

COSMOPOLITAN

NOT TO BRAG,
BUT PRETTY SURE
PAGE 98 IS THE
HAPPIEST
YOU'LL FEEL
ALL DAY

THE NEW
WEIRD-BUT-
IT-WORKS
DATING
APP HACK
PAGE 20

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THANK-YOU
GIFTS TO

get
your
pet

FOR
PUTTING
UP WITH
YOU

Cara

DELEIVINGNE

REALLY
WANTS TO
TALK TO
YOU ABOUT
SEX TOYS

COSMO
PRESENTS

AN
EGG-
FREEZING
GUIDE

that's
actually
HELPFUL



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cover stories

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CARA DELEVINGNE
REALLY WANTS
TO TALK TO YOU
ABOUT SEX
TOYS

▼
Cool New Thing™ alert: We made a ~secret~ cover exclusively for the Cosmo Unlocked crew. Find it at [Cosmopolitan.com/members-only-cara-cover](https://www.cosmopolitan.com/members-only/cara-cover)



photographs
by
**DENNIS
LEUPOLD**
fashion
by
**CASSIE
ANDERSON**

Leather pants
in the summer?
Don't try this
at home.

ON THE COVER

Dior Fine Jewelry ring.

On this page: Louis Vuitton jacket, top, pants, and tote. Gianvito Rossi heels.

Hair: Mara Roszak at A-Frame Agency. Makeup: Molly Stern at A-Frame Agency. Manicure: Thuy Nguyen at A-Frame Agency. Floral design: The Petal Workshop. Props: Andy Henbest at Art Department. Production: Crawford & Co Productions. To get Cara's look, try Capture Dreamskin, Dior Forever Natural Bronze, Diorshow Pump 'N' Brow, 5 Couleurs Couture Summer Dune Collection Limited Edition in 699 Mirage, and Dior Addict Lacquer Stick in 748 Red Amber, all by Dior.

SPECIAL
PET AWARDS
EDITION

Our issue by the numbers

What it took to make this mag.

By MARIAH SCHLOSSMANN



18 pets that walked into the background of Zoom calls like they own the damn place.

2

drama-loving Leo pets won over using the 10 steps on page 67. (Yes, they work on furbabies too.)



15 EDITORS WHO ARE CAT PEOPLE AND CAT PEOPLE ONLY.



7 editors in desperate need of the hot tips on page 50 bc obviously plants = pets.



4

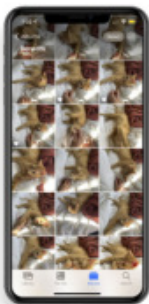
pet models who put real models to shame??

CARRY THIS BAG WITH PRIDE, MAMA!
Cosmopolitan Shop Bad Plant Mom Tote, \$28, shop.cosmopolitan.com

1 dog that went on the DNA test quest of a lifetime to find out who they really are (follow their journey online).

42

FURRY SNUGGLE BREAKS BLOCKED OFF AS "MEETINGS" ON OUR CALS. WHAT? IT WAS CRUCIAL RESEARCH.



2,300: the number of floop pics now taking up valuable real estate on our phones.

372 treats munched on by our v discerning experts.



DOG: KATHRYN WIRSING; TOTE BAG: AARON DURALL; ZOOM CALL: MARY FAMA; CAMERA ROLL: HANNAH KAPLAN; COMPUTER SCREEN, IPHONE, DOG TREAT: GETTY IMAGES (3).

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With notes
from editor-in-chief
Jessica Pels



When Madeleine interviewed for her job, I tossed in an "Are you a Virgo?" Q because it was so damn obvious!

Ed letter



Never does our team Slack light up like it does when these Confessays go live. Hence: our upcoming Confessay column in every issue of this mag!

6 A.M. Confession: **Mornings are my favorite.** And (sry!): Morning workouts are my even more favorite. I recently got the Future app, and y'all, it's so good. Its personal trainer tells me the "why" behind every move, which speaks to my Virgo soul.

9 A.M. I caffeinate and dive into story edits. Up first is a juicy Confessay that associate editor Taylor Andrews has commissioned. This one is about...well, let me let this URL speak for itself: [Cosmopolitan.com/IHadSexLikeDaphneBridgerton](https://www.cosmopolitan.com/IHadSexLikeDaphneBridgerton)

10 A.M. Lifestyle director Ashley Oerman and I meet to build a ~master plan~ for ramping up our travel coverage because it's all any of us can think about post-vax. Our beautiful brainchild, the Cosmo Wander-List, will tell you exactly where to go and how to get there—find it in this here mag and also on ye olde internet.

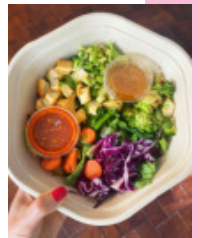
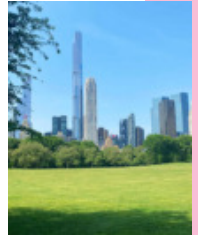
11:30 A.M. Quick FaceTime break, but it's work, honest. **Ashley Park** (aka Mindy from *Emily in Paris*) wants to chat about an AAPI Heritage Month story she's doing for us. I wrote a profile of her last year and we've since become *friends* friends. She's currently filming in Paris and now I'm pretty sure I need to travel to Paris...for Wander-List-related research reasons, ofc.

12 P.M. My team and I talk through pitches for the November Celeb section. Yes, we start planning issues a full six months in advance, and yes, that can be tricky, and yes, this means we need to be so good at our jobs that we can basically predict the future.

1 P.M. **Sweetgreen o'clock.** Years ago, before I lived in NYC, I used to send this salad chain emails begging them to open near me. Instead, I managed to move within walking distance of one *and* of Cosmo HQ, so I guess it all worked out?

3:30 P.M. Okay, I don't, like, normally **give my pup a bath in the middle of the workday.** But I'm testing out dog shampoos for this issue's Pet Awards and the competition is fierce, so it must be done!

7 P.M. The only thing better than zoning out to TV is zoning out to TV that hasn't aired yet (work perk!). I watch the *Real Housewives of New York* premiere two weeks early for content-planning purposes... and also because that early-morning alarm comes *reaaaal* early after watching *RHONY* in its actual 9 p.m. slot.



That's our office up there (hi, Hearst Tower!), and this is Madeleine's famous custom salad order, which I highly recommend: miso sesame ginger dressing and tofu.

