

CONSCURE

ISSUE #9

Emeraude
TOUBIA

FROM TELENODELA TO
FREEFORM'S SHADOWHUNTERS

Shanola
HAMPTON

Shameless about love and family

Jordan
FISHER

TAKES ON *GREASE: LIVE!*

Danielle
Panabaker

THE LEADING LADY OF
CW'S *THE FLASH*

A Fresh Take on
Beauty + Fashion

COMPOSURE MAGAZINE

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COMPOSURE

MAGAZINE

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Models **Paige, Hollywood Model Management**
Kaia, Two Management

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ON THE COVER



Danielle is wearing Elisabetta Franchi blouse, Aqua skirt, and Cristina Sabatini earrings. Photographed by Josefhaley. Styled by Jessy Cain, make up by Nicole Walmsley, hair by Creighton Bowman.

SWEATER ELISABETTA FRANCHI
PANTS ELISABETTA FRANCHI
RING CRISTINA SABATINI

emeraude Toubia

PHOTOGRAPHY BY JOSEFHALEY AND JOHN HONG

CREATIVE DIRECTION BY JANE HONG

STYLING BY JORDAN GROSSMAN

MAKE UP BY KIMBERLY BRAGALONE, SOLO ARTISTS USING VOTRE VU

HAIR BY ROBERT LOPEZ, SOLO ARTISTS USING ORIBE HAIRCARE

WRITTEN BY ESTHER LEE

DRESS THE KOOPLES
HEELS VINCE CAMUTO

COMPOSUREMAGAZINE.COM

E

meraude Toubia is the perfect example of someone who lives up to her name. Emeraude, a name that symbolizes both beauty and love, launched her career as a beauty pageant contestant, later being

cast in the beauty pageant reality show “Nuestra Belleza Latina.” Since then, she has appeared on television in various campaigns and commercials for brands such as Maybelline and JC Penney. Most recently, she was cast in Freeform’s TV series “Shadowhunters,” which premiered January 12, 2016. Toubia sits down with Composure to discuss her multicultural life and on-screen successes, both as a telenovela star and Hollywood actress.

Composure Magazine: You were born in Canada, but raised in Texas, and you have a multiethnic background. What was it like growing up with such diverse roots?

Emeraude Toubia: It has always been beautiful. We have a close-knit family, and my parents are the best role models. They are still together after 27 years of marriage. I feel I have the best of all worlds. My upbringing was very American, but also Mexican and Lebanese — so much cultural richness, family warmth, and special traditions, not to mention the amazing food! I have been blessed!

CM: You were professionally trained in various dances at a young age. Is dance a passion you still have?

ET: I still love to dance, and if a role required it, I would welcome that. The dance training I have received also helps so much when it comes to any type of choreography, even with my fight scenes. It all requires a specific coordination, and dance training prepared me for it.

CM: With a beauty pageant background, you must

be very familiar with the stage! Did you ever get stage jitters, and if so, what is your go-to method for getting rid of them?

ET: All I do is breathe through it and move forward. I still get nervous before certain scenes and even for live interviews, but it is a healthy nervousness, a special kind of adrenaline that is exhilarating, and I hope I always have it. It is part of the excitement and magic of it all.

CM: In the past, you did a lot of work involving various telenovela shows, and at the moment you are working with an American TV series. As a multicultural actress working in Hollywood, which culture do you most strongly resonate with — the Mexican, Lebanese, or American culture?

ET: All of the cultures are a part of me, and I couldn’t choose just one, but I must say it is all part of what being an American is all about. This country is a melting pot of so many cultures and that is one of the great things about being an American.

CM: Tell us more about “Shadowhunters.” Any personal expectations for the show?

ET: I love it — I feel there is nothing like it on TV, and I hope that people embrace it.

CM: How has your experience been on set so far? How has it been working with this cast?

ET: It has been amazing. Shooting in Toronto, away from our homes, helped us become quick friends, and we are almost like a family. We get along so well that it feels like it was meant to be for all of us to be cast together as part of this show.

CM: Your character, Isabelle Lightwood, is a fashionable woman who showcases both girlish sides as well as more serious aspects to her personality. Do you resonate with your character at all? How are you



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TOP AMERICAN APPAREL

COMPOSURE
MAGAZINE

DRESS HELMUT LANG
BRACELET CHARLES ALBERT
RING HOUSE OF BOURGEOIS



different from Isabelle?

ET: I identify with the feminine side of her, as well as her strength and self-confidence, but I have to say, Izzy is way more daring than I am and a total rebel. I usually play by the book and I am more of a good girl, but that makes it so much fun for me to be her and crack that whip!

CM: What do you do to get “in character” with Isabelle?

ET: I just think “Izzy” and she appears. It is almost like flipping a switch, but being on those amazing sets, wearing her clothes, and interacting with the rest of the cast definitely sets the mood.

CM: You have also volunteered for organizations such as Make-A-Wish Foundation, Toys for Tots, etc. Is volunteer work something you enjoy and want to continue? What are some other passions that you would like to pursue in your free time?

ET: Of course. I have been so blessed, so sharing that in any way and giving back is so important. That is part of the values my parents have always shown me. I certainly plan to continue and expand on my volunteer work. Another passion I would like to pursue in my free time is world travel — getting to know other places and cultures is something that I love. In fact, I would love to learn more languages as well.

CM: Your social media fanbase loves you! If you had a message to convey to your fans, what would it be?

ET: Above all, THANK YOU! So often just reading their messages brightens my days, and I am so thankful for their love and support. I promise to keep excelling so I can make you proud!!

CM: What is something about you that most people don’t know?

ET: I travel with Minnie Mouse. Every time I travel, I take my stuffed Minnie Mouse to serve as my companion and my pillow. So Minnie has flown many miles with me.

“Shadowhunters” airs Tuesdays at 9/8c on Freeform.



PREVIOUS PAGE
DRESS THE KOOPLES

THIS PAGE
SUIT HELMUT LANG
BODYSUIT HANKY PANKY
BRACELET NISSA
SHOES BRIAN ATWOOD

COMPOSURE
MAGAZINE

IT'S TIME TO RESET, REFRESH AND RENEW. FOUR EASY
BEAUTY RESOLUTIONS YOU CAN MAKE FOR THE
BEST YOU EVER.

Anna M. Park, StyleUnderPressure.com

PROTECT YEAR-ROUND

If you've heard it once, you've heard it a hundred times — protecting your skin from UV rays is the most important anti-aging step you can take. Thankfully, getting your sunscreen on is easier (and less sticky) than ever.



This serum (yes, serum!) not only offers stable, broad-spectrum UVA/UVB protection, it includes potent antioxidants, which studies show are necessary as a second line of defense against free radicals that age the skin. And don't worry — the chemical UV filters in this serum don't interfere with moisturizer, which is layered on after the serum. "Moisturizer doesn't put moisture into the skin; it sits on top of the skin and prevents moisture from leaking out," says board-certified dermatologist Shirley Chi, M.D. La Roche-Posay Anthelios AOX Daily Antioxidant Serum, \$42.50, laroche-posay.us.



Another antioxidant-infused UV shield, this one's an unscented mineral sunscreen with a nice matte tint that won't leave you chalky or shiny, ideal for oily or sensitive skin. Coola Mineral Sunscreen Face SPF 30 Unscented Matte Tint, \$36, coolasuncare.com.

NEW YEAR

FIND YOUR MATCH

No more ghost face! This new app uses patented technology to not only color match your skin tone but also your undertone. Using an iPhone (the Android version is on its way), the app takes multiple photos from the inside of your wrist, your cheek and your forehead, and the Matchco lab micro-blends by hand to your exact specifications. (So far, over 500 women have been scanned, and they've never mixed the same skin tone twice). Even better, the foundation contains green tea extract, ceramides, Vitamin E and peptides, and is water-based, buildable, and paraben- and phthalate-free. MatchCo My Perfect Complexion Custom Tinted Hydrating Formula, \$49, getmatch.co.



PUMP UP THE VOLUME

Let 2016 be the year of #nomorebadhairdays.



This isn't just a hair thing — it's an anti-aging thing. Silk pillowcases reduce friction, so hair and skin aren't pulled and creased throughout the night, and silk is less absorbent than other fibers, so it doesn't rob skin and hair of moisture. It's worth the investment; after all, you'll spend a third of your life on that pillowcase. Slip Slipsilk Pure Silk Pillowcase, \$99.50 for king, slipsilkipillowcase.com.



Love your blowout, but hate how it looks after a night tossing and turning in bed? Consider this "beauty sleep" for your hair — apply to hair before you call it a night, and you'll wake up with strands as smooth as the day you walked out of the salon. Living Proof Night Cap Overnight Perfector, \$28, livingproof.com.



Add a serum to your routine — for your hair. Use the dropper to treat the scalp and energize hair follicles with a powerful combo of apple stem cells, swertia extract, procapil (which targets DHT, the hormone responsible for hair loss) and Chinese herbs. Peter Lamas Hair Solutions Energizing Scalp Serum, \$48, peterlamas.com.

NEW YOU

EXFOLIATE RIGHT

With new and better ways to slough off dead skin cells, the key here is to be gentle on your skin and the environment.



Inspired by traditional Korean skin care, this innovative "soft water peel," with over 95% natural and organic ingredients, gently exfoliates and decongests clogged pores without harsh acids, scrubs or enzymes. Simply massage the gel on your face and watch dead skin cells begin to roll off — a little gross but super satisfying. Aqua Reveal Satin Bright Soft Water Peel for Face, \$49, spacenk.com.



If you're looking to target trouble spots, this oversized cotton swab is perfect for zooming in on the T-zone and around the nose. Drenched with lactic and glycolic acids for gentle exfoliation, this aqua peeler also deeply hydrates with botanical extracts and 85% deep seawater. Yoon Dermaline Marine Aqua Peeler, \$60 for a set of 11, glowrecipe.com.



