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THE OPRAH
MAGAZINE

Friendship Therapy

HOW TO
RECONNECT
WHEN THINGS
GO WRONG

Enjoy yourself!

O's frazzle-free guide to the party season

(Food, flowers, wine,
what to wear everywhere)

Does your
HAIR
make your
hips look big?

The right cut is a snip a

Which is better: cream, oil, or lotion?

The best way to treat dry skin is to seal in moisture by forming a protective layer over it, says Elizabeth Tanzi, MD, co-director of laser surgery at the Washington Institute of Dermatologic Laser Surgery. In order of effectiveness: oils, creams, and lotions. (Try Origins Calm to Your Senses Bath and Body Oil, Therapy Systems Charismatic Smoothing Body Cream, or St. Ives 24 Hour Moisture lotion.) The difference between a cream and a lotion is the oil-to-water ratio, Tanzi says: Creams have more oil than water, and lotions have less.

Dry Skin Rescue

How to keep
from flaking away
this winter

OOPS.

You've blown
your diet, you've
forgotten where
the gym is...

WE'LL GET YOU BACK ON TRACK