ROSE INC.

MORNING TO MOONLIGHT

Confessions of a 22 year-old (beauty) junkie

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When I was little there was no one in this entire world more beautiful than my mother. It wasn't just her enviable figure, her high cheekbones and enchanting bambi eyes, she radiated confidence - strong and shining - and I, like everyone else, couldn't look away. I began to take note of how she came to hold this power, and thus began my lifelong love affair with all things beauty. My mother's approach to beauty was different, she did it with intention, not for others but for herself. From her skincare, to her makeup, to her style, it was all part of a ritual, a time for her to build herself up and show herself love from the outside in. She told me "it's the little habits we weave into our daily lives that set us up to succeed." Appearances aren't everything and while paying attention to beauty is often associated with the vain and the shallow, taking the time to care for yourself is anything but - it's your moment to invest in who you are and who you aspire to be - keep going and keep glowing.

MORNING

WHAT TIME DO YOU WAKE UP?
6:30am. So I can get to platefit (and Erewhon) before class.

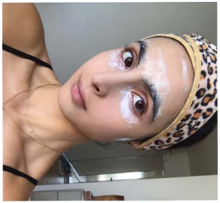
WHAT DO YOU SLEEP IN?

In my dreams I'm one hundred percent the girl who rolls out of bed in silk la perla. In reality it's just a little (pilled) tank top - cheap, easy and doesn't require dry cleaning. Black or white & Brandy Melville.

IS ANYONE IN BED WITH YOU?
My boyfriend, Benjamin.

WHAT'S YOUR FIRST ORDER OF BUSINESS IN THE MORNING?
I down 1.5 liters of water with chlorophyll to detox and refresh, so no matter what happens I've got a head start on my hydration for the day.

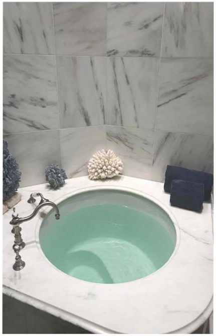
WHAT'S THE FIRST THING YOU DO WITH YOUR PHONE?
Turn off my alarm and look over my schedule.



WHAT'S THE FIRST THING YOU READ EACH MORNING?
Messages I missed from anyone who stays up past 10pm. I'm quite religious in maintaining a grandma's sleeping schedule.

WHAT'S ON YOUR BEDSIDE TABLE?
A lamp - I like to keep it clean and clutter free.

WHAT'S YOUR FAVORITE THING ABOUT YOUR BEDROOM?
The view of the sea and the city & the way the natural light hits the art my mom gifted me above my bed.



WHAT DO YOU EAT AND DRINK FOR BREAKFAST?
I have 32oz celery juice, wait at least 20 minutes and then follow it with a smoothie: spirulina, chlorella, tocos, hemp seeds, maca, lucama, cacao nibs, almond butter, pumpkin oil, chocolate bone broth protein & ice.

WHO'S THE FIRST PERSON YOU SPEAK TO IN THE MORNING?
My boyfriend, if he's up before me.

HOW DO YOU MENTALLY PREPARE YOURSELF FOR THE DAY?
I try to workout 6 days a week. I didn't grow up this way, at all, but I was tired of being tired so I changed my habits. It took a while to go from dreading it to craving it, but making movement a priority has been handsdown the best thing I've ever done for myself.

I love Platefit for a group class, I swear the vibrations give you a happy high (& expedite results). And Coach Joe is the best for one on one.

SHOWER, BATH, OR DO YOU DO IT LATER IN THE DAY?
I love a bath in the evening. I make it hot, add epsom salts, almond oil and unwind.

WHAT IS YOUR MORNING SKINCARE REGIME?
Right now it's pretty simple and quick in the name of waking up early, working out and going to school.

I wash off the sleep with a little cotton pad and water, followed by Dr. Barbara Sturm's Face Cream. I love it because it's a standalone, it gives you baby skin and a glow (no glow drops necessary). Then I use Elta MD UV Clear Tinted Sunscreen et voila, all done.

WHAT MAKEUP PRODUCTS DO YOU USE ON A DAILY BASIS?
YSL Touche Eclat and a tiny bit of By Terry Hyaluronic Powder under the eyes, it looks like you're wearing nothing but brightens things up. I line my lashes with a Sephora eyeshadow called Coffee Break, and fill my brows in with the same. I use the Shu Uemura lash curler and am currently alternating between Glossier's Lash Slick and Nars' Climax mascara.