At the very least, make sure your physical exfoliator does not have any dolphin-injuring plastic microbeads. Jurlique Nutri-Define Refining Foaming Cleanser, \$55, jurlique.com.



shanola Hampton

PHOTOGRAPHY BY CATIE LAFFOON
STYLING BY KELLY JOHNSON
HAIR & MAKE UP BY KIMBERLY BRAGALONE
SOLOARTISTS USING VOTRE VU
WRITTEN BY CHRISTINE CHANG

S

hanola Hampton has been playing the character Veronica Fisher in Showtime's comedy "Shameless" for six seasons. Here, she gives us the scoop on what still surprises her about being V, her love of traveling

and what date nights mean to her. She also explains one of her mantras: "I don't do mean."

Composure Magazine: You grew up with four sisters. What was that like? How is your relationship with

them now and what do you cherish the most about them?

Shanola Hampton: Growing up with sisters was awesome, except the bathroom situation: four girls, one bathroom! Also, when we were growing up, we didn't have cell phones, so we all had to share one phone and hope that the sister would answer the beep when someone was on the other line. Many fights happened over not answering that beep!!

My sisters are such wonderful and inspiring people. We remain close and supportive of one another. Two are school principals, and I'm just amazed at how much they put into their students. One of my

sisters gave me a magnet this Christmas that read, “Who needs a therapist when you have sisters?” I guess that’s what I cherish the most about having them.

CM: Your character in “Shameless,” Veronica Fisher, is sharp, sexy and edgy — a jack of all trades. How do you get into Veronica’s head? How is Veronica similar or different than you?

SH: At this point I’ve played Veronica for so long, I don’t even think about her head-space. I just know her. I’ve always said that V and I have a similar spirit, but a very different hustle and background. I’m a southern suburban girl and she is very street.

CM: Having played Veronica for so long, are there still some aspects of Veronica’s character that surprises you?

SH: I was surprised by her reaction to having twins in Season 5, but once I thought about it I could sympathize with her. So many people struggle when they are first-time moms, but are afraid to speak out about it for fear of being judged. V lived in her truth, no matter the criticism.

CM: Speaking from experience, what do you think are the keys to longevity as an actor in Hollywood?

SH: My plan is to try and choose roles that show range and to remain humble, grateful, and kind — and hope the Heavens smile down on me!

CM: Any beauty/fitness routines that you’d like to share with us?

SH: I’m all about working out! Find what fits your body type the best and commit to doing it multiple times a week.

CM: Date night with your husband, Daren Dukes. Describe.

SH: Date night with the hubby: we put the baby down at 6:30pm, climb into bed with cupcakes and binge watch something on TV. It’s a dream!

CM: What gives you passion nowadays?

SH: My passion was given to me when I was a young girl by God, spirit — whatever one believes. For me it’s God. I knew and know there is a plan for my life. My heart is full from doing what God put me here to do.

CM: How do you balance being a mom, wife, and actor? You also have a little one on the way.

SH: You just do it. Having a 50/50 partner like my husband makes it so much easier. He’s quite amazing and I’m so blessed we chose each other to be on this journey. Pregnancy has been good. I believe so much is mind over matter, so if I would feel a little yucky in the first trimester, I would tell him, “Look, I don’t have time for sick, so let’s keep it moving,” and it worked pretty well. Staying fit while being pregnant is also very helpful.

CM: You love to travel. Where do you want to go for your next vacation?

SH: I love to travel, yes. My husband and I always choose where we will go. Last year was Japan, and the year before we spent three weeks in Europe. We’ve been to Greece, Fiji — all over. This year we are doing Australia! Then on the flight back we’ll discuss our next adventure.

CM: One of your mantras is “I don’t do mean.” Explain.

SH: “I don’t do mean” is exactly what it says. Some have really used social media to say hurtful, nasty things, and people really get hurt by what has been said. I choose to use my block button — even the hint of something negative will get one blocked. It’s easy to be nice, and if you can’t be, I don’t have to fall victim to your ugly. I don’t do mean! Not even a little bit!

Watch “Shameless” on Showtime, Sundays at 9/8c



Oh wonder

PHOTOGRAPHY BY JOSEFHaley AND ANDY HEISER
WRITTEN BY SARAH YOO

“I
nstant.”

Anthony turns to look at Josephine, and she nods in agreement. A pause as they attempt to further describe their undeniable, very palpable chemistry. They share a knowing look, as if reading each other's minds, deciding that there is no better way to put it.

“It was instant.”

“Yeah, it was weird.”

From the moment Anthony West and Josephine Vander Gucht were first brought together by mutual friends, the pair realized a raw, genuine connection, rooted in their shared passion for music and manifest in the deep sincerity of their freshman album as indie-pop duo Oh Wonder. The self-titled album began as a writing exercise, a creative challenge to release one song per month for a whole year so as not to risk overthinking their music and letting it grow “stiff.” From there, the marriage of Josephine's classical music training to Anthony's producing genius immediately proved to be artistic gold.

Anthony shares, “It always starts with the piano. Josephine is a piano player, and ...”

“Pianists, they're called,” Josephine interjects jokingly, as they do.

As if their natural English charm weren't likable enough, the two engage with one another and those around them with an easy playfulness and comfortable sense of familiarity. At many points in the conversation, we take moments to laugh, share random stories and insights. Yet regardless of where the conversation strays, it always circles it back to the music. First and foremost, always, comes the music.

Anthony continues, “We would always sit at the piano, and Josephine would come up with initial chords, which would then trigger melodies and ideas, which would then develop into lyrics. We tend not to spend more than twenty minutes writing a

what you're thinking at that point."

The duo wrote, performed, and produced the entirety of the album, which offers a mellow, sophisticated simplicity. The album plays like a collection of musical short stories, à la soft electronic synth vibes and perfectly harmonious vocals. As most songwriters do, the duo have embraced their songwriting as a vehicle for comfort and emotional release, but when it comes to this particular album, they've decided to expand the scope of their storytelling to serve as a voice for the stories of others rather than themselves, inspired by the myriad of interesting people in the world, across the street and across the world.

"We get loads of inspiration from people — people are so interesting — and take little stories and characters or something we see and kind of develop our own world for these particular people and imagine what it would be like [to live in such a world]. We get such kicks out of putting ourselves in a different universe and inhabiting that for twenty minutes and writing a song about it," muses Josephine.

Anthony adds, "And I think that's probably why we write quickly, because we're not thinking too much about ourselves."

It was always the innocent hope, and never the expectation, that their music would resonate so deeply with an ever-growing online community listening and responding to their relatable stories, and that their little creative writing exercise would lead to a nine-month long, nearly sold-out world tour where they'd be able to put faces to the countless usernames that have supported their craft. "We are constantly, and I think will forever be, surprised and confused," gushes Josephine, "and grateful." One of the many points on which the two agree is the approach to their music as an ongoing journey. As Josephine says, it's much like a Van Gogh painting that has been painted over, reworked, restarted. The beauty of art is that it's "never actually done." Art is always a process, and going from their home studio with just the two of them, to performing live for thousands of people is now part of that exciting process.

Josephine begins, "We've started as songwriters ..."

"... and our task now is to be performers," finishes Anthony, "The energy that we had when we wrote

[our songs] — to channel that into a live setting is a totally different ball game, and we've been progressing with every show we play. We want to keep it exciting for people. Everyone leaves feeling great, and we leave feeling great. Everyone in the room is energized, and that's what we want for our shows."

And let us tell you — they deliver! There is certainly no shortage of energy at an Oh Wonder show. Their usual two-person ensemble is expanded to include bass and drums, and Anthony brings out the guitar for select songs (a big crowd pleaser!). Their soothing sound is reinterpreted for their live audiences, infused with an interactive dynamic and a tangible inspiration. The neon "OW" lights up, and as their two shadows emerge from backstage amidst the colorful glow, the crowd begins to chant, cheer, shout song requests — some even cry. At their places at side-by-side keyboards, the duo locks eyes, sharing an incredibly endearing, incredulous moment of "I can't believe this is happening!" There seems to emerge a quirky sense of camaraderie throughout the room, emanating right from the stage. "It's a two-way conversation, our live show, definitely. We respond and react to audiences, and different audiences will bring out different things."

This particular night at the El Rey Theatre in Los Angeles brought out a dance party of the ages, a mash-up of "Body Gold" and "The Morning" by The Weeknd, an announcement of their performance on "Conan" on TBS, and an elated, almost giddy band in awe of yet another sold-out show. Anthony and Josephine reflect back on their earliest moments performing live, looking out onto a "canvas of people" for the very first time and watching fans react literally, directly to their music. "It's very strange seeing how the songs we've written have affected people. For example, there's this one song called Landslide — you can see people are really singing their hearts out. It's like, whoa, this song actually means something to you, and it's nuts!" This brings them back to the very heart of their album — the curious fascination with the people around them. Bravo, Oh Wonder! Encore!

If you think you love Oh Wonder now, check out a live show on their world tour, going on now. You'll be pleasantly surprised how much more deeply you can fall in love with Anthony and Josephine, Oh Wonder.

For tour dates and all things Oh Wonder, visit ohwondermusic.com.





Rob Zangardi & Mariel Haenn

Clients: **Jennifer Lopez, Rachel McAdams, Pharrell, Gwen Stefani, Lily Collins.** Coming off a whirlwind year of dressing our favorite music hosts Jennifer Lopez, Pharrell and Gwen Stefani, this dynamic duo has no time to rest. We're excited to see what they turn out this awards season, and especially for J. Lo's Vegas residency.



Monica Rose

Clients: **Kendall and Kylie Jenner, Kholé and Kourtney Kardashian, Gigi Hadid.** The stylist the Kardashian/Jenner clan can't seem to live without, Monica Rose has created some of the most talked about looks for this group. She's changed the game when it comes to Kendall's and Gigi's model-off-duty looks, is always willing to take a risk, and is a pro when it comes to creating monochromatic outfits. There's no designer she hasn't worked with, from newcomers to well-established fashion houses.

