

From the Editor's Desk

Look Great, Feel Great

Get set to fall for our annual style spectacular!

Diet and exercise may have the greatest impact on your appearance, but clothes definitely play a part as well. A perfect example: the figure-flattering little black dresses featured on page 167. Then there's the magic of grooming—a swipe of gloss or a coat of nail polish can freshen your look in seconds. But before hitting the beauty counter, be sure to check out our picks for the year's best products on page 83.

When it comes to fashion and beauty, our cover model, Kelly Killoren Bensimon, is a natural. And at 43, the jewelry designer, author, *Real Housewives of New York City* star, and mother of two also happens to be incredibly fit. Being that I'm 5'2" in my stocking feet, I can only dream about having long legs like Kelly's. But after a few weeks of doing her workout (see page 74), my gams are already looking leaner and more toned.

Speaking of cover girls, log on to shape.com beginning September 1 to vote for your favorite SHAPE covers of the past 30 years. Your picks will be revealed in our 30th Anniversary November issue.

Have a fabulous month, and I'll see you in October!



Tara

TARA KRAFT,
EDITOR-IN-CHIEF

THIS MONTH I'M LOVING...



CHRYSANTHEMUMS

Just one of these big, autumnal blooms instantly brightens up my office.



LA PRAIRIE CELLULAR POWER CHARGE NIGHT

The Recharge Overnight Facial at NYC's La Prairie at the Ritz-Carlton Spa is amazing. Replicate its rejuvenating effects with this retinol- and oxygen-infused potion, launching this month. (\$475; shoplaprairie.com)

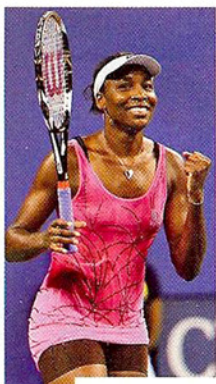
NEW YORK FASHION WEEK

I'm looking forward to seeing Michael Kors' newest collection at the shows this month. His designs are timeless—just like the pieces we feature on page 160.



GABRIELLA NEW YORK BRIDAL SALON

My wedding date is fast approaching, so I needed to get a dress—STAT! My pick: an Anna Maier Ulla-Maija creation from this chic boutique. (gabriellanewyork.com)



THE U.S. OPEN

I hope to catch at least one match in person but will watch the rest on TV. (August 29–September 11)

CAMDEN HARBOUR INN

My fiancé and I spent a weekend in Maine at this divine inn. I highly recommend! (camdenharbourinn.com)



Follow me on Twitter @TaraShapeEditor, or write to me at TellTara@shape.com.

TARA: DIANE VASIL; HAIR: MATTHEW WIDZON/EXCLUSIVE ARTISTS; MAKEUP: TINA TURNER/EXCLUSIVE ARTISTS; MANICURE: CHRISTOPHER GALLO; CHRYSANTHEMUM: © SQUARED STUDIOS/GETTY IMAGES