



**↑ BEAUTY TIP** FOR A CROWN OF BANTU KNOTS FIT FOR A QUEEN, SMOOTH A DROP OF SHINE-BOOSTING (AND FRIZZ-SLAYING) PANTENE GOLD SERIES INTENSE HYDRATING OIL, \$8, ONTO BRAIDS BEFORE TWISTING THEM.



## BE SEEN

Meet your new iconic duo: stripes and colorful graphics that require no filter for impact.

**THIS PAGE:** T-SHIRT, Feminist Apparel. SKIRT, Bailey44. SHOES, Vans. EARRINGS, Dinosaur Designs. SCARF (in hair), Rockins. BAG, Jerome Dreyfuss. **OPPOSITE PAGE:** JACKET, Mira Mikati. T-SHIRT, Rockabilia. PANTS, Calvin Klein. EARRINGS, Jenny Bird

## BE HEARD

"With Twitter and Instagram, it's easy to get wrapped up in someone else's stuff and feel this false sense of What am I doing? What feels healthy to me is thinking about my childhood self and thinking, Would I be proud of what I'm doing now? If that answer is yes, then I'm doing something right. If it's no, I've got to go back to something I learned in yoga class. When I'm trying to do a Downward Dog without accidentally farting, my instructor will tell me to 'gently correct'—so I gently correct my path instead of yelling at myself."