Ashley's message is so powerful: "We are fighting to ensure a place and path for future generations."



Madeleine Frank Reeves
Articles Director
@MadeleineFrankReeves

Like I said, never underestimate a Virgo.

COSMOPOLITAN

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COSMO Q

The great therapy survey

On average, Cosmo readers spend **\$240** per month on therapy.

You're not the only one who's googled "Is Talkspace worth it?" in the past 18 months.

By MARIAH SCHLOSSMANN



Okay, but can I bring my zen garden?

Hi, so do you go to therapy?

- 57% Hell yeah.
- 31% Hoping to start soon!
- 12% Not interested.

That's cool. What's kept you from trying it?

- 42% It's too expensive.
- 25% I don't have time to find a good therapist.
- 17% I'm not ready to unpack my stuff yet.
- 16% I don't think I need it?

Nice, how often?

- 43% About once a week.
- 39% Every couple of weeks.
- 18% Once a month or so.

Do you think therapy works?

- 87%** I really do!
- 12% I'm not sure yet.
- 1% Nope.

Who knows that you get mental health help? Check all that apply!

69% I'll tell anyone.

- 68% My best friend.
- 63% My fam.
- 50% My partner.

How often do you give your friends advice as if you're not just in therapy but...an actual therapist?

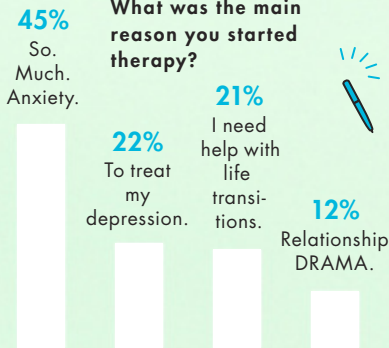
- 52% Not *that* often.
- 35% You caught me! Constantly.
- 13% Never.

Do any of your friends do therapy?

- 62% At least one!
- 20% Almost all of them.
- 18% None that I know of.



Just curious: What was the main reason you started therapy?



How long do you plan on going?

- 86% As long as it feels helpful.
- 9% IDK yet.
- 5% Until I work out this issue.

outdoor collection ♡

COSMOLiving
by COSMOPOLITAN



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What fancy splurge item are you to your very core?

Alexa, play "Glamorous," by Fergie.

On repeat. For the next several hours.

By KIM DUONG

1. It's time for a Netflix binge. What are you diving into?

- a *Bridgerton*. Again.
- b TBH, anything involving baking.
- c The latest true-crime doc. Lights off, volume up.

2. You got a "Sup?" from the fool who ghosted you. Your response?

- a No response. (Altho I *do* have my read receipts on.)
- b "Sorry, who's this?"
- c I blatantly call them out. No rest for the wicked!

3. You're moving into a sweet apartment next month. What's your packing MO?

- a I'm hiring a luxe moving company to come and take care of that.
- b A little every day. I heard slow and steady wins the race.
- c I'll slay that the week before the move. I'm still living here!



4. So, your hot date just called and they'll be 20 minutes late. Whatcha gonna do?

- a Call it off. I wait for no one.
- b Hover outside the resto, aimlessly cycling through IG, TikTok, Facebook, and back. (Please get here soon.)
- c Chill at the bar with a nice glass of vino. It happens.

5. Lol, and now said date has canceled. You are...

- a Not going to let this expensive mascara go to waste. Table for one, pls.
- b RELIEVED. Now I have the entire night to myself. Honestly, thank you.
- c Bummed. But whatever, 'tis life! Who else is free???

6. Super random but quick: Is tap water okay?

- a I mean, if by "tap" you mean a glass of sparkling water with a lemon wedge, sure.
- b It's more than fine!
- c Wait, what's the difference?



MOSTLY A'S A DESIGNER HANDBAG

It's logical that someone who overuses "chic," demands r-e-s-p-e-c-t, and knows the importance of exclusivity is basically a human Birkin. This message is brought to you by science.



MOSTLY B'S SILK SHEETS

A natural homebody with a 9 p.m. bedtime and enough discipline to brew French press coffee every morning, you make introverts everywhere proud—well, you would if you ever flexed.



MOSTLY C'S A PELOTON BIKE

Up with the sun and down for anything, you've got energy to burn on demand! An 11 p.m. Beyoncé dance party on a Tuesday? Sure. You know time is money, so you can't spend it all on the couch.



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Confessions:

streaming edition

There's just so much more than Netflix and chill.



BFFS SEVER

"My ex-roommate and I have not spoken since I moved out a year ago. She was super horrible to our other roommate (my best friend), and I didn't want her in my life anymore. *Buuut* she still has a profile on my Hulu. I thought about just changing my password, but I didn't want to tell *everyone else* who uses my account about the



new log-in. (I'm lazy, sue me.) Instead, I sporadically mess up her algorithm by watching random docuseries or a few episodes of the show she's currently in the middle of to make her lose her place. Oops."

—SARAH, 26

TRUE LIFE:

I've showered with 29 superheroes.



BRB, tattooing your password on my arm so I never lose it.

LIFE HACKS!

"Like every other person on the planet during quarantine, I decided to finally sit down and watch all the Marvel Cinematic Universe movies. I was in the middle of *Thor: Ragnarok* when I realized I needed to take a shower. I smelled really bad. But I didn't want to stop watching, obviously, so I prayed to the gods of Asgard and decided to put my phone in a Ziploc bag to keep it safe from the water. It worked like a charm. Am I a genius?"

—TESSA*, 27

OH GOD, NOPE

"During the pandemic, I moved back home to live with my parents for a while. In that time, I started bingeing *Outlander*, which, phew, hot stuff. Anyway, I was watching season 1, episode 7 at, like, 6 in the morning (because what is time?). For nonviewers, it's a very...explicit wedding episode. My dad, an early riser, was in the kitchen when my computer randomly decided to pair with our Alexa instead of my AirPods. It took me forever to realize why I couldn't hear anything—meanwhile, he heard *everything*."

—AMANDA*, 24

BEEN THERE

"You know how on Spotify, you can see what music your friends are listening to? Well, when my ex-boyfriend and I were in an on-again, off-again period, I would creep on his account, track what he was listening to, and then play those exact songs just to get him to notice me. He fully bought it though. It was actually kinda weird."

