

# CAREER WISE

CONCISE  
FEATURES



## GWYNETH GOES GLOBAL

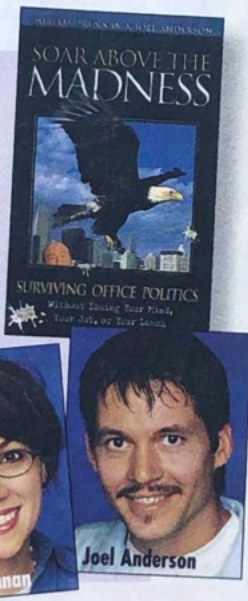
Tons of models make their way into the acting world, but actresses turning into models? It's a high-style move that only Gwyneth Paltrow could pull off so effortlessly. The actress, who once said "dressing is almost like my second job," recently spent a day posing for photos in Madrid as part of her new gig as spokesmodel for the upscale department store chain El Corte Inglés, which has stores in Spain and Portugal.

## Work It!

If you're longing to escape the crazy characters or tiresome red-tape of your office life (or to just laugh at it), check out the new book *Soar Above the Madness: Surviving Office Politics Without Losing Your Mind, Your Job or Your Lunch* by Miriam Drennan and Joel Anderson (\$12.99, Rutledge Hill Press). Filled with eye-catching graphics, funny classifications and tips on rising above the mayhem that makes up your Monday-Friday, this book gives a wealth of suggestions, such as the following "Things to Do on a Sick Day" list:

- Matinees (less expensive, too!)
- Catch up on reruns of *The Cosby Show* and *Designing Women* that you didn't see during the '80s.
- Three words: shop, shop, shop.
- Three more words: sleep, sleep, sleep.
- Nail salon—do the pedicure and manicure all at once.

*Soar Above the Madness* can be purchased at [www.soarabovethemadness.com](http://www.soarabovethemadness.com)



## Coming up Roses

With the recent release of her first live-recording album *The Color of Roses*, Lorrie Morgan's star status is more set than ever. She recently spoke with *Complete Woman* about her singing success—and bowling.

### This is your 26th album?

Lorrie: That's what they keep telling me—it sure doesn't feel like it.

### What kind of things do you do to relieve stress?

Lorrie: It's really important for me to have time in my dressing area, or I light candles and I turn

music on and I kinda just want to sink away for a little bit.

### And when you're with your family, what do you do together?

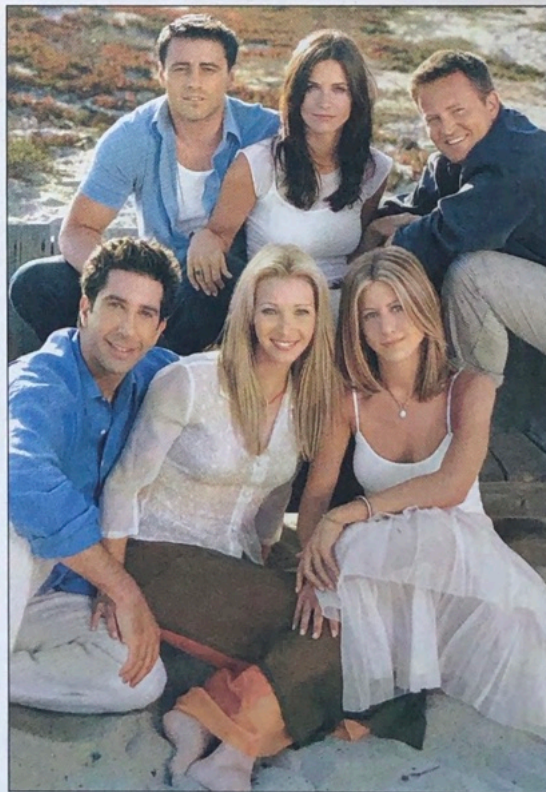
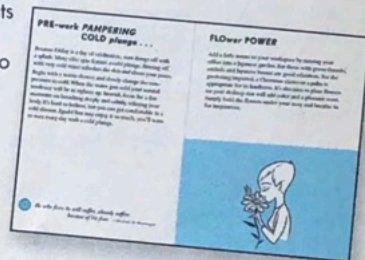
Lorrie: I've gotten into bowling big time. As a matter of fact, my husband Sammy and I bowled so many games on Sunday that neither of us could move yesterday.