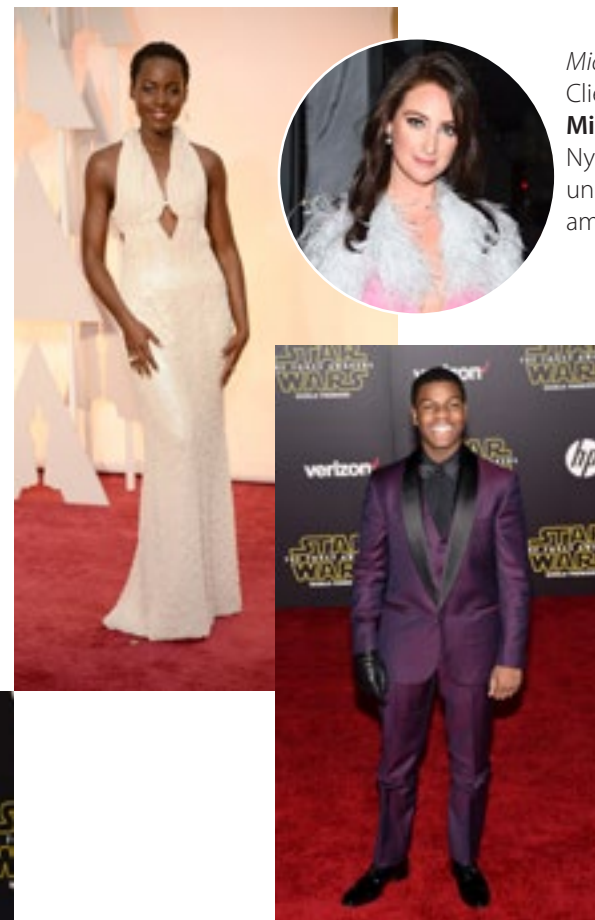
These fashion stylists have created some of the most memorable fashion moments in 2015. We're definitely watching to see what they put on our favorite celebs next.

CELEBRITIES & THEIR STYLISTS



Petra Flannery

Clients: **Daisy Ridley, Zoe Saldana, Amy Adams, Claire Danes.** Petra Flannery is the leader of the pack when it comes to styling. She's known to take risks that give her A-list clients the element of surprise on the red carpet. It was no surprise when we saw "Star Wars: The Force Awakens" newcomer Daisy Ridley grace the red carpet under her guidance.



Micaela Erlanger

Clients: **Lupita Nyong'o, Jared Leto, John Boyega, Michelle Dockery.** The woman behind some of Lupita Nyong'o's biggest red carpet moments and Jared Leto's unique style aesthetic, Micaela Erlanger never ceases to amaze us with her style choices for her clients.



Law Roach

Clients: **Zendaya, Ruby Rose, Willow Shields.** Zendaya has become a fashion icon overnight, it seems, and that can be attributed to her unique sense of style, but mostly to the fashion genius that is Law Roach. With his help, Zendaya has become immortalized as a Barbie doll.



Kate Young

Clients: **Selena Gomez, Emilia Clarke, Natalie Portman, Dakota Johnson, Sienna Miller.** The "It" maker, Kate Young knows how to transform an actress into an "It girl." Selena Gomez has never looked so good, and Dakota Johnson's "Fifty Shades" red carpet appearances have been nothing short of outstanding. Young has transformed her clients into sexy, polished women, and we can't wait to see more.



Ilaria Urbinati

Clients: **Lizzy Caplan, Krysten Ritter, Nina Dobrev, Chris Evans, Bradley Cooper.** This new mom is a powerhouse stylist. She's styled some of the biggest names in the business while also creating a capsule collection with Eddie Bauer. Truly, she's a force to be reckoned with.



jordan Fisher

PHOTOGRAPHY BY SAMI DRASIN
STYLING BY LO VONRUMP
GROOMING BY MICHELLE HARVEY
WRITTEN BY JANE HONG

SHIRT H&M
SUIT SAND
SHOES CHUCK TAYLOR CONVERSE

T

he multi hyphenate talent shows off all his skills in the upcoming “Grease: Live,” FOX’s live television adaption of the musical classic.

Live,” FOX’s live television adaption of the musical classic.

Composure Magazine: You grew up in Alabama with strong roots in music and dance. What inspired you the most to pursue musical theater?

Jordan Fisher: I didn’t know of my passion until a girl that I had a crush on in fifth grade joined the drama club. I joined so I could hang with her more, but fell in love with the art! Super “Glee” of me, haha.

CM: “Grease: Live” premieres January 31. What has it been like to reprise the role of Doody?

JF: Such an honor. Barry Pearl who played the original Doody in the film is actually a part of the show. We met a couple of years ago during a show in L.A., became fast friends and said that we needed to work with each other again. Who would’ve known that THIS would be the project?!

CM: Is there something about Doody we should know about that perhaps we didn’t catch in the original movie?

JF: He sings a song in the Broadway production called “Those Magic Changes” that he unfortunately didn’t sing in the film. I do, however, get to perform that very song in our production. It’s a pretty special moment.

CM: In “Grease Live,” your girlfriend is Frenchy,

who is played by Carly Rae Jepsen. What has that experience been like?

JF: Such a great time! I’m definitely a fan of her work, so being able to play in this space has been a blast. She’s a sweetheart.

CM: We hear that rehearsals have been rigorous. What does the typical day look like?

JF: Long. Haha! It’s been great, though. The typical day right now pretty much starts with wardrobe in my dressing room. I’ll make my way to hair and makeup, we’ll meet up in the gym, go over some notes, then start at the top of the show!

CM: We bet there have been some interesting moments that have occurred during rehearsals. Can you share some of your favorites?

JF: We actually all became fast friends SO quickly. We were rather obsessed with each other from day one. Haha! As a matter of fact, we’ve all adopted a pretty addicting game called ninja. It’s a sight to see. The whole goal is to take turns trying to quickly strike someone’s hand, and upon elimination, you have to survive the rest of the round. It’s SO fun.

CM: Is performing on Broadway still a goal in the future? If you could play any Broadway role, what would it be?

JF: VERY much so. I can’t wait for that day. A couple of dream roles of mine are Mark in “Rent” (hopefully a revival soon) and Fiyero in “Wicked.” I would also love to play Daniel in a “Once on This Island” revival. Or anything that Tommy Kail directs.

CM: It seems that music has been an obvious segue into TV and film for you with roles in “Teen Beach Movie” and shows like “Liv and Maddie.” What has that experience been like for you? Was it a natural transition or did it come with its challenges?

JF: Well, I actually began my journey in L.A. in TV and film. Music was something that I always wanted to pursue, but it took a little longer to figure out how to get started. My ultimate goal is to be able to make music, tour, do TV, films, Broadway, etc. for the rest of my life!

CM: What’s in store for Holden Dippledorf now that “Liv and Maddie” has been renewed for Season 4?

JF: Ooooh, we’ll have to wait and see!

CM: Going back to music, you signed with Hollywood Records last year. How has it been working with the writers and producers for your album? When will it release?

JF: I sure did! This journey has been incredible. I’ve been fortunate enough to work with some incredibly talented people. SO looking forward to everyone hearing what I’ve been up to over the course of the last year.

CM: What can you tell us about your musical style and what the album is about?

JF: I grew up listening to Stevie Wonder, Luther Vandross, Whitney, The Doobie Brothers, Lionel Richie, etc. My genre is something between a more urban pop-soul and ’80s R&B.

CM: Can we expect an album tour in the near future?

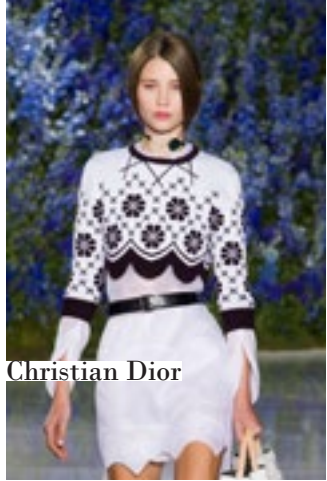
JF: That’s the goal!

Don’t miss Jordan as T-Bird “Doody” on the one-time live television event, “Grease: Live!” Sunday, January 31, 7/6c on FOX.





7 Charming Sisters
"The Gladiator" Necklace, \$12.99
7charmingisters.com



Christian Dior



Giorgio Armani
Photo courtesy beautypress.com



Sophie Blake NY
"Clara" Earrings, \$165
stylecable.com

Elisabeth Bell "Sea Urchin
Star" Earrings, \$2,785
elisabethbelljewelry.com



Banana Republic
Photo courtesy beautypress.com



Karine Sultan
"Julie" Earrings, \$36
karinesultan.com

All CHOKED Up

MAKE A STATEMENT

If the spring runways were any indication, your ear party's going to speak volumes about your personal style. So let it all hang out with shoulder-grazing earrings in geometric shapes and plenty of fringe. By Anna M. Park, StyleUnderPressure.com

Feeling the winter blues? Inject some life into your sweaters and coats with an instant update borrowed from the spring runways: a choker necklace. It draws the eyes up, highlights the collarbone and puts you way ahead of the fashion game. By Anna M. Park, StyleUnderPressure.com



Louis Vuitton



Balmain



Berricle Jewelry
Woven Choker Necklace, \$29.90
berricle.com



Sarah & Sebastian
"Bold Star" Choker, price upon request
sarahandsebastian.com



Iris Guy Sofer Jewelry
Large Tear Drop Oxidized Silver
Earrings with Keishi Pearls, \$144
irisguy.com



Karine Sultan
"Elodie" Necklace, \$117
karinesultan.com



Victor Alfaro
Photo courtesy beautypress.com

Steve Madden
Geometric Fringe Earrings, \$20
stevemadden.com



H&M
Hoop and Fringe Earrings, \$10
hm.com



Efva Attling
"Balls" necklace, \$900
efvaattling.com



Valentino

SILVER LINING

PHOTOGRAPHY BY JOHN HONG
STYLING BY ADRIEN RABAGO
MAKE UP BY MANDY PEREZ USING KEVYN AUCOIN
HAIR BY TIFFANY LEE
MODEL KAIA, TWO MANAGEMENT



BLOUSE ARGENTI NOTTE
PANTS CAMEO



DRESS C/MEO COLLECTIVE
PANTS JOHN MURROUGH
SHOES ZARA

DRESS C/MEO COLLECTIVE
PANTS CUSTO BARCELONA
SHOES UNIQUE





DRESS **KEEPSAKE**
JACKET **ADRIEN'S CLOSET VINTAGE**
SHOES **UNIQUE**



DRESS **ALEXANDER WANG**
SHOES **ZARA**



TOP ZARA
SKIRT ZARA
SHOES UNIQUE



BLOUSE TOP SHOP
SHORTS CAMEO
SHOES KENNETH COLE

As we enter into a new year, we make a list of resolutions in the hope of bettering ourselves: to love harder, travel more, get in better shape and to give back. Well, we've got you covered in the giving back part. Here, we've compiled a list of inspiring companies and non-profit organizations that prove giving back is always in style.