—IMOGEN, 18

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Just a list of

**CELEBS YOU
TOTALLY FORGOT
TRIED TO BE**

MUSICIANS

By
JAMES BARRETT

Big “anyway, here’s ‘Wonderwall’” energy right here.

1
SCARLETT JOHANSSON
The transformative ~acteur~ could probs play a tree if she wanted to. And she can definitely do music: two full albums and some EPs! Good for her!

2
MICHAEL CERA
In news that should surprise exactly no one, the man is a bassist, with a self-released album on Bandcamp.

3
NAOMI CAMPBELL
The model’s one and only album featured a photo of her shaving her legs on the cover. Iconic.

4
BRIE LARSON
Excuse you, but “She Said” off her Avril Lavigne-esque album *Finally Out of P.E.* hit number 31 on the Billboard Hot Singles Sales chart.

5
RYAN GOSLING
Dead Man’s Bones. That’s the name of his (leather-jacket-wearing, I assume) rock band, which may or may not still be together. Their one album came out in 2009.

6
LUCY HALE
She *did* place in the top five of the *American Idol* spin-off *American Juniors* in 2003. Don’t you remember now?

7
KIM KARDASHIAN
Bc of course. And her annoyingly repetitive but somehow kind of addictive single “Jam (Turn It Up)” should absolutely be your next party anthem.



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Your comprehensive guide to all the remakes happening right now

Because it feels like everything we're about to see, we've actually seen before?

By EMMA BATY

There's a reason that Hollywood seemingly has no new ideas. And that reason is money. It's a lot safer financially to iterate on a cultural artifact that audiences know and love than to take a chance on something totally fresh. TBH, this is often great for you as a moviegoer, who will probably enjoy round two (or three or four) if you enjoyed the original. It's kind of like how you keep buying V-neck tees from your favorite brand in slightly different colors than the ones you already own. But movie studios can't just entirely reuse old material—remakes have to be bigger, with higher budgets and more celebrities, so they can outperform whatever came first. Sometimes this works, and sometimes...well, here are all the new films and musicals based on old films and musicals, ranked by just how awesome (or not) we're predicting they'll be.


The Matrix 4
December 22

Details are v hard to come by and the title hasn't even been announced yet, so the plot is...? But the enigma that is Keanu Reeves will be there, and you already know that's the only thing you care about.

How badly you need to see it:
5/10


Dear Evan Hansen
September 24

An adaptation of the Broadway hit starring Ben Platt, who won, like, every award for the stage version.

How badly you need to see it:
7/10


Ghostbusters: Afterlife
November 11

Not to be confused with the 2016 offshoot, this is the third film in the original lineage, and it follows two kids who realize they're the next gen of Busters.

How badly you need to see it:
5/10


Cinderella
September 2021

You're not hallucinating—Disney did just make a *Cinderella* in 2015. This live-action version (RIP to the OG animation) stars singer Camila Cabello in her acting debut, so we know the music will be incredible.

How badly you need to see it:
7/10



DEAR EVAN HANSEN: ERIKA DOSS/UNIVERSAL PICTURES; CINDERELLA: COURTESY DISNEY; IN THE HEIGHTS: NIKO TAVERNISE; SPACE JAM: COURTESY WARNER BROS. PICTURES; SNAKE EYES: G. I. JOE ORIGINS; NIKO TAVERNISE/PARAMOUNT PICTURES; GHOSTBUSTERS: COURTESY SONY; ALL OTHERS: ALAMY.



Cruella

May 28

As we learned with *Joker*, every heintown villain apparently needs an origin story. Starring Emma Stone, *Cruella* follows the dog-killing woman through her younger years. The costumes are legit amazing.

How badly you need to see it:

6/10



In the Heights

June 11

Written by *Hamilton* creator Lin-Manuel Miranda, it's about one New York City neighborhood during a summer blackout. Come for Anthony Ramos's hotness (more of him on page 19), stay for the soundtrack.

How badly you need to see it:

10/10



Space Jam: A New Legacy

July 16

Did someone say LeBron James?! The basketball phenom turned Hollywood producer takes Michael Jordan's place in this sequel. Zendaya will voice Lola Bunny, so... we're sold.

How badly you need to see it:

8/10



Snake Eyes: G.I. Joe Origins

July 23

Henry Golding. That's it!

How badly you need to see it:

6/10



Top Gun: Maverick

November 19

Do you feel the need? The need for a reboot? Thanks to a stacked cast (Tom Cruise, Miles Teller, Glen Powell, Jon Hamm), you and your dad will love it.

How badly you need to see it:

7/10



He's All That

August 27

In a move absolutely no one asked for, Netflix will release a gender-swapped remake of the Freddie Prinze Jr. flick, starring Addison Rae.

How badly you need to see it:

3/10



West Side Story

December 10

A Venn diagram of remakes: based on a 1957 musical that was made into a 1961 movie and was originally based on *Romeo and Juliet*. Hello, Oscar bait.

How badly you need to see it:

8/10

The only thing wilder than Emma Stone's *Cruella* hair is this year's movie calendar.





Brace yourselves for the inevitable Hollywood takeover of this latest batch of A-list spawn

In, like, 2039, that is.

By MEHERA BONNER



EMILY RATAJKOWSKI

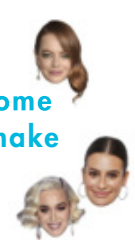
◀ Serious Q: What does one need to do to trade places with this bb?

begs some important questions about what this offspring ecosystem will look like. Who will become friends? Who will become frenemies? Who will make elaborate diss tracks about their rivals? (Rhetorical: That'll be Katy Perry's kid.)

One thing we sorta already know is that everyone will become famous. I mean, duh, being born into a celebrity family has always guaranteed some level of nepotism (please see the likes of Kaia Gerber, Hailey Bieber...you get it), so we can assume this fleet of pandemic babes will be no different. And as a Totally Fine and Not-at-All-Unhinged Person Who Thinks About Things Not *Not* Too Much, I went ahead and formulated a few more specific predictions. Ahem:

- › **Gigi's, EmRata's,** and **Karlie's** kids become supermodels by the time they're toddlers, next.
- › All the **Bachelor Nation** progeny star on season 30 of *Bachelor in Paradise*, the circle of life continues, nature is healing, etc.
- › **Nicki Minaj's** and **Katy Perry's** kids go on to rerecord "Swish Swish" and it's, uh...better than the original.
- › **Princess Eugenie's** and **Pippa Middleton's** babies grow up, fall in love, and quit the royal family in a dramatic showdown dubbed "Eugzit."
- › **Lala Kent's** and **Brittany Cartwright's** kids join the cast of *Vanderpump Rules*, which is somehow still on television despite SUR being a hollowed-out shell of a building haunted by the ghost of Giggy.
- › **Kelly Rowland's, Meghan Trainor's,** and **Cassie's** kids all become mega-successful singers. The Grammys are simply unprepared for this level of talent.

