

SELF

SUPERMODEL
ASHLEY
GRAHAM

"I LOVE WHO I AM"

**The Great
Skin Guide**

p. 102

**5 BEST BODY
SCULPTING MOVES**
#SWEATISSEXY

**WIN AT
WORK!**
MORE HAPPY
MORE MONEY

OWN IT.

274 WAYS TO REACH & EXCEED ANY GOAL



SHAZAM THE
COVER FOR
MORE ASHLEY
P. 12

(SELF) IMAGE



BEAUTY MVP

PUMPKIN

→ Get into the seasonal spirit with an ingredient that spices up more than just your latte. BY EMILY REKSTIS

Want to brighten your complexion and promote collagen growth (who doesn't)? Look no further than exfoliating, antioxidant-packed pumpkin. Its comforting scent only adds to its appeal.

- 1 Made with manuka honey, pumpkin puree and glycolic acid, this mask polishes skin for a smooth, glowing finish. **Andalou Naturals Pumpkin Honey Glycolic Mask**, \$15
- 2 Orange meets peach in this flattering, easy-to-wear lipstick. **Revlon Super Lustrous Sheer Lipstick in Peach Parfait**, \$8
- 3 Apply this metallic orange near your lash line for an unexpected twist. **Make Up For Ever Artist Shadow in I-730**, \$21
- 4 Pumpkin enzymes help this cult classic face scrub deliver healthier looking skin in just two minutes. **Kate Somerville ExfoliKate Intensive Exfoliating Treatment**, \$85
- 5 The fall-fave flavor now comes in an all-natural nongreasy lip balm. **Burt's Bees Pumpkin Spice Moisturizing Lip Balm**, \$3
- 6 Pumpkin pulp and seed oil, plus Queen Anne's lace, help balance and soothe skin. **Apoterra Pumpkin + Wild Carrot Complexion Soap**, \$12
- 7 Paint on this copper-orange color for a fun, festive mani. **Essie in Playing Koi**, \$9
- 8 This calming bath oil is an aromatic multitasker: It can also moisturize hands, cleanse skin and hydrate hair. **Fig + Yarrow Bath + Body Oil in Meadow**, \$48

SOURCE: S. MANJULA JEGASOOTHY, M.D.

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