Eye for an Eye - A brand that began simply because glasses were too expensive, Warby Parker started a revolutionary program that gives the consumer control and offers fashionable eyewear at a fraction of the cost. Warby Parker is another brand that believes in the one for one ideology. It partners with non-profits like VisionSpring to ensure that for every pair of glasses sold, a pair is distributed to someone in need, and that training is offered to locals to provide eye exams. warbyparker.com

FASHION PROJECT

Great Deals for a Good Cause - Founded by Anna Palmer and Christine Rizk, Fashion Project's motto is to use fashion as a force for good. Each designer piece that's donated to the organization is resold with up to 55% of the proceeds going to any cause chosen by the donor. If you have nothing to donate, you can still shop for a good cause. A pair of shoes sold can help to feed children, send a child to school and empower women starting a new business. fashionproject.com



People Matter - Sevenly is an organization whose mission is to lead a generation towards generosity, creating a social platform that thrives to ensure that people matter. Each week, Sevenly picks a new charity to promote and create unique apparel that helps raise funding for them. Sevenly collaborates with organizations such as Tribe Alive, helping to employ the women that create their seasonal Causebox. Then \$7 or 7% from each purchase is donated to that charity. sevenly.org

FASHION

GIVESBACK

Soles for your Soul - With every purchase, TOMS will give back to someone in need, one for one. The brand has expanded beyond their well-known canvas-style shoes to include eyewear, handbags and much more. For each pair of shoe purchased, a pair of shoes will be given to a child in need. Each eyewear purchase means restored sight for a person in need. For each bag, the safe birth of a child for a mother in need, and for each TOMS Roasting Co. purchase, you're ensuring safe water for a person in need. toms.com



Work for all - Aurora James, creative director of the fast growing "It" brand Brother Vellies, designs some of the coolest footwear we've ever seen. The brand is run on a charitable premise of creating jobs for women and men in Kenya, Namibia and South Africa. Each amazing shoe is handcrafted and made with sustainable materials; nothing is left to waste. The brand stands for empowerment and creating sustainable fashion. brothervellies.com



Jewels that empower - Designer and founder Satya Scainetti creates unique, one-of-a-kind handmade jewelry that not only looks beautiful but also inspires. Each piece of jewelry is meant to represent the individual's truth and resonate with each individual's personal journey. Satya, which means "truth," has also founded her non-profit, The Satya Foundation, which has donated over \$1 million to children's charities all over the world. satyajewelry.com



Food for Thought - Founded by Lauren Bush in 2007, FEED is Lauren's mission to feed and educate children in need all around the world. What started with a few bags has now expanded to include a variety of leather handbags, accessories and apparel. Each product is stamped to represent how many meals or micronutrient packets are provided with its purchase. The FEED projects has provided over 80 million meals globally and has partnered with fashion brands such as Gap, Toms, Tory Burch and more to fight against world hunger and for better education for young children. feedprojects.com



victoria Moroles

PHOTOGRAPHY BY SHANNA FISHER
STYLING BY ADRIEN RABAGO
MAKE UP BY ROBIAT BALOGUN
HAIR BY KAREN PARK
WRITTEN BY CHRISTINE CHANG



DRESS SANE

44

COMPOSUREMAGAZINE.COM



SILK BLOUSE RALPH LAUREN
PANTS FLUXUS

COMPOSUREMAGAZINE.COM

45

W h e t h e r
p l a y i n g a
w e r e w o l f
o n “Teen
W o l f” o r a
t o m b o y o n

“Liv and Maddie,” Victoria Moroles knows how to stay grounded.

Composure Magazine: You’re a Texas gal — what are some things that you love about growing up in Texas?

Victoria Moroles: One of my favorite things about where I grew up, that I don’t think I appreciated as much when I was younger is the simplicity of life there. I think as a kid, I may have looked at it like it was a little boring, with not much to do at the time, but now I realize how much that grounded me. I also loved growing up on the coast; a lot of my childhood was spent on the beach, and of course, nothing compares to Southern food.

CM: Who are your heroes in film and TV?

VM: Wow, there are so many people who inspire me, honestly, but to name a few — Sandra Bullock has always been one since I was little. Viola Davis, because she just oozes strength and confidence, which inspires me to not only be a stronger actor but woman as well. Jennifer Lawrence, because she is so relatable on so many levels. Meryl Streep because, I mean, Meryl Streep.

CM: Your character in “Teen Wolf,” Hayden Romero, struggles with life and death in all aspects. What do you do to get yourself “in character” for Hayden?

VM: I like to do a little meditation before going into work, which just helps me in being super present and connected with whoever I am that day. I’ll work on the script beforehand obviously, but then after that it’s just kind of about letting the “work” go, trusting that it’s in me, and letting her flow through

naturally and truly “living” in whatever situation she’s going through. Music is a big thing for me as well; I have certain playlists I’ll listen to for each character I get to play. Hayden’s is typically on the darker, more alternative side.

CM: Any advice for those wanting to pursue acting?

VM: I don’t know if I’m in any authority to be giving advice yet, but I guess so far, what I feel like has helped me throughout my journey is really learning how important patience is. Some advice that I’ve gotten that has helped me is to try to maintain balance in every aspect of your life because you can’t be someone else if you’re not connected with who YOU are. Also, in times that I feel really discouraged or unmotivated, I go back to that moment and feeling of inspiration that made me want to be an artist, and I never lose sight of that.

CM: The shows you are in deal mostly with teens and the struggles they are going through. What do you think teens today struggle with in their daily lives?

VM: Well, I feel like there are honestly a million different things that you go through in that time of your life, so many different emotions and relationships that you’re figuring out how to navigate. But I think the biggest struggle is self-acceptance, whether that be acceptance of yourself or acceptance of others. Of course, you may struggle with that your whole life, but I feel like it is very prominent during your teens.

CM: In the TV show “Liv and Maddie,” your character Andie Bustamante is a tomboy. Do you consider yourself a tomboy?

VM: Yeah, for sure, I would definitely say that I have what society would consider “tomboy” qualities, and I have a lot of fun playing Andie for that reason. I have my fair share of girly moments,



too, though, just as you see Andie have on the show.

CM: What does the word “beauty” mean to you?

VM: The word “beauty” sparks up a world of images, thoughts and feelings for me. To me, beauty in another human being is self-acceptance, honesty, truthfully living in your own skin, confidence, being 100% who YOU are and owning your own uniqueness.

CM: Any new year’s resolutions?

VM: It will most likely be for every year throughout my life, but this year specifically, I’m trying to weigh in on the practice of moderation and balance, and where I can use that in different aspects of my life.

CM: Any upcoming projects you have lined up?

VM: Well, I’m stoked for “Teen Wolf” season 6 to begin shooting this spring, and of course, I always hope that we see Andie pop up in a few episodes of “Liv and Maddie” season 4.

CM: After a long day’s work I like to come home and (fill in the blank).

VM: Honestly? Wash my face, get in sweats, make tea, and either watch one of my shows, play a little guitar, or read a book. Nothin’ crazy, just “me” time.

CM: Where do you see yourself in ten years?

VM: Ten years from now I hope to be living a healthy life, in good spirits, enjoying wherever I’m at, continuing my journey as an artist, and helping to change the world in whichever way life may lead me.

Catch Victoria on MTV’s “Teen Wolf,” Tuesdays at 9/8c, and on Disney Channel’s “Liv and Maddie.”



BLOUSE VINTAGE PUCCI
SKIRT ALEXANDER WANG
SHOES STUART WEITZMAN



BLOUSE ADRIEN'S CLOSET
PANTS VINTAGE RALPH LAUREN



NYX Beauty School Dropout Freshman Palette, \$20.00
Exclusively at NYX store and online at nyxcosmetics.com

We’ve never experienced a palette as complete as this! It definitely opens up a new world of creativity for a more beautiful way of doing your makeup. From natural to bold colors, there are endless options for every look you want to achieve.



Physicians Formula Super CC Color-Correction + Care All-Over Blur CC Cream SPF 30, \$14.95
physiciansformula.com

Achieve a flawless, youthful-looking complexion just by using this latest product from Physicians Formula. This multi-tasker instantly blurs out fine lines, wrinkles, dark circles, and discoloration. Its weightless silicone formula glides smoothly onto the skin and blends perfectly for an ultra-smooth finish that lasts all day.

