

marie claire

Ariana Grande is featured on the cover of Marie Claire magazine. She has long, wavy, light brown hair and is looking directly at the camera with a slight smile. She is wearing a colorful, sequined top. The background is a soft, out-of-focus grey.

EXCLUSIVE:
SOMALI MAM SPEAKS!

OCTOBER 2014

25 BEST BEAUTY HACKS

FAST HAIR
FIXES

SKINCARE
SECRETS

MAKEUP
TRICKS

**ARIANA
GRANDE**
THE HAIR, THE
HEARTBREAK,
AND HOW
SHE SHOT TO
THE TOP

MUST READ!
"HOW I LOST
180 POUNDS &
BECAME A
TOTAL PLAYER"

SO CHIC

BAGS, COATS, THE NEW METALLICS,
AND HUNDREDS OF CRAZY-GOOD SHOES!

@Peak

Ortaggi frozen health snack, \$8 per pint; ortaggiagood.com



Raise a Pint

"Vegan sorbet" is the best way to describe Ortaggi's guilt-free frozen dessert, but that doesn't capture how amazingly addictive it is. Our favorite flavor is the Avocado + Cucumber, brightened with parsley and lemon; Beet + Tangerine comes in a close second.

WHEEL CHANGE

For every one of its sleek, leather-saddled Langdon cycles sold this month, Pure City Cycles will donate \$100 to Cure Breast Cancer Foundation.

Pure City Cycles
The Langdon bicycle, from \$399; purecitycycles.com



300 MARIECLAIRE.COM, October 2014

SYNCHRONIZED SLIMMING

"IN A WEIGHT-LOSS STUDY AT THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL, RESEARCHERS DISCOVERED THAT THE MORE MEN AND WOMEN POST [ABOUT DIET AND EXERCISE] ON TWITTER, THE MORE POUNDS THEY LOSE."

—From *The Girlfriends Diet*, a new book from the publishers of Marie Claire (\$32; marieclaire.com/girlfriendsdiet)

HEALTH NEWS

THE LATEST IN FITNESS, NUTRITION, AND MORE

SWEAT STYLE

The gym hoodie gets a serious upgrade in Adidas by Stella McCartney's full collection.



Adidas by Stella McCartney hoodie, \$150; stellamccartney.com

Workout Buds

Go ahead, jump around: JBL's Synchros Reflect wireless headphones, featuring a tiny stabilizing ear tip and a nonslip covering, aren't going anywhere. Trust.

JBL Synchros Reflect BT wireless headphones, \$100; jbl.com



Just Add Water

Two teaspoons of Elle Macpherson's vitamin- and mineral-rich The Super Elixir alkalizing supplement powder turns water into a green juice on steroids (in a good way).

WelleCo
The Super Elixir, \$135; welleco.com



COURTESY OF THE COMPANIES