

# Harper's BAZAAR

10  
BEST  
PIECES  
TO BUY

5-MINUTE  
MAKEOVER

SPI  
FAS

THE  
SHOE  
& BAG  
TO OWN

COLLECTIONS  
STYLED BY  
CARINE  
ROITFELD

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## THE ACUPUNCTURIST

**SHELLIE GOLDSTEIN, NEW YORK** The puffiness and sagging skin of many people's under-eye bags are often just a symptom of larger imbalances, and using acupuncture we can address those problems. I've noticed that if someone has troublesome bags, they also have other issues—indigestion, headaches, or allergies. During an AcuFacial Facelift [around \$400], we target areas involved in lymphatic drainage, and there are several important spots in the face; there's a place where the spine meets the skull, as well as ones on each side of the jaw. I also suggest that patients cut down on salt, increase their water intake, and look at whether certain foods—including wheat, dairy, and alcohol—may be causing inflammation, particularly around the eyes. For a quick fix before a special event, steep two tea bags for two minutes. Let cool, then squeeze them out and place over eyes. The tannins in the tea will remove excess fluid from the area and give temporary relief. ■

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RIHANNA  
SWIMS  
WITH SHARKS  
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BEAUTY  
GET  
GREAT  
SKIN  
THE NEW  
YOUTH  
SERUM

ISSUE

973 NEW LOOKS