

**KATE
BOSWORTH**

Jack Kerouac's
Modern-Day
Muse Goes
On the Road

CALIFORNIA STYLE

40

BREATHTAKING
PAGES CAPTURING
THE ALLURE OF
THIS STORIED
COASTLINE

COLLECTOR'S ISSUE

BIG SUR BOHEMIA

PLUS

*Model-Bloggers
Reveal Their
Beauty Secrets
and Workout
Routines*

OCTOBER 2012 \$5.99



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L.A. + N.Y. + Sydney

Alexandra Spencer

The 4th and Bleeker founder looks to the pros for a recharge

SKINCARE PROTOCOL

I begin with **Kora Organics** cleanser, followed by **La Mer** Hydrating Infusion. I also use **Kate Somerville's** ExfoliKate and **SK-II** masks after flying. I'm addicted to Kate Somerville's oxygen facials.

FITNESS ROUTINE

I go in and out of training. When I'm in, I like to do the **Tracy Anderson** method, running with free weights or boxing.

DIET

I try to eat organic foods, but when I eat out, I do so with no restrictions! It's the "Everything in Moderation" theory as told by someone with no willpower.

CAN'T LIVE WITHOUT

Tom Ford foundation in Bisque. It's like airbrushing. **Jurlique** Rosewater Mist for setting makeup and long-haul flights. **Nars** multiples in Copacabana and **Becca** bronzer. 4thandbleeker.com.



FROM LEFT Kate Somerville's Melrose Place clinic. La Mer Hydrating Infusion, \$95. Nars Multiple, \$39. Tom Ford Traceless Foundation SPF 15, \$78. Kate Somerville ExfoliKate Intensive Exfoliating Treatment, \$85.

Napa Valley + N.Y.

Michèle Ouellet

The Kissser bloggerette keeps things sweet and simple

SKINCARE PROTOCOL

I love my facialist in St. Helena, **Toni Rigdon**. She has worked with me and my mom for years. She turned us on to **Pevonia** products, which are great for my sensitive skin. [I also go to] **Spa Solage** for super-luxe treatments. On my face, I use **Laura Mercier's** Tinted Moisturizer.

FITNESS ROUTINE

Napa Valley yoga instructor **Ulrika Engman** leads wonderful sessions and I get my cardio in by cutting up the dance floor!

DIET

Meat doesn't agree with me, so I go for veggies and fish. I believe that eating delicious, fresh food—and lots of it—will serve you far better than any diet. I love juices, too.

CAN'T LIVE WITHOUT

Embryolisse and **Tracie Martyn** creams, **Santa Maria Novella's** Acqua di Rose, **Stila's** brow color pen looks totally natural, and **Laura Mercier's** Berry Tint. micheleouellet.blogspot.com.

FROM LEFT
Laura Mercier Hydratint SPF 15, \$20.
Santa Maria Novella Acqua di Rose, \$55.
Laura Mercier Tinted Moisturizer SPF 20, \$43.
Solage Lavender Lotion, \$20.
Pevonia RS2 Care Cream, \$71. Spa Solage.