Who will become friends? Who will become frenemies? Who will make elaborate diss tracks?



a cute baby into the world. Okay, fine, not every single celebrity, but just join me on this journey real quick.

Gigi Hadid? Had a baby. Karlie Kloss? Had a baby. EmRata? Had a baby. AND THAT'S JUST THE SUPERMODEL BRACKET. We're also dealing with not one but *two*

Game of Thrones stars (Rose Leslie and Sophie Turner), multiple singers (hi, Katy Perry, Cassie, and Kelly Rowland), and a bountiful cornucopia of actors including Emma Stone, Lea Michele, and Mandy Moore.

So, yeah, the Celeb Kid Class of 20-whatever is going to be stacked. Which

→ Last year was many things (a train wreck, the Elmo-burning GIF come to life—IDK, take your pick). But it was also, inarguably, a horny time for famous people. While the rest of us were busy being slowly subsumed by our weighted blankets, literally every single celebrity welcomed

BAUERGRiffin, KATY PERRY, LEA MICHELE, EMMA STONE: GETTY IMAGES.

N°5



N°5
CHANEL
PARIS
PARFUM

N°5



MACY'S

PARFUM

CHANEL.COM



My “Did he just
say underwear?”

Friday-night phone call
with Calvin Klein

model/actor

Anthony Ramos

By EMMA BATY

The 29-year-old had his breakthrough starring in *Hamilton* on Broadway. (Casual.) Now, between modeling for an underwear campaign and releasing sexy songs (please see “Mind Over Matter”), he’s on his way to also being a full-blown movie star with this summer’s *In the Heights*. I tracked him down to confirm that his ambition *is* the most Scorpio thing about him...and to ask a few other crucial Qs.

So, let’s set the scene: What are you wearing right now?

I just worked out. I’m wearing some orange shorts, a short-sleeve shirt. That’s it.

Is that your go-to for lounging at home?

I mean, to be honest, I’m usually chilling in the crib in my underwear. We’re doing the minimum.

Hey, less is more! What have you been doing for date nights these days?

My fiancée and I, we go out. We try to have dinner—outdoor dining, mostly. We also have these scooters, so sometimes we’ll take them and just ride around Brooklyn. We’ll stop in Red Hook, we’ll stop in Dumbo...we’ll fold that shit up and stop to eat. We do these little adventures.

Wait, that sounds so fun. You mean electric scooters?

Yeah, the Ninebot, these Segway joints. They go, like, 20 miles an hour. You fold it up and just put it next to you.

I might need one of those.

And you live in New York, right?

Yes!

Yo, do it. I’m telling you. You will not regret it.

Sold. But speaking of your fiancée, what has this very weird year taught you about being a good partner?

To be present. We think that proximity equals connection, and it doesn’t. I’m learning still.

You and me both.



Sorry we
couldn’t get the
undies pic.

I photoshopped Hot Priest into my dating app picture and my matches skyrocketed

Ask me how much this boosted my confidence.

By LILLY STUECKLEN
As told to EMMA BATY



Not too long ago, I was on the brink of a major dating rut.

Blame it on one “So, what are you up to this weekend?” too many. I was willing to do something/anything to escape all the boring convos that never went past surface-level niceties. So, yes, I edited myself over Phoebe Waller-Bridge in a pic of her with Andrew Scott (move your eyes to the right) and set it as my lead photo. Did I feel a little bad about lying? Sure! Did it feel good to pretend I was an award-winning TV creator? Absolutely!

Anyway, there were two ways I saw this going: Guys would figure out it was a joke and we could laugh about

it together, or they would think it was real and I would know they hadn’t watched the masterpiece that is *Fleabag*. (And TBH, anyone who doesn’t also worship at the altar of Phoebe Waller-Bridge has already lost points in my book.) My goal was to find someone who got my sense of humor and could run with it...not run in the other direction.

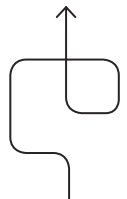
What I didn’t expect was just how well my prank would draw ‘em in. My total number of matches went way up, with some people immediately calling bullshit and therefore passing my lil test. Others legit thought I’d won an Emmy—and I’m not gonna say it

wasn’t fun to keep the ruse going for my own entertainment.

Ultimately, though, I was surprised at how much more I came to genuinely enjoy the sometimes self-esteem killer that is online dating. On a platform where your entire value is often judged via a few pictures and cheeky bio lines, I suddenly felt like I’d taken back some power. Instead of

being at the mercy of a guy sending me a pickup line, I was controlling the conversation.

Also, it worked. I’m now dating someone great who knew it was a joke. In fact, he says it’s a big part of the reason that he swiped right. I’d like to thank my earlier boredom and ofc Phoebe and Andrew (and my sick Photoshop skills) for the opportunity.



Phoebe, if you're reading this, don't hate me!

THE BEST RESPONSES

You guys really made it!

Can we discuss your profile picture?! That's pretty badass.

Is that photo real though? Because if so, I just got incredibly jealous....

**TEXT AND
WHATEVER
JUST
DON'T
TEXT
AND**



STOPTEXTSSTOPWRECKS.ORG



fashion

Just a list of

COOL SUSTAINABLE MATERIALS

YOU CAN GO AHEAD AND START WEARING

By LAUREN ADHAV

1.

PIÑATEX

What happens when pineapple leaves are turned into a leather-ish fabric that can make v cool coats, shoes, honestly anything.

2.

DESSERTO

Hello to this cactus leather known for its softness (no spikes on that jacket!). Only the most mature parts of the plant are used, leaving the rest to regrow.

3.

MYLO

Mushrooms, folks. Threadlike fungus filaments called mycelia grow on beds of sawdust and other organic material, forming a fluffy layer that's then processed and dyed to make sneakers and bags. Trippy, right?