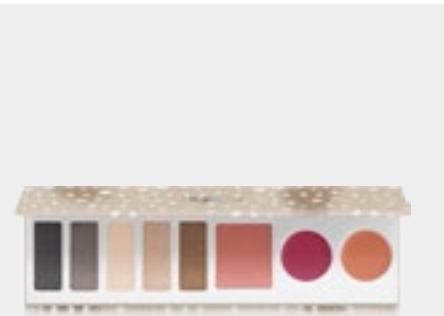
EDITOR'S PICKS

NEW YEAR NEW YOU COLOR EDITION



Hourglass Opaque Rouge Liquid Lipstick in Icon, \$28.00
sephora.com

A bold matte red lip color is really hard to find. But this new Hourglass opaque liquid lipstick is the perfect answer. This product delivers an intense and vibrant red that looks good on everyone. Most importantly, it stays on all day without any smudging.



Honest Beauty Everything Makeup Palette, \$35.00
honestbeauty.com

The Honest Beauty Everything Makeup Palette is a must-have palette for all the women on-the-go out there. This convenient and compact palette consists of 5 eye shadows, 2 lip colors, and 1 crème blush. Also, every sale of this product will help fund programs that support girls’ access to computer science education. How awesome is that?



Milani Fierce Foil Eyeliner in Black Gold Foil, \$6.99
milanicosmetics.com

This next-level eyeliner enhances your eyes with an intense and metallic finish. The shiny and shimmery effects brighten your eyes instantly. With the professional brush applicator, you can apply this product to line your eyes or create a full-on glittery lid makeup look.



Cinema Secrets Super Sealer, \$12.00
shop.cinemasecrets.com

We like to call this product “makeup hairspray.” After you are done applying your makeup, spray on this Super Sealer. A few spritzes of this product will lock in your makeup and ensure that you look fresh and flawless all day.



Jane Iredale PurePressed® Base Mineral Foundation, \$42.00 (refill only, compact sold separately)
janeiredale.com

Made from micronized minerals, this mineral foundation acts as your foundation, powder, concealer, and broad-spectrum sunscreen. The water-resistant formula conceals redness and diffuses the appearance of wrinkles and fine lines with a soft focus effect.



Too Faced Candlelight Glow Highlighting Powder Duo, \$30.00
toofaced.com

Get youthful, luminous-looking skin with this revamped version of the bestselling highlighter by Too Faced. The powder combination diffuses harsh light and creates beautiful sheen.



Essie Starry Starry Night, \$8.50
essie.com

Who doesn’t love glitter? We are obsessed with this nail shade from Essie. Its intense, glittery color is perfect for any occasion. It is definitely a must-have for the new season.



Sonia Kashuk The Brow Kit, \$19.99
target.com

Make sure your eyebrows look “on-fleck” every day with the perfect tools by Sonia Kashuk. Complete with tweezers, a small pair of scissors, a double-ended spoolie, a brush, and a universal brow pomade, this small toolkit is an “all-in-one” solution for achieving the perfect brow.



Le Métier de Beauté Full Stream Kaleidoscope, \$95
lemetierdebeaute.com

If you love to travel, this limited-edition compact will be your go-to for all of your beauty needs. With a translucent powder, blush, highlighter, and one “POP” eye shadow, this portable compact is easy to carry and comes with a mirror for touch-ups on the go.

NEW YEAR NEW YOU SKIN EDITION



Tata Harper Boosted Contouring Eye Mask - \$150.00
tataharperskincare.com

Infused with palm extract and red algae, this eye mask will instantly lift and restore the appearance of tired eyes. Once or twice a week, apply a thick layer to both upper and lower eyelids. Leave on for 10-20 minutes and wash off the excess with warm water for an instant result.



Bioderma Sensibio H2O - \$12.95
beautylish.com

Bioderma Sensibio is the first micellar water that is compatible with any skin type. Consider this product your new solution to cleansing skin and removing makeup residue.



Appriya Comprehensive Mineral Day & Night Cream - \$189.00
appriya.com

Formulated with colloidal gold, vitamins, and Appriya signature water, this comprehensive mineral day and night cream leaves your skin fresh and hydrated without ever feeling sticky or heavy. Apply this product both morning and night as a part of your skin care routine for maximum results.



Kora Organics Clay Purifying Mask - \$48.00
koraorganics.com

This purifying cleansing mask is formulated to gently detox, purify, and refine the texture of the skin. One to two times a week, apply the mask to your face, neck, and décolletage, and remove after 5-10 minutes with a soft cloth. You will definitely see an instant difference after just one use.



Sonia Kashuk Renew Micro Exfoliating Toner - \$14.99
target.com

A lot of people forget to apply toner before moisturizer. This light yet refreshing toner from Sonia Kashuk will gently exfoliate your skin, leaving your skin looking radiant and fresh throughout the day.



belif The True Cream - Moisturizing Bomb, \$38.00
sephora.com

With its powerful, hydrating ingredients, this moisturizer, touted to hydrate for 26 hours, is your new skin care buddy for the season. Its milky yet lightweight formula deeply nourishes and hydrates, ensuring that your skin is protected throughout the day.



Dermaesthetics C-Lester Topical C-20 Serum - \$159.00
dermaestheticsusa.com

Considered “youth in a bottle,” this Vitamin C 20% serum is the answer for many of your skin concerns. The serum fights signs of premature aging by restoring suppleness to the skin, thanks to L-ascorbic acid and green tea extract utilized to stimulate the natural collagen synthesis process. Preservative-free, no GMOs, no artificial colors, and cruelty-free.



Lizora Pu-Erh Tea Nourishing Cream - \$49.00
lizora.com

This all-in-one, 100% organic product acts as cleanser, exfoliator, and daily moisturizer for your skin. Safe for all skin types, even the most sensitive skin, this cream expires 30 days after opening, making us feel more secure that Lizora is truly a natural product.



VenEffect Pore Minimizing Cleanser - \$60.00
VENeffect.com

This new gentle foaming gel cleanser removes impurities, reduces excess sebum, and minimizes the appearance of pores, leaving your skin refreshed and renewed with phyto-nutrients and essential hydration.



ToGoSpa 3 Pomegranate Under Eye Treatments - \$12.50
togospa.com

Get rid of your tired and puffy eyes by applying these collagen under-eye treatments before putting on makeup or going to sleep. Leave the gel patches on for about 10-15 minutes for a quick result.



Hourglass No. 28 Lip Treatment Oil - \$42.00
sephora.com

Apply this lip treatment oil from Hourglass to hydrate, rejuvenate, and regenerate your delicate lip area. This product will help boost moisture levels, reduce the appearance of wrinkles, and improve your lip shape and volume.

danielle Panabaker

Former Disney teenage mainstay and resident genius on CW's "The Flash," Danielle Panabaker talks superheroes, fashion, and living by the golden rule.

PHOTOGRAPHY BY JOSEFHALEY AND JOHN HONG
CREATIVE DIRECTION BY JANE HONG
STYLING BY JESSY CAIN, THE WALL GROUP
MAKE UP BY NICOLE WALMSLEY, THE WALL GROUP
USING GIORGIO ARMANI BEAUTY
HAIR BY CREIGHTON BOWMAN, TRACEY MATTINGLEY
WRITTEN BY KATHLEEN RODGERS

S

itting in a spacious studio loft overlooking the Los Angeles skyline, it is easy to forget that the stunning

young woman in front of us got her start as a teenager on the Disney channel. Now 28, Danielle Panabaker has established herself as a talented and multifaceted star in her own right, working on films such as “Friday the 13th,” “Yours, Mine & Ours,” and “Read It and Weep,” and landing series regular roles on hit television shows like “Shark” and the CW’s mega hit “The Flash.”

Fresh off the plane from Vancouver, where she moonlights as Dr. Caitlin Snow, S.T.A.R. Labs bioengineer and overall genius powerhouse on “The Flash,” Panabaker is happy to be back on her adopted home turf. “It is so nice to be in sunny L.A.!” she exclaims, having come directly from the airport to our shoot. As she walks in, she warmly greets her team with familiar hugs and questions about friends, family members, and other aspects of everyday life they miss during the months she spends on set in Canada. Panabaker clearly surrounds herself with people she would call friends before team members, something that surely eases the craziness of her busy schedule. Panabaker started her acting career at the age of 15, and her ease and professional composure certainly reflects that of someone who has spent nearly half her life in front of a camera. Based on the photo

shoot for this story, we can only imagine her to be any director’s dream, effortlessly and flawlessly responding to creative direction.

Looking over her shoulder at the various looks she wore only moments ago, she muses, “I loved all the soft sweaters, but I think my favorite was the shorts and tuxedo-inspired top. I gravitate toward anything that is short,” she explains. “My style tends to be pretty classic, but I’m a fan of wearing whatever makes you feel good.”

“I’m so proud
to play such an
intelligent woman
on television.”

Witnessing her ease in front of a camera, one would never guess that under the surface lies a more reserved young woman. Laughing at herself, she says, “I love photo shoots, but I hate being in front of the camera as myself! I’m actually quite shy.” Other actors and actresses often share this sentiment, so when asked how she is able to differentiate the

two, she explains, “When I’m working, I always try to approach scenes and storylines from the perspective of my character. I try to take into account her personal history and how she would feel about different circumstances. I think being on set really helps get into character — the wardrobe, hair and make up, sets and other actors all contribute.” Considering her current status as a member of the DC Comics universe, one can readily appreciate how red spandex superhero suits and the George Jetson-style science gadgets could make getting into crime-fighting superhero mode an easier task.

Almost everyone loves a hero, but arguably the most striking aspect of our cultural gravitation towards superhero tales of bravery and sacrifice is the accessible humanity they all seem to possess. Our fascination is not with advanced CGI technology or cool costumes, but rather in the hope they give us that indeed heroes among us do exist. For a moment, in the midst of the chaos of an unpredictable and often incomprehensibly cruel world, superheroes give us the glimmer of possibility that humanity is not a lost cause. They show us an alternative to fear, give us something to believe in, and give us hope in people fighting against evil, the idea that people like us actually can make a difference. The true magic in most superhero tales lies in their choice not to wait for a hero, but rather to become one. Therefore, it's no big surprise that when "The Flash" premiered on The CW last fall, it was the network's highest-rated premiere since it debuted "The Vampire Diaries" in 2009.

