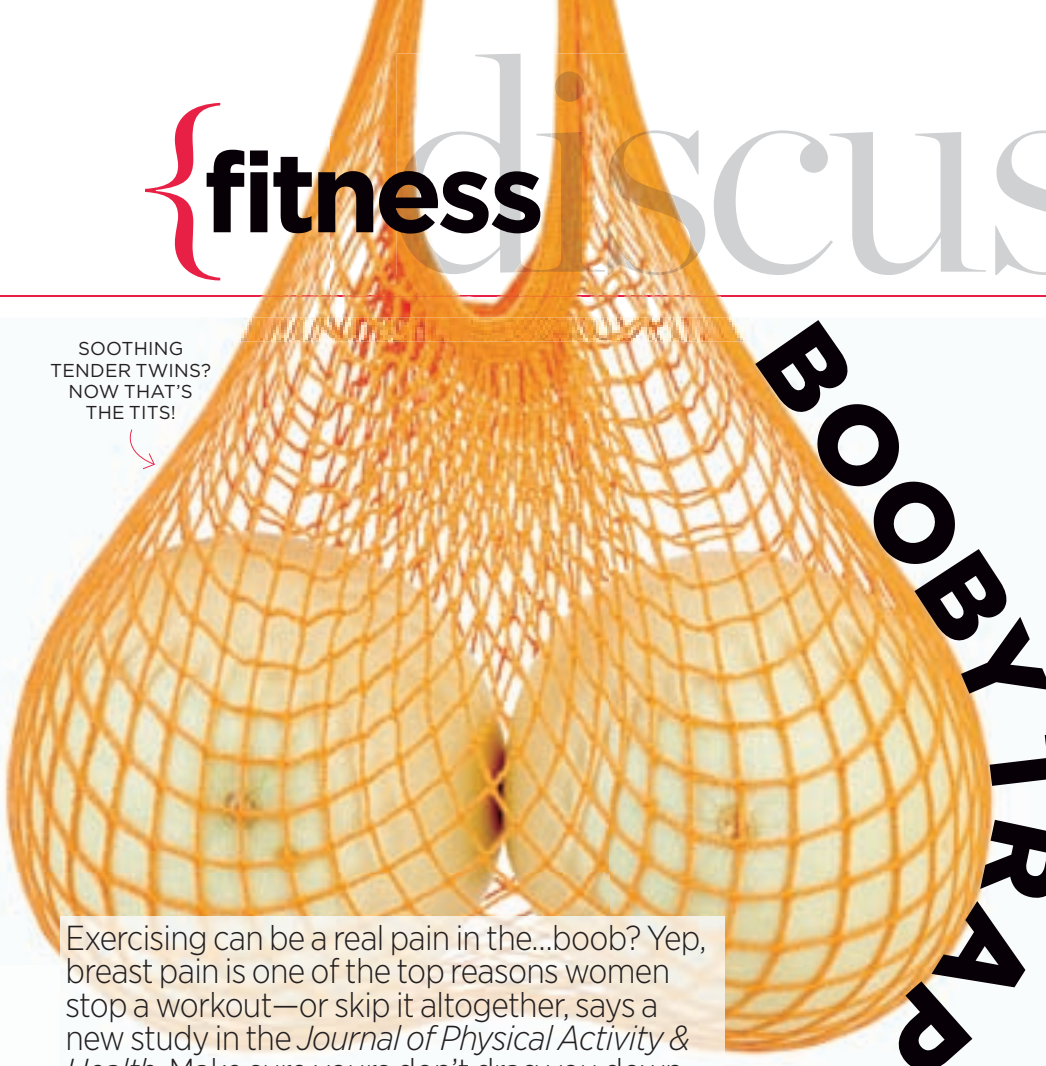
1 / Don't fill out your social security number on patient forms. It isn't relevant to your medical care, and you don't know if the office's computers are secure. Your physician will use your insurance subscriber number to submit claims anyway, says Ann Patterson, SVP, program director at Medical Identity Fraud Alliance.

2 / If you receive an e-mail or phone call from an unfamiliar health company asking for your info, don't give it up. And even if your physician's office calls asking for personal info, say that you'll call them back—that way you can contact the office directly and know for sure that you're speaking with the right people.

3 / Never log in to health or medical sites using public Wi-Fi (it's an insecure connection that makes it easy for hackers to infiltrate your data). And make sure your passwords to these sites are strong as hell: No more "QWERTY" or "123456."



SOOTHING TENDER TWINS? NOW THAT'S THE TITS!



Exercising can be a real pain in the...boob? Yep, breast pain is one of the top reasons women stop a workout—or skip it altogether, says a new study in the *Journal of Physical Activity & Health*. Make sure yours don't drag you down.

1 / FINALLY FIND THE PERFECT BRA

You want it to be comfortable, sure, but you *need* it to be supportive, especially if you have big boobs. A sports bra with thick, gel-filled straps, like Under Armour's new Armour High (\$55, ua.com), promises both.