And ofc there's always recycled cotton! See: this extremely pretty look.

4.

ECONYL

Nylon, but make it out of fishing nets, old carpets, and other plastic waste. It's used in swim- and sportswear (and the occasional Prada bag).

5.

CUPRO

This breathable silky fabric—perfect for blouses and tanks—is made from recycled cotton linter, the strands often left behind on processed cottonseed.

6.

LYOCELL

Pretty much the sexiest way you'll ever think about wood pulp. It is mainly sourced from eucalyptus and can be spun into dang good sheets, T-shirts, and more.

LOVE *beauty* AND *planet*

NEW

100% Biodegradable

Formulas That Disappear. Hair That Stands Out.

Our best shampoos and conditioners ever.

Now with even deeper nourishment for softer, smoother hair.



Your summer 'fit is missing a **baguette bag,** just thought you should know

Sure, she's small,
but she's mighty chic.

By KIM DUONG



Apede Mod,
\$325, apede.com



Coach,
\$495, coach.com



Edas,
\$395, edas.store

▲
Phone, keys,
wallet—it'll all
still fit inside,
promise.



 **Mansur
Gavriel,**
\$495, mansur.com



**Apple iPhone
12,** from \$799,
apple.com

**MORE FRESH
Y2K VIBES
RIGHT HERE**

Aka great news for
anyone missing
pretty lilac hues and
phone charms.



Chems Paris,
\$60,
chems-paris.fr



String Ting,
\$49, stringting.com



**Roxanne
Assoulin,** \$60,
roxanne.com

STYLIST: ALMA MELLENDEZ.



“In 2 seconds,
you’re dry”

Dove Dry Spray Antiperspirant
dries instantly and keeps you
protected for 48 hours.



Ashley, Building Operations Specialist

48h
protection

DEBATE

So are we here for the **practically no butt coverage swimwear trend or no?**

Much like your cheeks may be, these *Cosmo* staffers are DIVIDED.



Psst: A lotta suits these days skew thong-y. Peep one on a model before buying to see exactly what kind of coverage you'll get.



I'm skeptical



I am one hundred percent here for any trend that makes ppl feel gorge—it *is* Shot Girl Summer, after all. But! Something about even looking at this style makes the mom-friend in me pop out. The secondhand discomfort alone I get from imagining there's only a piece of dental floss between my sphincter and the rest of the world is very, very real. And don't get me started on what happens when you sit down—have we learned nothing over the past year about keeping public surfaces sanitary? So, yeah, in case it wasn't already clear, I'm sticking to swimwear that requires a lot less upkeep in the waxing/shaving department and has the surface area for a lot more cute designs.

Katie Czerwinski
MOTION GRAPHICS
DESIGNER

I'm sold



I joined team #FreeYourCheeks on a trip to Rio a few years back. Everyone on Copacabana Beach was thriving in a booty-out environment, and it was inspo enough for me to give the trend a try. 'Twas then that I understood what the entirety of Brazil already knows: Less fabric = less bikini sagging, less drying time, and less sand you-know-where. (I mean, it does get in, but with barely any fabric, not as much gets trapped.) Less wedgie potential too. Like, yeah, the style is in itself a wedgie, but you're not constantly picking it out? This all means I end up not paying much attention to my suit, which boosts my confidence. That's why it's minimal coverage for me this summer—and every summer from now on.

Lauren Balsamo
DEPUTY BEAUTY
DIRECTOR





#1 Compact Tampon absorbs like a full size.

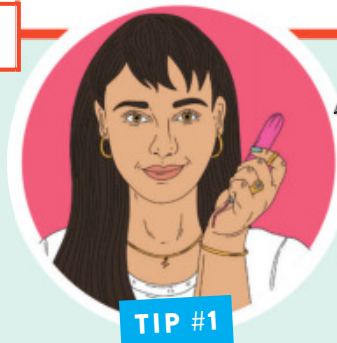


ADVERTISEMENT

FYI

You're probably not using your compact tampon the right way!

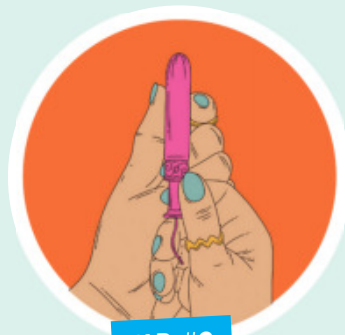
Listen, we get it—using a compact tampon can seem tricky, right? Turns out, there are lots of ways you could be slipping up, and IMO, once it clicks, you'll want to use U by Kotex® Click® Compact Tampons, available at Walmart, as your OG period PIC every. single. month.



TIP #1

Behold: ~*exactly*~ what you should be doing!

TBH, it's all about the click. Hold the tampon, extend the applicator, and once it 'clicks,' you're ready to go, bb.



TIP #2

With a gentle grip, insert the tampon's round end into your V, using your thumb and middle finger until they touch your body. Then, use your index finger to push the applicator up and in. Et violâ! Simple, amirite?



TIP #3

After it's up there, hold the plastic piece, remove, and wrap in TP to toss (in the trash, pls).

Snag your U by Kotex® Click®

Compact Tampons at

Walmart & on Walmart.com rn.

You can thank us later.



TIP #4

One hour later "Should I change it?!" Nope. Even though it looks mini, it absorbs just as well as a full-size tampon. So, take a chill, because, hey, you deserve it.



Scan to shop!