Panabaker was not familiar with comic book culture prior to signing on to "The Flash," so her full immersion in a world of meta-humans with superhuman powers has been the best education. What has her takeaway been? "I think most people can relate to the fantasy of having superpowers and how that would change their life. I love seeing a character like the Flash on TV as he tries to change the world and make it a better place each week." This relatability has drawn fans to the show since day one, and Panabaker is overwhelmed by their passion and love for the series. "I have a sweet tooth, so I've received lots of sweets [like Tim Tams]," she shares, recalling some of her favorite fan encounters. "When I was visiting Paris, I received a very sweet book of letters from fans that meant a lot to me."

Last year saw much discussion about roles for women in the entertainment industry, and there has never been a better time to champion feminine power on screen. "The Flash" has embraced this from the beginning, as its hero owes much of his crime-fighting success to his leading lady. "I'm so proud to play such an intelligent woman on television," Panabaker gushes about her character's credentials as an accomplished bioengineer. As fans of the show, we love seeing roles written for



BLOUSE ELISABETTA FRANCHI
SKIRT AQUA
FUR JACKET PAM & GELA
SHOES ASOS
EARRINGS CRISTINA SABATINI

SWEATER ELISABETTA FRANCHI
PANTS ELISABETTA FRANCHI
SHOES ELISABETTA FRANCHI
RING CRISTINA SABATINI



smart women, but we also love how Caitlin is perfectly balanced by her loyalty, grace, and care for those around her. It is easy to write one-dimensional characters filling certain mainstay stereotypes, but Panabaker's character lies outside the confines of any one box. And ultimately, this better reflects humanity because we are rarely as uncomplicated as many characters are made out to be. As we continue discussing "The Flash," the conversation turns toward her relationship with Caitlin, and after thinking a moment about their similarities, she replies, "I like to think we are both smart, driven women. I think we are both caretakers and worry about the people around us." Given these similarities, it is easy to see why showrunners saw her as a good fit for the role. And in case you needed another reason to be a fan, we discovered that Panabaker graduated high school at 14 and graduated from UCLA with her bachelor of arts (and on the Dean's List) at the age of 19. Pretty impressive at baseline, but then add in her full-time job as an actress at the time, and it's hard to imagine how she does it.

Despite some obvious similarities, Panabaker does not shy away from admitting the challenges that inevitably accompany her character. She admits to "occasionally struggling with the scientific dialogue," something she also describes as a fun challenge. With the advanced scientific elements of the show also comes some pretty amazing technology, and Panabaker is quick to recognize this as one of her favorite aspects of the series. "I feel grateful that I've been able to learn so much about special effects on our show. I'm fascinated by how technology is evolving to help us make a better program each week."

Having done both television and film, Panabaker appreciates the difference between the two mediums. "I was fortunate enough to be on a TV show called 'Shark' before, which prepared me a little bit for the grueling schedule of shooting 23 episodes a year," she explains. And yet her favorite part of working on "The Flash" is the people she gets to work with every day and the benefits of growing with a character over time. "I'm so grateful for all the different emotional places the writers have allowed me to explore. Some of the

excitement in being part of a TV show is that there's a constant evolution to your character — there's no set beginning, middle, or end. I love being able to grow with Caitlin." She adds how the fantastical elements of the show also allow her to explore her creativity and "push the envelope with [her] imagination" in a way she has not been able to before.

Staying power in any professional field relies on continuing to pursue growth and improvement; the moment we become static is the moment we become irrelevant, and Hollywood is no different. Panabaker's career is a testament to this as she has transitioned through different roles and opportunities over time, but her sights are still set on more. As we begin to wrap up our discussion, the conversation turns toward her hopes and dreams for the future. Looking ahead to the rest of this year, she says, "Hopefully during my hiatus I can work on some different projects and continue to work with new and different people." She also discusses her dream of eventually going behind the camera, adding producing to her list of hopes for the next five to ten years. But as far as the immediate future is concerned? "We have a two week break over the holidays, so I'd like to take advantage of that time." She'll be making headway on her 2016 new year's resolutions, which include more travel and eating less dessert ("because I'm probably addicted to sugar" — something we have in common).

She ends with words that perfectly conclude our discussion on what it means to be an everyday hero: "A new year is a fresh start and a great reminder to always be your best self. I just try to take everything day by day and remember to treat others as I would want to be treated."

Fans of the comics will know that Caitlin Snow has always been fated to become Killer Frost, her Earth 2 villainous alter ego. The first photos of Panabaker's portrayal of Killer Frost were released earlier last fall, followed by the announcement of her villain debut upon the 2016 return of "The Flash." Watch "The Flash" on the CW, Tuesdays at 8/7c.

SHORTS ELISABETTA FRANCHI
JACKET ELISABETTA FRANCHI
BLOUSE PAM & GELA
SHOES AGL



SEE SPOTRun

By Anna M. Park, StyleUnderPressure.com

OD'd on sun exposure this summer? Got a bit aggressive on that last breakout? Or perhaps you're noticing that that "shadow" is actually a dark patch set on conquering your cheeks and forehead. There are a lot of claims about what works to fight hyperpigmentation, which ranges from sunspots and post-acne scarring to melasma, a more pervasive darkening of patches on the face. But because skin prone to the overproduction of melanin (that's the brown pigment we're trying to get rid of) can be extra sensitive — and most people with darker skin tones, ranging from Asians to African Americans, are more likely to get melasma — harsh prescription retinoids, over-exfoliation and even heat can result in post-inflammatory pigmentation, according to Jessica Wu, M.D., a Los Angeles-based dermatologist and assistant clinical professor of dermatology at USC School of Medicine.

On the other side of the spectrum are home remedies like lemon water — something board-certified dermatologist Michele Green does not recommend. "The acidity [in lemons] can often actually cause hyperpigmentation and phytophotodermatitis," a condition that makes skin hypersensitive to ultraviolet light.

Thankfully, there is no shortage of plant- or fruit-derived ingredients that have been clinically shown to successfully take on those pesky dark spots. Consider vitamin C from citrus fruits, licorice extract and even green tea the heavy hitters in your skin care arsenal. Green tea is "a natural anti-inflammatory agent that addresses the correlation between inflammation and pigment formation," says Dr. Green. "Because it's an antioxidant, green tea can also slow the oxidation steps that cause the production of melanin."

Another powerful weapon is arbutin, a natural compound extracted from certain plant species, including bearberry, which inhibits the tyrosinase enzyme necessary to produce melanin. Those with sensitive skin may want to consider soy, says Dr. Wu — it has anti-inflammatory effects and also interferes with a step in melanin production.

But perhaps the most important ingredient in a hyperpigmentation-fighting regimen? Broad-spectrum sunscreen. Dr. Wu prefers a zinc oxide sunscreen with an SPF of 30 to 50. And since the American Academy of Dermatology recommends pairing sunscreen with antioxidants (which all of the below ingredients are) to fight inflammation and free radicals, consider yourself well-armed with these spot obliterators on your side.

Ready to do battle against
HYPERPIGMENTATION?

Call in these heavy-hitting, naturally-derived ingredients. They've got the science to back them up.

VITAMIN C



Three types of vitamin C optimize absorption, along with bamboo, pomegranate and pea extracts, peptides and resveratrol. Cosmedicine Triple-P Perfected Brightening Serum, \$210, cosmedicine.com.

Powered by the brightening Amazonian camu-camu berry, one of the world's greatest naturally occurring sources of vitamin C. DHC Camu-Camu White Essence, \$29, dhccare.com.

SUN PROTECTION



This fast-drying, zinc oxide sunscreen is bolstered by a stable vitamin C, a licorice derivative, linoleic acid and cherry blossom leaf extract. Equitance Sunscreen Broad Spectrum SPF 36, \$30, equitance-us.com.

LICORICE



With 47% of the Korean beauty brand's brightening serum, this tinted serum protects skin from both light and heat, which studies show can exacerbate hyperpigmentation. Sulwhasoo Snowise Brightening Serum BB, \$60, us.sulwhasoo.com.

Licorice extract works together with vitamin C and niacinamide to improve skin radiance and tone in these one-time use nightly capsules. Elizabeth Arden Skin Illuminating Brightening Night Capsules, \$84, elizabetharden.com.

SOY



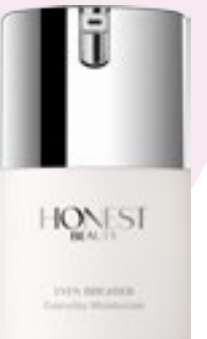
A serum that battles spots with nine plant extracts, including soy, arbutin and green tea. Pur-lisse Pur-Bright Ultra Skin Brightening Serum, \$76, shop.purlisse.com.

GREEN TEA



Sure, it's got green tea, but it also features a host of spot-fighting botanicals like turmeric, clove flower and gooseberry. Juara Clove Flower & Turmeric Anti-Aging Serum, \$65, juaraskincare.com.

A team player, this moisturizer's roster includes green tea, licorice extract and vitamin C-rich acerola cherry. Honest Beauty Even Brighter Everyday Moisturizer, \$34, honestbeauty.com.



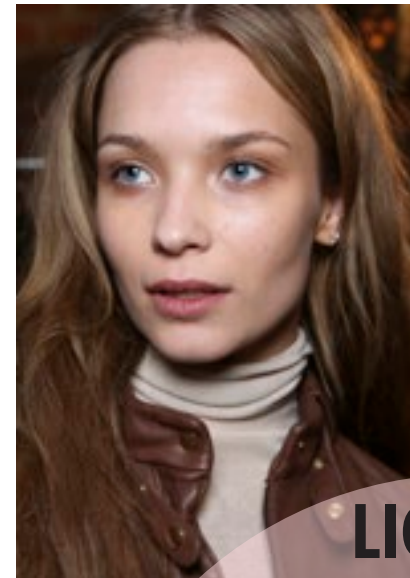
ARBUTIN



Lightweight but loaded with bearberry extract, vitamin C, green tea and a virtual United Nations of natural ingredients like Indian gooseberry, Japanese matsutake mushroom and Patagonian seaweed. OSEA Brightening Serum, \$60, oseamalibu.com.