Then I go to my workout and sweat off a lot of that visual progress, so I like the Bioderma Wipes because I can use them on the go. I avoid my eyes & eyebrows but make sure to get rid of any bacteria that could lead to zits.

I reapply my Elta MD which I adore. I've never gone through so many bottles of one product, and I'm crazy particular with a side of ADD, so you know it's good. It's super light coverage, basically invisible, but it evens you out, gives a little glow and offers major protection - I've literally turned "fair" since using it.

WHAT ARE YOUR A.M. HAIR VIBES?
I see Buddy at Meche once a week for the undone but still done look, and I don't have to touch it other than that, he's the real deal. When I let my hair air dry it's the same story, just a lot more fly-aways and a little less shine. I really don't touch it and it gets better each day up until the one week mark.

MOONLIGHT

AT WHAT TIME DO YOU SHIFT TO EVENING MODE?
Whenever I plug in my car and know I'm not leaving again till tomorrow. That closure is a lowkey love affair.

IN THE EVENING, YOU ARE...
Cooking dinner, watching a show, & playing catch up with my man.

IF YOU'RE GOING OUT, HOW DO YOU CHANGE YOUR LOOK?
I'm properly bad at eyeshadow so I normally just put a little bronzer in the crease and call it a day, but I do take Charlotte Tilbury's Dolce Vita Palette and mix the reddish shade with the brownish shade and smudge it under my eyes. I like a little mascara on the bottom lashes to finish that off.

I'm loyal to Kevyn Aucoin for contour, the tone of his product reads more like a shadow from your own bone structure than a line of contour, and that's always the goal. Nars Bronzer in Laguna is an easy go-to to warm up my face, and for blush I tend to go with Gina or Amour by Nars, although I have been playing around with Giorgio Armani's Liquid Blush and I love how natural it looks.

I'm into a highlight in the inner corners of my eyes, under my brow, and on the tip of my nose - I go back and forth between Charlotte Tilbury Bronze and Glow's highlight, the Milk Highlighter in Lit, and Make Up Forever's Liquid Highlighter in shade 30, which I find to be the most subtle of the bunch.

WHAT'S YOUR FAVORITE WAY TO RELAX AND UNWIND IN THE EVENING?
An epsom bath and a good show in bed.

WHAT'S THE LAST FILM YOU SAW?
A Star is Born

WHAT BOOK ARE YOU READING?
The Four Agreements

WHAT'S YOUR FAVORITE EVENING INDULGENCE?
A face mask, preferably in the bath. My two favorites are both Biologique Recherche.

Vivant is my go-to for a deep clean whenever I have bumps or blemishes, and Biomagic is botox in a bottle - brighten, tighten, instant results - big fan.

WHAT'S YOUR SECRET EVENING GUILTY PLEASURE?
A diced apple (Honeycrisp or Envy) with cinnamon. Don't judge till you've tried it, it's strangely addictive.

WHAT'S YOUR FAVORITE WAY TO TAKE A LOOK FROM MORNING TO MOONLIGHT?
I love a good mist to refresh and revive my skin and set whatever makeup I've added for the evening. Caudalie's Beauty Elixir gives a healthy glow, and Biologique Recherche's L'Eauxygenate makes you look and feel radiant. Add a pointed toe kitten heel bootie and you're good to go.

WHAT IS YOUR EVENING SKINCARE ROUTINE?
I remove my makeup and sunscreen with Bioderma, it's the best - cheap, easy, and effective and leaves room for you to splurge in other areas of your routine, which leads me to Dr. Barbara Sturm. I love Dr. Sturm's Foaming Cleanser, you just feel so fresh and clean minus any tightness or dryness, and it doesn't take fifty rinses to get it off. At the moment I'm finishing my third bottle of Pestle and Mortar's Hyaluronic Serum, which does the job, but I just got the Sturm one and I'm dying to open it. I finish with the same Dr. Sturm cream I use in the a.m. & wake up so happy and hydrated.

WHAT IS THE LAST BEAUTY PRODUCT YOU USE AT NIGHT?
My silk sleeping mask.

WHAT ARE YOUR BEDTIME RITUALS?
I like to take my time when I take off my makeup, and double cleanse my face before applying my products. I find the process very calming, like washing the day away.

WHAT TIME DO YOU GO TO BED? WHAT TIME DO YOU GO TO SLEEP?
I get in bed at 8:30ish and am asleep most nights by 10:00pm. My mom swears consistent sleep is the fountain of youth and the key to health, and she's always right.