

# VOGUE

JAN

FALLING  
FOR  
RUTH  
NEGGA

THE  
LOVING  
STAR  
BREAKS  
OUT

LENA  
DUNHAM  
SAYS  
GOODBYE  
TO GIRLS

THE SHOW  
THAT CHANGED  
EVERYTHING

FAST  
FORWARD

CREATORS,  
ACTORS, AND  
ACTIVISTS  
POINTING THE  
WAY AHEAD

OPTIMISM  
FASHION'S BRIGHT NEW AGE



+

THE YEAR OF  
THE SHOE!



# Beauty

EDITOR: CELIA ELLENBERG

## Next UP

The people, places, and products to know in the year ahead.

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### *The Face* STAZ Lindes

Staz Lindes cemented her ties to Saint Laurent when she walked onto the house's spring 2016 runway. Lanky and leather-clad, with a diamanté tiara slung across her jagged fringe, Lindes was Rive Gauche grunge personified. It was her first collaboration with the brand after being scouted in Los Angeles while playing a gig with her punk band, the Paranoyds—and it won't be her last. This month the London-born, Santa Monica-raised blonde with wide-set eyes, full lips, and a charming overbite unencumbered by orthodontics becomes the newest face of YSL Beauté. But music, not modeling, is her first love. "I have it genetically," explains the 24-year-old, whose father is Dire Straits guitarist Hal Lindes. "We were raised with the Beatles and Led Zeppelin, the Clash, Lead Belly," Lindes, a trained cellist and guitar player, says of her early influences, which extend to the mod cat eyes and pink hair dye she perfected at ten with the help of an enabling babysitter. Gaining access to YSL's cosmetics arsenal is "a total fantasy," she says, cooing over its Baby Doll Kiss and Blush lip-and-cheek stain and Kajal Eye Pencil, which is on heavy rotation with her bandmates. Lindes is equally delighted to be a part of what she sees as a certain "realness" permeating the fashion industry. "People don't want this unattainable woman anymore. They want an organic girl that they can relate to. It's a really cool time."—CELIA ELLENBERG

#### BEAT GENERATION

LINDES, A MUSICIAN, MODEL, AND THE NEW FACE OF YSL BEAUTÉ, IN A SAINT LAURENT BY ANTHONY VACCARELLO JACKET AND TANK TOP.



ALESSIO BONI; FASHION EDITOR: FELICIA GARCIA-RIVERA; HAIR: ILKER AKYOL; MAKEUP: SUSIE SOBOLO; DETAILS, SEE IN THIS ISSUE.



## The Getaway The RANCH SONOMA



For years, devotees of the Ranch Malibu—the wellness camp that combines daily four-hour mountain hikes and petite-but-photogenic portions of vegetarian cuisine—have entreated its owners to open a second location. Later this year, Alex and Sue Glasscock will unveil their new property on 2,700 acres in Sonoma County. Despite the wine-country location, the Ranch's detox credo remains in full force: The hikes are still epic, and while there's no meat, dairy, or alcohol on the menu, there will be a fresh focus on food, with guests invited to spend time gardening, gathering, and cooking. For those who can't get away, there's the Ranch Daily, which has just begun, delivering organic, plant-based meals in Southern California and plans to expand to the East Coast by the end of 2017.—SARA CLEMENCE [theranchmalibu.com](http://theranchmalibu.com).



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### The Workout LISS

A gentle approach to fitness is finding favor among personal trainers. Called Low-Intensity Steady State (LISS), the method promotes any type of cardio (walking, swimming, even cross-country skiing) that's not done at full force. "LISS is good for endurance—it helps build up mitochondria in cells and promotes oxygen delivery," says Debora Warner, founder of New York City's treadmill studio Mile High Run Club. A bonus: "As you exercise for long periods at about 60 percent of your maximal effort, that's when you really start to burn fat," confirms Michael Fredericson, M.D., a professor at Stanford University's School of Medicine. In other words, slow and steady wins this race.—MARISA MELTZER

### The Buzzword TELOMERES

Forget focusing on fine lines; the secret to combating aging skin just might lie in telomeres. The protective material at the ends of our DNA strands wears away every time cells replicate; the shorter the strands are, the higher the risk for damage—from cancer and Alzheimer's to skin thinning. New mail-order tests measure our cellular age, which we can slow down with lifestyle improvements. Another line of attack: topical products that target telomere erosion in vulnerable skin cells. Zelens's Youth Concentrate Serum contains peptides that stimulate telomerase, a natural enzyme that extends telomere life, while Nerd Skincare's new Cellular Intelligence Age Postponing line activates the telomere-conserving klotho gene. Smart skin care just got a little smarter.—LAUREN MECHLING



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### The Ingredient MANUKA Honey

High-tech formulas receive much of the buzz in beauty, but an ingredient with a simpler origin story is stepping into the spotlight. New Zealand's manuka honey, named for the flowering trees supplying its nectar, has long been used by Maori healers and alt-wellness advocates to heal wounds. Now, with a shift into mainstream medicine—recent studies show its antimicrobial effects even on antibiotic-resistant pathogens—comes a shift into mainstream beauty. This month, Kiehl's joins the natural movement with its manuka-powered, barrier-strengthening Pure Vitality Skin Renewing Cream. The ingredient also pops up in OY-L's Exfoliating Manuka Mask, 001 Skincare London's calming Supreme Equilibrium treatment, and aesthetician Annee de Mamiel's cultish lip balm. The enzyme-rich raw honey earns its keep, too—as a purist's salve (applied directly to skin) or a pantry swap for those swearing off refined sugar.—LAURA REGENSDORF

