

The Fresh Start Issue

Health

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2020

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WELLNESS

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TO STAYING
MOTIVATED

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MORE SLEEP—
HERE'S HOW
TO GET IT

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The Bella Twins

NIKKI & BRIE
OPEN UP ABOUT
STRENGTH,
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& BUILDING AN
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WE TRIED IT

Lash Off!

Our beauty editors all have amazing lashes (of course!)—but the funny thing is, each one swears by a different treatment. Find out which approach is right for you.



Anneke Knot Lash Lift and Tint

Going into my first treatment at Jas Imani's small studio in New York's SoHo neighborhood, I had no idea what to expect. But I was sold. My lashes are naturally stick-straight (no matter how much I curl) and light brown (hello, blackest black mascara), which made me the perfect candidate for the treatment. Now, no curlers or mascara necessary! Plus, the treatment works with your natural lashes, so there's no discomfort or irritation afterward.

HOW IT WORKS: Think of it as a trip to the salon for your lashes—a lift curls, while a tint dyes. These treatments can be done together or separately. A lift takes about 45 minutes to an hour, and a tint, 15 minutes. Show up to your appointment with clean, makeup-free lashes. The technician puts a silicone sticker across your eyelid, and brushes your lashes on top to create a curling effect. Then, she applies a few swipes of specially formulated serum to keep the shape. The process for tinting is similar. They simply add a special dye to deepen the color.

MAINTENANCE: I am a lazy girl at heart, and natural is my go-to style. I love that this treatment enhances your lashes without any upkeep. The treatment lasts six to eight weeks.

COST: Jas Imani Lash Lift and Tint Duo, \$185; jasimani.com



FAST FACTS

1

Our lashes are there to protect us. Yep, those tiny hairs keep sweat, dirt, and debris away from your eyes.

2

Like the hairs on your head, lashes have a life cycle. Most last around three months before they fall out—and we lose one to five lashes per day.

3

On average, humans have 90 to 150 eyelashes on the upper lid and 70 to 80 eyelashes on the bottom lash line.