Featuring a high-tech blend of peptides, ultra pure alpha arbutin and a powerful, stable antioxidant to lighten hyperpigmentation. White RX Activated Serum, \$43, whiterx.com.



Joie. Photo courtesy of Butter London.

THE Queens OF K-BEAUTY

It's official: Korean beauty has swept the world, and in the States, three K-beauty e-tailers reign supreme. Here, we ask them to share their best beauty products.

Anna M. Park, StyleUnderPressure.com

GLOW RECIPE

The queens: Christine Chang and Sarah Lee, glowrecipe.com

Their credentials: 20+ years of combined beauty experience at L'Oreal in both Korea and the U.S.

Crowning achievement: A "Shark Tank" deal with tech entrepreneur Robert Herjavec for almost half a million.

THEIR ROYAL JEWELS:



Blithe **Citrus & Honey Patting Splash Mask, \$48**

Splash masks are a concentrated liquid treatment with a blend of skin re-texturizing lactic acid and soothing, hydrating botanicals. It's inspired by a longtime bathhouse tradition of women using botanical steeped waters to splash on the face to help tone and brighten skin. These masks only need 15 seconds to provide the same benefits as a 20-minute sheet mask. Pour a capful of this liquid treatment into palms in the shower, and splash and pat onto the face for an instant boost in radiance.



Earth's Recipe **Moisture Bound Cream, \$50**

Moisture-binding products that help to youthfully plump and thus, "anti-deflate" the face is the latest obsession of Korean women. Volumizing the face was a trend a couple of years ago, but what women want now is not volume per se but youthful, plump, hydration-filled skin, called "taeng taeng" or "zzon zzon" in Korean. This cream plumps the skin with Tremella mushroom, which can hold up to 500 times its water weight; it's one of the few ingredients in nature that have this capacity.



Primary Raw **DoYou Soy Milk Ferment Cleanse Toner, \$35**

Multi-taskers are a huge trend for the demanding Korean customer, and this cleanse toner can be used as a hydrating balancer after cleansing, and also as a morning cleanser as it effectively wipes off residue. Powered by skin nourishing fermented soy extract, witch hazel and black bean extract to prep skin without dryness or irritation, this water-free cleanse toner comes in a bottle designed to be upcycled after use as a vase, as with most of Primary Raw's packaging.

PEACH & LILY

The queen: Alicia Yoon, peachandlily.com

Her credentials: Skin care expertise from beauty school in Korea (which also helped Yoon manage her eczema), while an MBA at Harvard gives her serious business chops.

Crowning achievement: The first Peach & Lily brick-and-mortar store launched at Macy's in New York this past November.

HER ROYAL JEWELS:



Cremorlab **Snow Falls Whipping Cleanser, \$24**

Too many cleansers leave the skin feeling tight and dehydrated; though your skin may be "clean," the stripping that's done is quite damaging to the skin's moisture barrier. This cleanser, which comes in a unique can format, doesn't sacrifice your skin to produce a clean, refreshed result, and the texture is unlike any other — the creamy, marshmallow-like foam clings to impurities while keeping your skin nourished and soft.



Mizon **Snail Repair Eye Cream, \$22**

This eye cream truly does it all. Packed with 80% snail mucin, it's hydrating yet fast absorbing with a very lightweight texture. It helps firm the delicate under-eye area and improves the appearance of fine lines and wrinkles. Snail mucin can also help combat hyperpigmentation to help with under-eye circles and uneven skin tone.



Shangpree **Charcoal Hydrogel Mask, \$17**

Sheet masks come in a variety of materials that include the classic cotton fabric, a form-fitting biocellulose, and the innovative cooling and hydrating hydrogel, which this mask is made of. Charcoal is known to be purifying, but it's less widely known that charcoal has anti-viral and anti-inflammatory properties as well. This allows the mask to deeply cleanse and soothe, resulting in minimized pores, hydrated skin and a healthy glow.

SOKO GLAM

The queen: Charlotte Cho, sokoglam.com

Her credentials: A licensed esthetician, Cho founded Soko Glam with her Columbia Business School grad husband Dave in 2012.

Crowning achievement: Her new book from William Morrow, "The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing Skin".

HER ROYAL JEWELS:



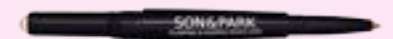
Neogen **Real Flower Cleansing Water—Calendula, \$22**

Multi-tasking products are growing in popularity in Korea, like this micellar water that works as a post-cleansing toner or even as a stand-alone cleanser when you don't have time for a double cleanse. Real calendula petals are suspended in the water, and its calming, balancing formula is perfect for those with sensitive or acne-prone skin.



Banila Co **It Radiant Lace Hydrogel Eye Patch, \$5**

Sheet masks are the heart of the Korean skin care routine. I love how this lacy white eye mask intensely brightens the delicate eye area with green tea extract and reduces fine lines with collagen extract.



Son & Park **Plumping & Shaping Pencil Duo, \$19**

In Korea, it's all about highlighting the under-eye area to make the eyes appear more plump and youthful. This double-ended stick makeup has a contouring pencil on one side to create depth and a highlighter on the other to make eyes bright.

gold wonder

PHOTOGRAPHY BY JOHN AND JANE HONG
MAKE UP BY ARCHANGELA CHELSEA
HAIR BY TIFFANY LEE
MODEL PAIGE, HOLLYWOOD MODEL MANAGEMENT





BEAUTY HAIR EDITION BREAKDOWN WITH PAUL NORTON

“ There is no great feeling for a hairstylist than when their clients trust them whole heartedly for them to create the most suiting looks on them for each occasion. Gina allows my inner artist to shine each time because she trust that I understand how to make her look and feel beautiful. ”



Paul Norton is one of the industry’s rising-star hair stylists, whose philosophy of creating a woman’s signature look begins with enhancing her personal beauty by working with her natural texture.

His fervor for cutting and styling hair came at an early age, leading him to The Aveda Institute in New York where he trained under Ginger Boyle. Paul has since worked in highly esteemed salons in New York and Los Angeles, and has also lent his expertise to major media programs, such as Access Hollywood, The Doctor’s and the E! Network. Paul’s A-list celebrity clients are among Entertainments most stylish, including: Robin Wright, Mariah Carey, Adrien Brody and Brooke Shields.

When not on location with his celebrity clientele he can be found cutting and styling at The Sally Hershberger Salon in West Hollywood California. Paul’s belief that as individuals we should be styling to personal preference and not to trend is most apparent in his one-on-one sessions, working with his clients to help define their personal style. Paul is currently based out of Los Angeles.

GINA RODRIGUEZ’S GOLDEN GLOBE BEAUTY BREAKDOWN | LOOK #1

With all red Carpet looks it begins with the dress. Gina was styled by Lauren Rodriguez and is wearing a Gown by Badgley Mischka Shoes by Jimmy Choo With Jewelry by Chopard And a Judith Leiber clutch.

Sense the feeling of the dress is such a classic “Old Hollywood” feeling, Gina and I felt it most suiting to keep consist by channeling the looks of old Hollywood Glamour embodied by woman such as Rita Hayworth , Lana Turner, Ava Gardner, and Jane Mansfield. Given that the dress exposes the shoulders we knew that romantic shinny classic waves were the way to go!

STEP 1 | I began Gina’s look on damp hair that had been freshly washed with Joico *Color Balance Blue shampoo and Conditioner* to remove any brassiness from existing high lights we are growing out.

STEP 2 | Knowing I intended on setting Gina’s hair to create a wave that was soft yet would hold all night I first added Joico *JoiWhip Firm Hold Design Foam* from roots to ends and blew out the hair with a medium size boar bristle round brush until fully dry.

STEP 3 | Once the hair was dry I took 3 large horizontal sections beginning at the bottom and sprayed Joico *Iron Clad Thermal Protectant Spray* gently throughout each section to protect the hair from the heat I was about to add to the hair.

STEP 4 | I then took sections beginning in the back in the bottom of the head and with a 1 1/4 inch curling iron I curled 2 inch sections under and using larger agitator hair clips I secured each section in order to cool and create the perfect wave. As I made my way to the top section I gave her a deep side part on her right side and curled all of the hair under and away from the face and also secured those curls with large alligator hair pins.



STEP 5 | Once the set was completed I generously sprayed several coats of Joico *JoiMist Medium Styling and Finishing Spray* over the entire head in order for it to help set the wave while the hair cooled. Allowing the set to cool insures that they reform as actual curls. I then stepped away for about 15 minutes for proper cooling time. Once I felt as though my set had perfectly cooled and reformed I began removing the clips and releasing my curls. From the bottom to the top. After every clip was removed I asked Gina to tilt her head back and rest her neck on the back of the chair allowing me the chance to vigorously run my fingers though her hair in a combing fashion breaking up each curl.

STEP 6 | Next I put a dime size amount of Joico *Crème Wax Texture and Shine* in the palm of my hand then applied it to Gina’s hair from root to tip, finger combing it all back away from the face and began to sort of place the hair exactly how I wanted it to lay, paying close attention to her face shape in order to make sure each wave rested at the most flattering point.

STEP 7 | I then secured the waves with large metal hair pins in order for it to set in that form a little while longer allowing me time to brush back the right side with my baby Mason Pearson and secure it with several black bobby pins.

STEP 8 | Lastly I sealed the entire head with Joico *Flip Turn Volumizing Finishing spray* in order to really insure the voluminous waves would hold all night and also a spray of Joico *K-PAK Color Therapy Dry Oil Spray* for ample shine! Once the dress was on we all collectively new that this old Hollywood look was certainly the way to go!

