



More beauty
SCENTS & SENSIBILITY

» **Go for longer-lasting** Scent fades faster on drier skin. So Robin Coe-Hutshing, founder of the beauty studio at L.A.'s Fred Segal and creator of Memoire Liqueur custom-blend scents, recommends an oil-based fragrance or one that's alcohol-free (alcohol can dry your skin more) because they stay put. Try Philosophy Amazing Grace Perfume Oil (\$25; philosophy.com) or Lisa Hoffman fragrance oils (\$150; lisahoffmanbeauty.com). Layering your scent over a lotion from the same product line also boosts longevity. Kinnaird says. » **Heating up? Lighten up** If you suffer from hot flashes, you may want to avoid spicy or musky scents. "When your skin is hot and moist, your scent's lighter top notes evaporate quickly, leaving you with just the heavy, potentially overpowering base notes," Kinnaird says. To avoid that, stick to fragrances that are fairly fresh, like citrus or florals, or try the less intense versions of your favorite scent, such as a body cream, a solid or a splash (one notch down from eau de toilette). They won't last as long as traditional fragrance forms (eau de parfum or eau de toilette), so you may have to reapply. But they are a lot less likely to become cloying. Light scents to try: Clean Summer Scent (\$45; sephora.com), Avon Spotlight (\$23; avon.com), Estée Lauder Bronze Goddess (\$52; esteelauder.com) and Prada Infusion de Fleur D'Oranger (\$100; neimanmarcus.com); all shown on previous page. » **Try before you buy** "Ask for a sample of a scent, then live with it for a few days before buying it," advises Stacy Brown, a scent specialist for Thymes fragrances. Even if you don't get hot flashes, you're probably experiencing midlife hormonal changes, which can affect the way a fragrance smells on your skin from hour to hour. So wait a week to see if the scent works well with your body chemistry.

» **Branch out a bit** "If you're wearing the same scent today that you loved as a teen, let go already," says Judith Sills, a clinical psychologist in Philadelphia. "Your fragrance should reflect who you are now." Jan Moran, a consultant for Perfumania stores, agrees, but she points out that most of us have several selves to project. "Your persona in a business meeting is different from the one you have on a date with your husband or relaxing with your family on the weekend. My advice is to invest in two or three fragrances that you rotate depending on where you are and what you're doing," Moran says. ☺

Shopping List
Six scents that make sense for you 1 | Space NK Solid Perfume Compact in Laughter (\$45; spacenk.com) A long-lasting, hot flash-proof fragrance that is tart with a twist—this is not your daughter's citrus. 2 | Estée Lauder Bronze Goddess in Sandalwood Amber Splash (\$52; esteelauder.com). Marc Jacobs Lemon Splash (\$68; sephora.com) and Coach Freesia Splash (\$55; coach.com) are also great. 3 | Clarins Sunshine Fragrance Moisturizing Body Lotion (\$38; clarinsusa.com) Humid outside? Slip your undergarments, toilette and splash on a body lotion lightly spiked with fragrance. 4 | Terri Michele Roll-On Perfume Oil in Shenandoah (\$30; terrimichelefragrances.com) Thanks to its oil base, this sexy floral scent will cling to your skin for hours.

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