2 / TREAT 'EM LIKE MUSCLES

If your ta-tas hurt after a workout, massage them with your fingers to increase blood flow. Or ice them (over your shirt, under your armpits). Sounds odd, but it can reduce post-sesh inflammation.

3 / CUT BACK ON CAFFEINE

How does coffee relate to your knockers? Well, caffeine can cause cystic changes in the breasts, which, though harmless, can lead to sensitivity for some women. Try switching to decaf java for a week or two to feel relief.

Source: Alyssa Dweck, M.D., an obstetrician/gynecologist and coauthor of *V Is for Vagina*

BUFF OR BLUFF?

Stomach Vacuuming

Bluff! Sucking in your belly as hard as you can while inhaling and exhaling is purported to sculpt a six pack. But it does no such thing. Worse, it's a flawed breathing pattern "that stops your diaphragm from ascending and descending naturally, which can create spinal stability issues, upping your risk for injury," says high-performance trainer Brandon Marcello, Ph.D. During core moves (see page 74 for our new faves), inflate your tum on the inhale. On the exhale, don't pull your navel into your spine—tighten your abs as if you're awaiting a punch. And to truly blast belly fat, focus on diet, lifting, and cardio intervals.

A Fitter Black Friday

Standing in line at the mall won't burn off those "Turkey Day" calcs. Instead, get your bonbon to any Gold's Gym the day after Thanksgiving for a free workout—member or not. Find your spot at goldsgym.com. No GG near you? Many clubs have a free trial pass—all you have to do is ask.



FOOD STYLING: ED GABRIELS/HALLEY RESOURCES (MELONS); MAONAKUB/ISTOCK (WEIGHT); ALLEKO/ISTOCK (TURKEY LEG); COURTESY OF CUPID'S UNDIE RUN; COURTESY OF THE COLOR RUN 5-K; COURTESY OF INSANE INFLATABLE 5-K; COURTESY OF BATTLEFROG; COURTESY OF SPARTAN RACE

Fun Runs for Everyone!

Organized races are stepping up their game. Use this entertainment-versus-effort scale to pick a nationwide event that's perfect for you.



1. Cupid's Undie Run

This February, dress in only your favorite lacy unmentionables and run like a wild woman for one awesome "Shit, it's cold!" mile. cupidsundierun.com



2. The Color Run 5-K

Get doused in a different hue of bright powder at each kilometer, then throw some shades yourself at the rainbow after-party. thecolorrun.com



3. Insane Inflatable 5-K

Giant blow ups (mazes, wrecking balls) catapult you through the run, and an epic slide greets you at the end. insaneinflatable5k.com



4. BattleFrog

Former Navy SEALs designed the 25-ish obstacles in this 8-K run to be tough but doable. You'll climb ropes, squeeze into tight spaces, and run with 45-pound bags. battlefrogseries.com



5. Spartan Race

The course can range from three to 13 miles but always has 20 or more WTF hurdles, like jumping over fire (all obstacles optional). Training is a must. spartan.com

{sex} sciences

LET'S TALK ABOUT...

SEXTING

Seductive? Capital-S stupid? I keep hearing mixed advice.

As do we! 😏 A new study from Drexel University found that 88 percent of U.S. adults surveyed online admitted to texting naughty 🍆 nothings. It's also a suggested tactic in couples therapy 🧑🏻🧑🏻 because its secretive nature can add an element of emotional intimacy 💕, says tech and sex expert Robert Weiss, L.C.S.W.

Okay, but I'm guessing sending a shot of my thong-wearing bum 🍑 isn't what Weiss is talking about, huh?

You got it. Word-based texts and photos are two very different things (the above study failed to separate them). And research has found that if a photo sext is shared with a third party 🙄, at least three other people will see it! 🙄

Definitely don't want my naughty bits trending, but could use a little sexual excitement over here...

Suggestive, rather than explicit, messages can get you just as hot and bothered. Shooting your man a text that says, "I can't wait to get naked with you tonight 🍑" may be a lot less risky than, you know, actually showing him your naked bod. Better yet: Stick to cryptic messages that only your guy will understand. Or emojis. 🍑🍑🍑🍑🍑



POP QUIZ!

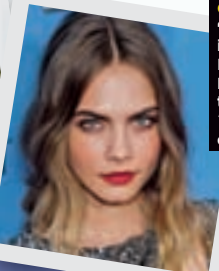
Which fantasy is the most common for couples to role-play?

- A** TWO STRANGERS
- B** DOCTOR/PATIENT
- C** BOSS/EMPLOYEE
- D** STRIPPER/CUSTOMER

ANSWER: A! A recent survey found that the majority of men and women are most aroused by the thought of doing it with a random. "This fantasy highlights the human desire for novelty and the unpredictable, even though sex is often more satisfying in a loving relationship," says sexologist Jessica O'Reilly, Ph.D., author of *The New Sex Bible*. If you're jonesing for a one-night stand with "Derek," act out a sexy, first-meeting scene with your partner based on your turn-ons—have him come on to you at a bar or bravely rescue you from a pretend danger, says O'Reilly. "Oh, my hero!"