GET THE LOOK

Joico K-PAK Color Therapy Dry Oil Spray
Joico Flip Turn
Joico Crème wax Texture and Shine
Joico JoiMist
Joico Iron Clad
Joico JoiWhip
Joico Color Balance Blue Shampoo & Conditioner

GINA RODRIGUEZ’S CLASSIC YET EFFORTLESS MID PONYTAIL | LOOK #2

STEP 1 | Prep on damp hair using Joico Power Gel and a paddle brush blowing the hair all back and away from the face until fully dry

STEP 2 | Once the hair is dry use a bit of Joico Flip Turn to help gather the hair into a ponytail directly in the center of the back of the head. Try to concentrate on keeping the sides and the back pretty clean and tight but allow the top to be a little freer and less “snatched” then confine it with an elastic.

STEP 3 | Next take a 1 inch wide piece of hair from the ponytail and spray it with Joico Flip Turn and wrap it around the elastic to conceal it and secure it with 2 bobby pins.

STEP 4 | I then sprayed the ponytail with Joico Iron Clad and used a flat iron to smooth out the ponytail and give it a slight bend on the ends.

STEP 5 | Last I used Joico Hair Shake just on the top area to create a more real and effortless texture using your finger tips to help gather little bunches for separation and the another swiipe over of Joico Flip Turn.



GET THE LOOK

Joico Hair Shake, Joico Flip Turn, Joico Power Gel

See more of Paul Norton’s BEAUTY BREAKDOWN looks at www.composuremagazine.com!

fitness + food tips

by fitness expert

DENISE AUSTIN



Denise Austin is a pioneer in the fitness industry who has sold more than 24 million exercise videos and DVDs, authored 12 books on fitness and starred in the longest running fitness show in the history of television. Denise's trademark zest for life, positive outlook and can-do attitude has endeared her to millions of fans across the country and around the world, earning her the reputation as "America's favorite fitness expert." During more than 30 years promoting health and fitness, Denise has created 100 workout videos. Her latest workout DVDs include 2013 Burn Fat Walk, 2012's Shrink Your Belly Fat, Fit in a Flash, and Shrink Your 5 Fat Zones (Lionsgate). Her newest book Side Effect Skinny: Denise Austin's Fat-Blasting Diet was released in December 2012 (Bird Street Books). On television, Denise has created a loyal audience with her two major television shows: Getting Fit, which ran for 10 years on ESPN and continued on under the new name Denise Austin's Daily Workout when it moved to the Lifetime Television Network. Denise appeared in Daily Workout and a second show, Fit & Lite, for 14 years on Lifetime.

FITNESS DENISE SUGGESTS THESE 3 FITNESS TIPS TO KEEP THE CALORIES BURNING THROUGH THE NEW YEAR

1. Find no excuses – It is best to wake up and squeeze in a work out to make sure to get it in before day goes crazy to avoid missing any days. For every hour in the day that you haven't worked out, chances that you will work out lower. Research shows that morning workouts are best to keep a routine and help avoid distractions which can cause to missing a workout
2. Posture plays a key role in a flat belly - "You are your own architect" By how you sit, stand, posture, you are molding your muscles. Remember to sit straight, stand tall, pull in tummy, shoulders down and back, zip up abs throughout day as if you're zipping a tight pair of jeans. Do 5 seconds of tummy tighteners throughout the day – 5 seconds = one situp.
3. Music is your best friend! Music plays a key role in maximizing your workout by helping to get your heart rate up and motivates you to push yourself harder causing you to burn up to 20% more calories when listening to music.

FOOD VEGETARIAN CHILI: FILL UP ON THIS HEALTHY RECIPE THAT CAN BE A MEAL OR A PART OF A SNACK



INGREDIENTS

2 tsp. olive oil
1/2 cup diced yellow onions
1/2 cup diced carrot
1/2 cup chopped fresh cilantro
1/2 cup diced tomatoes, fresh or canned
1 tsp. ground cumin
1 tsp. chili powder
1 tsp. garlic powder
1/2 tsp. salt
Pinch cinnamon
1 cup tomato juice
1 cup cooked black, pinto, or red kidney beans (if using canned, choose no-salt-added or low-sodium beans, rinse and drain well before use)

HOW TO

1. In a large soup pot, heat the oil over medium heat.
2. Add the onions, carrot, cilantro, tomatoes, cumin, chili powder, garlic powder, salt, and cinnamon. Stir well and cook until the vegetables are soft, about 10 to 15 minutes.
3. Add the tomato juice and beans. Simmer for 10 minutes.



Betsey Johnson
Black Gold Pave
Leopard Necklace, \$145
betseyjohnson.com



Isharya Temple Muse
Filigree Statement Cuff, \$218
isharya.com



Brevity The Fauna
Collection, \$95
brevityjewelry.com

Shine ON

New year, new bling. Splurge on timeless pieces that are sure to be a conversation starter.



Charles Albert Alchemia Sparkle
Quartz Adjustable Ring, \$90
charlesalbert.com



Bonheur Sterling Silver, 18K Gold Micro Plated,
Swarovski Cubic Zirconia Studs and Ear Jackets
with Rhinestone Fringe, \$298
bonheurjewelry.com



L'Dezen by Payal Shah
Sliced Diamond Ring, \$2950
ldezen.com

SWEAT. IT. OUT.

Ready to get your fitness on? Our editors check out the hottest ways to get your butt in gear.



WHAT Pop Physique is a one hour ballet barre-based class, that uses the principles of dance that are used to create long, lean lines and tight, compact muscles. The class provides results that are unparalleled. Pop Physique takes the original, chic Lotte Berk concept that was created in London in the 50s to a modernized level that fits into every lifestyle.

WHY It is efficient, fun, stylish, fat burning, and intense enough to provide continued results for years, yet safe enough to do every day.

OUR REVIEW If the word “butt” is anywhere in your fitness resolutions this year, this is the kind of program that will help you achieve a tight physique from head-to-toe. Observant instructors like Bria over at the Westside location in Los Angeles will

make sure that you are executing every move with correct form, maximizing each movement. With moves that incorporate everything from light weights, to push-ups, to moves on the ballet barre, you'll soon find out how the modernized take on the original concept created by Lotte Berk in the 50's is still shaping bodies, one inching move at a time. Just after one session, I left feeling longer and leaner! And let's not forget the cute socks you can wear during class! — Jane Hong

WHERE Popphysique.com

WHAT Orangetheory Fitness is a 60-minute workout with cardiovascular and strength training intervals. Before each class, you're hooked up to a heart-rate monitor that tracks your progress on a large screen divided into five categories designated by color.

WHY The goal during the session is to reach the orange zone, also known as level four. In this zone, calorie-burning is at an optimum, and spending the recommended 12 to 20 minutes in this zone will get the afterburn effect (post-workout calorie burn) to kick in. The end result is the Orange Effect — burning anywhere from 500 to 1,000 calories per workout, more energy, visible toning and an extra calorie burn for up to 36 hours post-workout.

OUR REVIEW Let me start off by saying I'm no fitness enthusiast. I like the idea of working out, but I hate actually doing it, especially alone. But what instantly grabbed my attention about Orangetheory was the group aspect of the workout sessions. I was slightly intimidated when I walked into the studio — everyone in the class was so focused, and it just seemed so intense. But I loved that the goal was to beat yourself and push your limits, and after a while, I felt motivated to push through each workout. In the end, Orangetheory was one of the best workouts I've ever had. — Robiat Balogun

WHERE Orangetheoryfitness.com



WHAT Hot 8 Yoga offers great variety of 60 minute classes, focusing on strength, flexibility, and balance with a holistic approach of nurturing the spirit. Offering over 200 classes per week at various levels of intensity, they include Hot Yoga, Hot Power Fusion, Hot Power Yoga, Hot Yoga Sculpt, and Hot Yoga Barre.

WHY The instructors are devoted to instill confidence and motivate you to evolve with your practice. Hot 8 Yoga will help you shape, tone and improve your body, reduce stress, control weight, relieve lower back pain, improve skin quality, detoxify and more.

OUR REVIEW With rooms set at temperatures of 104-109, you are guaranteed a drenching sweat! Yoga Barre in particular is the kind of balanced workout you need when the muscles are tight. But don't be fooled by the non-impact moves - the class is a cardiovascular program of isometric exercises as well that is designed to sculpt. This is where shaky legs and trembling abs is the norm! — JH

WHERE Hot8yoga.com



WHAT A full-body cardio jam session, combining light resistance with constant simulated drumming. With continual upper body motion using lightly weighted drumsticks called Ripstix™, the workout, founded by Kirsten Potenza and Cristina Peerenboom, fuses cardio, Pilates, isometric movements, plyometrics, and isometric poses into a 45-minute series.

WHY You can burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique, all while rocking out to your favorite music.

OUR REVIEW POUND is a loud, energetic workout with your friends, led by friends, and set to amazing playlists. There is a strong sense of group commitment and community at POUND, so you never feel alone. All teachers, or POUND Pros, as they call them, complete a specialized training program to equip them with all the necessary tools to help you rock out and work out. Sweat it out, and enjoy the “good kind” of sore. There is absolutely no other workout like it out there. — Sarah Yoo

WHERE Poundfit.com

WHAT Forget stressing about the calories, and start impressing people with your moves on the dance floor. This dance class comes complete with a live DJ, choreographed routines and the hottest hits.

WHY The steps are accessible (anyone can get them after a few tries), and the continuously mixed hip-hop, funk and pop hits from the '90s and beyond make it hard not to “bust a groove” on the dance floor.

OUR REVIEW You get a workout while feeling like a stage dancer, but without the intimidation of a normal dance class. The cool and easygoing dance instructor made it easy for us to master the steps. In short, this class is so much fun, and you know you're burning tons of calories from this intense one-hour dance workout session. — Archangela Chelsea

WHERE Groov3.com





COMPOSUREMAGAZINE.COM