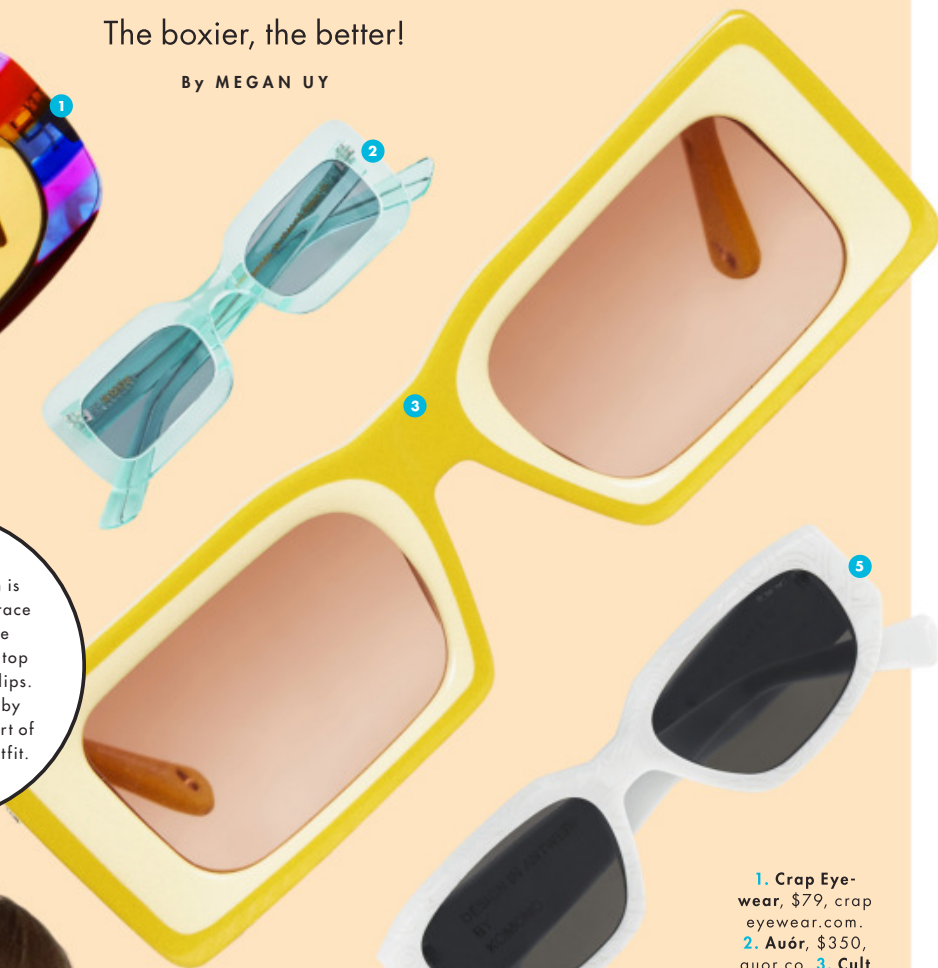
Available at Walmart 

Rectangular sunglasses are better than every other sunglasses shape

The boxier, the better!

By MEGAN UY

JORDAN DIPOTO/@JORDANDIPOTO, GREEN SUNGLASSES: APERCU EYEWEAR, \$189, APERCUEYEWEAR.COM.



▼
ICYMI, retro fashion is def here, folks. Embrace it by wearing these shades with a fuzzy top and some butterfly clips. Or make it modern by donning a pair as part of a monochromatic outfit.



1. **Crap Eyewear**, \$79, crap.eyewear.com.
2. **Auór**, \$350, auor.co.
3. **Cult Gaia**, \$228, cultgaia.com.
4. **Loewe**, \$330, matches fashion.com.
5. **Daily Paper x Komono**, \$131, daily.paperclothing.com.
6. **Akila**, \$130, akila.la.
7. **Velvet Canyon**, \$210, velvetcanyon.com.



Hi, have you heard of **color therapy**?

There's a reason you reach for that red shirt in your dresser. (And a reason you don't.)

By LAUREN ADHAV



Spooky, I know! But it's also science: When mini receptors on your eyeballs take in a color, they shoot a signal to your brain that can trigger an emotional response. This is why wearing a bright shade can enhance your mood—kind of like how sitting by a sun lamp can help with seasonal affective disorder.

What each tone makes you feel depends on where it sits on the rainbow spectrum (look to the right for a cheat sheet). Most of this comes from historical associations that originated *waaay* back—I'm talking centuries ago—and are still super embedded in society today, says Dawnn Karen, a fashion psychologist at New York City's Fashion Institute of Technology. (And I do mean *centuries* ago: Folks in ancient Egypt and Greece were already using various colored stones, crystals, and dyes in healing rituals.)

Of course, modern marketing and advertising firms have wielded the power of color for a while too, using it to prompt certain responses or

You don't need me to tell you that an outfit can be a whole mood—and that clothes can be a powerful form of self-expression. But what's even cooler is that the colors we wear can secretly work some magic on our emotional state. And our minds subconsciously know this, which is why we often gravitate toward specific shades at specific times. Like last week, when you were feeling stuck and (seemingly randomly) chose that lime-hued top? Yeah, that might've been because your brain was craving a subtle serotonin hit from being around green and its fresh, rejuvenating vibes.



**Wow,
these
hues can
do A LOT
for you**

RED

WEAR IT FOR:
passionate vibes

Kate Spade New York hat, \$98, katespade.com



ORANGE

WEAR IT FOR:
lots of lively energy

Bershka dress, \$46, bershka.com



YELLOW

WEAR IT FOR:
happy, joyful feels

Vince Camuto sandals, \$129, similar styles at vincecamuto.com



GREEN

WEAR IT FOR:
a hopeful mood

Videris Lingerie bra, \$90, viderislingerie.com



BLUE

WEAR IT FOR:
a sense of calm

Cider skirt, \$32, shopcider.com



PURPLE

WEAR IT FOR:
all the creativity

Le Specs sunglasses, \$69, lespecs.com



PINK

WEAR IT FOR:
self-assurance

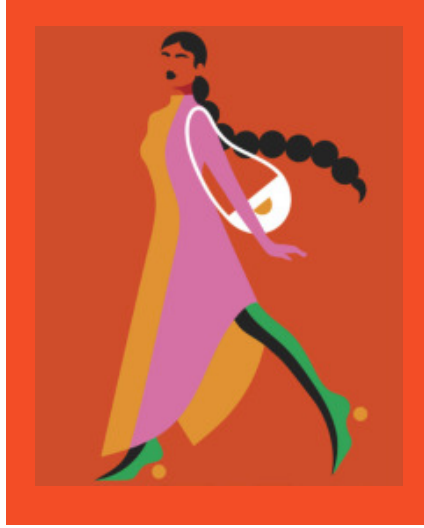
Phlemuns anorak, \$415, phlemuns.com



BROWN

WEAR IT FOR:
a wholesome, warm aura

JW Pei bag, \$95, jwpei.com



Who knew
emo dressing
could be so
bright and
cheery?

compel purchases (and now you know why car insurance logos are typically blue, evoking confidence and stability). Workplaces are in on it as well, painting their offices, say, violet to foster feelings of creativity.