## Cubicle Comfort

Think your desk can't be the most relaxing place on earth? Think again! Thanks to the book *Office Spa: Stress Relief for the Working Week* by Darrin Zeer (\$9.95, Chronicle Books), you can make it through the 9-5 workday and still feel alive come 6 p.m. Here's a peek at some of the book's tantalizing tips...

- Eucalyptus essential oil will help you clear your thoughts. Dab a few drops on a piece of paper and breathe in the aroma.
- Pack fuzzy slippers, energy bars and sparkling water for unavoidable late nights at the office.
- Add a little nature to your workspace by turning your office into a Japanese garden. Place flowers on your desktop that will add color and a pleasant scent.



"I hope I'll still hang out with the cast. We all love each other, and I hope we stay friends for a long time."

—Jennifer Aniston, on life (someday) after *Friends*



Photo: Courtesy of Rowenta.

Photos: Courtesy of Rutledge Hill Press.

Photo: Courtesy of NBC.

# LIVING RIGHT



## Sex: Better Than a Kidney

Sure, people love sex—but do they love it more than their bodily organs? K-Y Brand Liquid recently hit the streets to find out the answer to that question (for the record: one in ten Americans would give up a kidney for perfect sex) and others, such as:

- *Is making-believe good foreplay to making love?* Yes—three in ten American couples (29%) indulge in each other's fantasies and 8% admit to role-playing.

- *Backrub or glass of wine?* Nearly half of Americans (46%) think the idea of a full-body massage is the best way to get in the mood.

- *What's better: Being sculpted or satisfied?* One in four Americans (25%) said they'd give up a perfect body in exchange for eternally great sex.



Corbis/Stephen Danelian

*"If you feel beautiful, if you love yourself, it's going to project to other people. Just be happy with who you are and what you have."*

—NYPD Blue's Garcelle Beauvais-Nilon



## Spray of Light

Want a tasty tongue treat that's chock full of nutrients? Try Sprayology, an oral spritz that's been a hit with celebs (it was one of the most popular goodies at Sundance, where Jennifer Aniston asked for extras). Promising to rejuvenate, restore balance and relieve ailments, Sprayology's spritzes come in a variety of formulas that pump up everything from your mind (BrainPower) to your body (Rejuvenation). How? Each container contains vitamins and nutrients that are to be sprayed under the tongue, where they can be directly absorbed into the bloodstream. Sprayology helps the body restore its resources and meet the daily challenges of an active lifestyle—which must be why the celebs love it! Sprayology is sold at [www.sprayology.com](http://www.sprayology.com) and retails for \$20-48.



Photos: Courtesy of Sprayology

## Sunday: Your Funday

Check out the intensive rejuvenation methods suggested in *The Weekend Healer: More Than a Dozen 3-Day Plans to Relax, Relieve Stress and Re-energize* by Jane Alexander (\$15, Fireside). Including tips like pouring yourself a salt massage bath, the book promises to detox your body by the time you head out for your Monday-morning commute.



## Headache Relief in 7 Minutes?

The intense pain, the nausea, the throbbing: There's nothing fun about getting a migraine. The headaches typically last for hours or days—until now, that is.

MigraSpray provides relief from migraines in just seven minutes. Administered under the tongue, MigraSpray is available at drugstores nationwide.



Product photo: Courtesy of MigraSpray. Woman: Roger Alyn Lee/SuperStock. Model in photo used to illustrate story only.