Kristen Stewart
"I live in the f*cking ambiguity of this life and I love it. It's like, just do your thing," Stewart told *Nylon* magazine of her sexuality.



Cara Delevingne
"My sexuality is not a phase. I am who I am," Delevingne said to *The New York Times* about dating women.

Bi Chance

Kristen Stewart and **Cara Delevingne** have been proudly open about their unconventional love lives—and such fluid sexuality isn't just flowing in Hollywood. According to a new YouGov study, 31 percent of Americans under 30 place themselves somewhere on the scale of bisexuality (as opposed to identifying as 100 percent hetero). This doesn't necessarily mean there's been a major shift in our sexual preferences, says Elizabeth Aura McClintock, Ph.D., a sociology professor at the University of Notre Dame. We're just being more up-front about our tastes (hey, love is love!). Whatever your attraction, don't get caught up in defining it. "The label that's right for someone at one point in time might not fit them later in life," says McClintock. "Sexual identity doesn't have to be seen as a lifetime commitment."



TWITTER ME THIS

"Mustaches are not just for men. Oh no the whole family can support you thru @Movember although I let #thewife off ;-)"
—Nigel Barker (@NigelBarker)

The famous fashion photog is right: #Movember isn't only for dudes who can sprout facial hair for a month! We can join in and bring attention to men's health issues, such as testicular and prostate cancer, too. This year, for the first time, women can register at movember.com (with or without their guys) for MOVE, a 30-day promise to stay physically active and raise funds for men's health initiatives—no fuzzy upper lips required.



NALE/SHUTTERSTOCK; IMAGERYMAJESTIC/SHUTTERSTOCK; ABSTRACT/SHUTTERSTOCK; 4X6/ISTOCK; JB LACROIX/WIREIMAGE (STEWART); MARK SAGLIOCCO/GETTY IMAGES (DELEVINGNE); COURTESY OF BARKER (TWITTER)

{food} discuss!

"LUKE, I AM YOUR...WEINER-COOK-OFF CHALLENGER."



MAY THE FORCE OF WARMTH BE WITH YOU! 29 PERCENT OF AMERICANS GRILL THEIR FOOD OUTDOORS IN WINTER (BRR!).

Despite how these peeps may look (shivering in the name of charred grub), they're not a bunch of kooks. "We crave heartier meals this time of year, and the grill delivers lots of flavor to meat and veggies without added fat," says Melissa Joy Dobbins, R.D., a nutritionist in Chicago. And don't mind us: We'll just be tending the coals with the coolest-slash-quirkiest tools, like these Star Wars Lightsaber BBQ Tongs from Underground Toys (\$35, kohls.com, pictured in the hands of Darth and Luke). Released in time to celebrate *Star Wars: The Force Awakens*, in theaters this December, they make the iconic lightsaber sound at the slide of a button. Duel by the grill? It's on.

Survey source: Harris Poll

A LOVE LETTER TO EATING ALONE

Dear Table for One,
For years, rom-coms tried to convince us that you were reserved for dejected loners. So it was gratifying to discover that 46 percent of meals are now eaten solo! Our secret is out: A single reservation means savoring every taste, eavesdropping on table neighbors, spontaneous convos with cute bartenders, and, finally, alone time. Hanging out with numero uno feels like a luxury because it is—especially as the holidays begin to wrap us in their slightly smothering embrace. But, Table for One, the reason we heart you most? When we dine together, no one will ever steal our truffle fries.



xx, WH

STEEP THOUGHTS

Tea and crumpets? Save it for when Kate Middleton is in town. The latest trend in tasting menus pairs the ancient bevvie with food you actually eat.



WHITE TEA + A LEAFY SALAD

A fresh arugula, grape, and vinaigrette salad matches white's subtle flavor profile (which can also cut through lush Greek yogurt).

CHINESE BLACK TEA + GRILLED CHICKEN

Smoky poultry suits the smooth richness of black tea. Or, for dessert, try a slightly bitter cup of Sri Lankan Ceylon with cheesecake.

TAIWANESE OOLONG TEA + SHELLFISH

A cup of floral-oolong contrasts beautifully with scallops and lobster; Chinese versions heighten the flavor of roasted stone fruits.

CHINESE GREEN TEA + GRUYÈRE

This semisoft cheese pairs well with the nuttiness of green tea; meltingly tender fish fillets, like salmon or mackerel, help balance out its grassy notes.

PU'ERH TEA + STIR-FRY

Heavy or oily grub, like a Szechuan-style stir-fry or a perfectly seared steak with sautéed onions, is made for Pu'erh's depth and earthiness.

Source: Billy Dietz, a tea specialist at DavidsTea

FOOD STYLING: BRETT KURZWEIL/ART DEPARTMENT (TEA PAIRINGS), PROP. STYLING: ALMA MELENDEZ; LUCASFILM/COURTESY OF NEAL PETERS COLLECTION (STAR WARS); COURTESY OF UNDERGROUND TOYS (TONGS)