But all this isn't just a sneaky way for businesses to sway your feelings. Color therapy is having a major moment rn because designers—and the ppl who wear their clothes—have realized that anyone can get in on the action by intentionally choosing what tones to wear.

(TBH, this couldn't be better timed, since summer is *the* season to go all out on brights, and lord knows we could all use some mood boosting these days.)

Lingerie designer Chloé Julian kept this in mind while creating her line,

Videris, narrowing in on nine colors and their meanings. She hopes her rosy-pink bras and underwear can prompt feelings of self-acceptance and her purple ones will spark imagination and spirituality. "It's about taking a small moment for yourself each morning to be like, 'How do I want to feel?' and then picking out something to put on that

Wearing your heart on your sleeve just got a whole new meaning.

supports that feeling," says Julian.

Other designers, like Roxanne Assoulin and Tanya Taylor, have released color therapy collections of beaded bracelets and T-shirts, respectively.

Now obviously, wearing specific

colors isn't a replacement for actual mental health treatment. Instead, you can think of color therapy as a simple method for temporarily improving your state of mind. The effect it can have on your mood—and the moods of those around you—is undeniable, says Karen.

Case in point: During the pandemic, Karen had a physician client who was treating COVID-19 patients. To help the doctor lift her spirits during a devastating time, Karen suggested she start wearing yellow. The result: Both she and her patients reported feeling happier.

All of which is to say that you may as

well give color therapy a try. At best, you'll be more in tune with your emotions; at worst, you'll look amazing in that hot-pink dress. Not a bad scenario at all, right?



When it comes to biking, safety is first...but accessorizing is second, duh

Thousand helmet, \$135, explore thousand.com

Peju Obasa belt bag, \$255, pejuobasa.com

By LAUREN ADHAV



Sorry to my car—this is a much cuter way to get around.



Nroda sunglasses, \$190, nroda.com

Live the Process cardigan and bra. Agolde shorts. Converse sneakers.



Gap jacket, \$118, gap.com



LoveShack Fancy cardigan, \$375, loveshackfancy.com

Agolde shorts, \$168, intermixonline.com

Converse sneakers, \$110, converse.com



Mark & Graham basket, \$99, markandgraham.com



Baum und Pferdgarten jumpsuit, \$299, baumundpferdgarten.com



Linus x Clare V. bike, \$699, linusbike.com

IMPORTANT SHORTS PSA
Slightly longer hems will prevent your thighs from rubbing and chafing (no!) against the seat.



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BROOKE BURKE

beauty

Just a list of

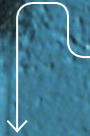
PEOPLE
YOU'D
DISAPPOINT
BY
NOT
USING

SPF

THIS
SUMMER

By
CHLOE METZGER

This is the face
of someone
who reap-
plied...twice.



1

Your mom (she loves you!).

2

Timothée Chalamet (he wants to love you!).

3

Every dermatologist within a 500-mile radius. You think they don't know? Oh, they know.

4

The hordes of product formulators who worked rly hard to make an SPF you won't hate this time.

5

Also the moms of those product formulators whose hearts you'll shatter.

6

The melasma and acne scars on your face that are about to get waaay more noticeable.

7

Honestly, the sun itself.

ARIS SIMMONS/ART PARTNER.

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*Results based on an independent expert evaluator assessing 22 women during an eight-week clinical study in which women used Mary Kay Clinical Solutions™ Retinol 0.5 every other night for the first two weeks, then applied nightly weeks 3-8.

Bad advice it's time to forget: "Coconut oil is the answer to any and every beauty problem"

So, okay, it's not your enemy—
but it's also not your BFF.

By LAUREN BALSAMO

→ **This stuff must have an exceptionally good PR team:** It's hailed by everyone from influencers to your grandma as *the* ingredient that does it all. And it is true that coconut oil does some things, maybe even a lot of things, like nourishing and moisturizing when used in well-formulated products (move your eyes to the right). But when applied in its raw, straight-from-the-jar state as part of a beauty routine? Not so much.

Pure coconut oil is highly comedogenic (that means it's very likely to clog your pores, even if your skin is on the dry side), says dermatologist Shari Marchbein, MD. So the next time your sister tells you she uses it as eye cream or your coworker swears it's the reason their



face is so glowy, it's okay to have doubts. "I even tell my patients to avoid facial products that have coconut oil high up on the ingredient list—it's that suffocating on skin," adds Dr. Marchbein. Oh, and it can also be really hard to rinse off, so probably not the best cleanser or makeup remover either (sorry!).

The same goes for hair, btw. Lots of people rave about raw coconut oil as the ideal moisturizer for dry hair,

but... "it penetrates the hair shaft and sits on top of the cuticle, and that combo can prevent moisture from entering your strands," says trichologist Audrey Davis-Sivasothy. "When you block that moisture flow, hair can become brittle and more susceptible to breakage." (This is especially a problem for ppl with low-porosity hair that doesn't easily

absorb moisture, she explains.)

Also! Pure coconut oil is solid at room temperature, so if you live in a cooler climate (or just love the A/C), it can stiffen on your hair or create a visible white coating.

Again, none of this is to say you can't use any type of coconut-oil-infused product—some, like pre-shampoo treatments, can be pretty damn effective, says Davis-Sivasothy. "They reduce the natural swelling and contracting of hair that occurs when you wash, which, in turn, prevents breakage." And provided you're not prone to bodne, coconut-oil-based body moisturizers can be softening and smoothing. Lip balms too.

Basically, think of coconut oil as your sometimes friend. Really great in certain situations...but probably not someone you want to hang with 24/7.



3 legitimately helpful coconut products



BODY MOISTURIZER
Cocokind Skin Butter, \$14, cocokind.com



LIP BALM
Lano Lanostick in Coconutter, \$17, lanolips.com



HAIR AND SCALP TREATMENT
Briogeo Scalp Revival Charcoal + Coconut Oil Micro-Exfoliating Shampoo, \$42 for 8 oz., sephora.com



“Watching my daughter grow has made me more proud of my stretch marks.”

Dominique



Renew the love for your skin with Dove.

Dove body wash renews your skin's ceramides and strengthens it against dryness, giving you instantly softer and smoother skin you can lovingly embrace.



The new generation of beauty influencers is, like, SO sporty 🏀



NBA players, they're just like us!! As in, really particular about their products.