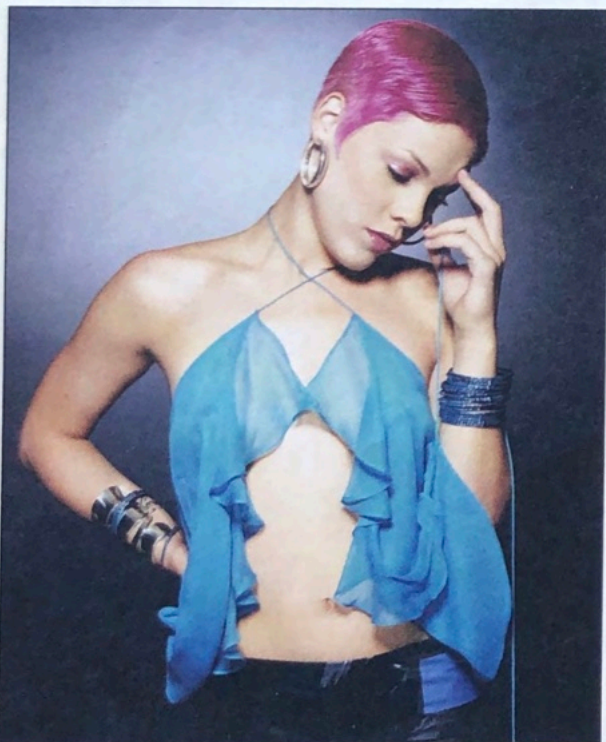
# WHO'S NEWS

## Rock On!



Everything '80s is hip again, so why not wear stonewashed shades? Only we're not talking jeans—we mean makeup. That's right,

Cover Girl has released its Stonewashed Color Collection for this summer (the ocean isn't the only beautiful blue around this season!). EyeSlicks Gel EyeColors include cool shades like *Dark Denim* and *Shimmering Pebble*; LipSlicks Lip Gloss tones add a hint of color and keep lips smooth in the summer sun. In addition, nautical NailSlicks colors like *Sand Dune* and *Twinkling Pearl* are available. Warm-weather makeup never felt so fab. We're shore you'll love it!



"I'm a nice girl. I just happen to have a lot of opinions, and I speak about them. I'm not diplomatic."

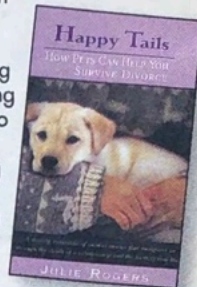
—Pink

## Happy Tails To You



Photo: Courtesy of Julie Rogers

Divorce can be hard, but dogs can make it easier: such is the advice of the touching new book *Happy Tails: How Pets Can Help You Survive Divorce* by Julie Rogers (\$14.95, Brown Books), which extols the virtues of pets as a healing device. Interweaving advice on everything from negotiations to personal healing with heartwarming pet tales, the book is a must-read for anyone going through a divorce or a difficult breakup, and it's on sale at [www.happytailsforyou.com](http://www.happytailsforyou.com).



## Saucy Celeb Lingerie

Wondering what kind of fun, fabulous and wonderfully frilly lingerie celebs like Jennifer Lopez, Pamela Anderson and Liv Tyler love putting on underneath their designer duds? It's Eberjey (it rhymes with lingerie), the Miami-based undie company that launched in 1996. Known for its vibrant colors and prints, the Eberjey line is available in Saks Fifth Avenue, Neiman Marcus, Fred Segal, Anthropologie and at [www.eberjey.com](http://www.eberjey.com).



Main photo: Courtesy of Eberjey; Jennifer: Tony Duran/Courtesy of Work/Sony; Pamela: Courtesy of Tri-Star Television; Liv: Frank Masi/Courtesy of Touchstone Pictures.

## Face Time With Hunter Tylo

CW recently had the opportunity to chat with actress Hunter Tylo, of television's *The Bold and the Beautiful*, about her beautiful makeup line, Chosen by Hunter Tylo, available at [www.chosenbyhuntertylo.com](http://www.chosenbyhuntertylo.com)

**You get fully made up everyday at work—do you wear makeup on your days off?**  
If I have a blemish or something, I'll put a little concealer there. And I'll put one of my sheer lip glosses or Chosen by Hunter sheer color on my lips, but that's about it. I keep it pretty simple.

**Was that part of your decision to create a beauty line?**

Yes. All these calls will flood into *The Bold and the Beautiful*'s main switchboard asking, "What is that lipstick that Hunter had on today?" and they have no idea because I do my own makeup.

**What's in your makeup bag at the show?**

I've got just a basic face powder, a Lancôme powder—Dual Finish. I'll have some Chanel eye shadows. All of my different lip colors from Chosen by Hunter—some are sheer, some are sparkly.

**Your makeup line is very translucent and shimmery. Is there a philosophy behind that?**

I wanted to be able to offer something that's easy to do and pretty quick. There's mornings where I look as pale as a ghost and I need just a little help. I'll put Chosen colors on my lips and maybe put a little on my cheeks and I'm set.



Photo: Harry Langdon/Courtesy of Chosen by Hunter Tylo.