By AMA KWARTENG

The ATHLETE INFLUENCER

The GO-TO ITEM

The DETAILS



MICHAEL CARTER-WILLIAMS
ORLANDO MAGIC



Olaplex
Daily Cleanse & Condition Duo, \$56, olaplex.com

The man has *thoughts* on beauty (including never skipping body lotion or leave-in conditioner after a shower), and he can't live without this hair duo that, he says, "defines my curls and gets rid of frizz."



MICHAEL PORTER JR.
DENVER NUGGETS



Aveeno
Daily Moisturizing Lotion, \$10, ultra.com

Imagine hitting a pull-up jump shot to win the game and posting a pic on IG immediately after (remember, influencer), only to realize your knees were hella ashy. MPJ doesn't have that issue—his 6'10" body is slathered in body lotion. Always.



KEVIN LOVE
CLEVELAND CAVALIERS



Jack Henry
Face Toner, \$24, jackhenry.co

Mr. Love's grid is full of healthy-living inspo, so it only makes sense that he credits an all-natural toner with balancing his skin. TBH, probably the reason he looks so damn good in all his post-game interviews.



MIKAL BRIDGES
PHOENIX SUNS



Honeyskin Organics
Tea Tree Shampoo and Conditioner Set, \$48 for 16 oz., honeyskin.com

If you think defending players like LeBron James on a nightly basis is hard, I can name a tougher opponent—a dry, flaky scalp. Mikal swears by this tea-tree-oil-infused shampoo and conditioner to keep his hair and scalp healthy.



PATRICK PATTERSON
L.A. CLIPPERS



Bond No. 9 New York
Bond No. 9 Signature Scent, \$410 for 100 mL, bondno9.com.
Tom Ford
Tuscan Leather, \$340 for 100 mL, sephora.com.

Hot tip from Patrick: Everyone should have two signature scents, for day and night. He alternates between these fragrances, explaining that they "demand attention without being overbearing." (Related: I dare you to find a better-smelling dude in pro sports.)

FAR LEFT: BOB LEVEY/GETTY (CARTER-WILLIAMS), NOAM GALAI/GETTY (LOVE), ELSA/GETTY (BRIDGES), KIM KLEMENT-POOL/GETTY (PORTER JR.), COOPER NEILL/GETTY (PATTERSON); MIDDLE: MIKE STORBE/GETTY (CARTER-WILLIAMS), CHRISTIAN PETERSEN/GETTY (BRIDGES), MICHAEL HICKEY/GETTY (PORTER JR.), ALEX GOODLETT/GETTY (PATTERSON).





FIND YOUR HAPPY PLACE

The new fresh fragrance by
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EXCLUSIVELY AT
ULTA
BEAUTY



FIRST-TIMER

Eyebrow extensions

are the best thing to happen to my face since ever

Seriously, are you looking at these pics?!

By GRACE BUDDEMEYER



True story: I don't leave my apartment until I've put on my eyebrows. My natural ones are basically invisible without a full 15 minutes of filling, shaping, and grooming. (And yes, I have heard of both brow tattooing and tinting. But needles are so not my thing and tinting is kinda pointless when you barely have any brows to begin with.)

I'd pretty much lost hope of ever being a human with woke-up-like-this brows, until my sister—who is also *Cosmo's* beauty editor (ILY, Ruby)—suggested I try brow extensions, a temporary treatment in which teeny-tiny synthetic hairs are glued on top of your natural eyebrows and surrounding skin. You better believe I immediately booked an appointment at



BEFORE



AFTER

the swankiest salon I could find—in my case, Master Lash by Charity in Santa Monica, California.

Turns out, brow extensions can be tricky for ppl with pale skin and strawberry-blond hair, but I knew I was in good hands with owner slash very patient wizard Charity Engebretsen. She carefully selected about 175 (!) extensions *per brow* (!!) to complement my skin and hair tones. Then I just chilled on a comfy table with my eyes closed as Engebretsen glued each hair into place with a clear adhesive. She paused a few times to make

Just call me Cara. (IYKYK. If you don't, turn to page 74.)



sure I was into the look, and...that was it. The entire thing was painless (dare I say relaxing?) and took around 30 minutes.

Honestly, I could hardly believe the results: My brows were juicy—like, so thick and defined—but they still felt very me.

I loved them so much, I hardly noticed the \$200 price tag or the fact that they'd last for only up to two weeks. Reality did set in a bit more when I got the aftercare instructions: No working out or getting my brows wet for 48 hours, since moisture loosens the glue before it has a chance to set. After that, I'd still need to be extra careful when washing my face and doing my makeup, because fallout is pretty common (by day four, I had already lost quite a few hairs).

Eventually, they did all fall off—but so gradually and subtly that my brows never looked weird or patchy. Considering the cost, I won't be getting them again as a regular thing—but I definitely wouldn't mind shelling out for a special occasion. Bc I was right that waking up with brows this good feels like a GD dream.

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Fellow brunettes, pls allow me to introduce you to the magic that is

blue shampoo

Aka the reason you're about to have IG-worthy color.

By SAMI ROBERTS



You probs don't need me to tell you that brown hair—totally natural or dyed—can get hella brassy, developing a weird orangey-red tint after exposure to things like UV rays and chlorine or just from fading over time. Up until recently, there hasn't been much—outside of a salon—that we could easily

do about it (all those anti-brassiness purple shampoos = for blondes only). But now, my friends, we have our own at-home solution in blue shampoo, the secret sauce for making brown hair look freaking excellent, like, all the time. It uses color-correcting pigments (blue is across from orange on the color wheel) that bond to your strands and cancel out brassiness

as you wash. Using a blue shampoo once or twice a week (any more than that could give your hair a dark-ish cast) will refresh your color and amplify its cool tones, just like a professionally applied salon toner would. Like I said, magic. And bc I love you, here's a list of the best blue shamps to try right now.

Okay, full transparency: This (still-very-worth-it) shampoo can be a lowkey mess in the shower. Rinse your tub and tiles immediately after using to prevent any staining and/or roommate drama.

1 FOR DULL HAIR

John Frieda Blue Crush for Brunettes Blue Shampoo, \$10, target.com

If you're struggling with brassiness and blahness, go for this bb that's spiked with tone-correcting pigments and lactic acid to lock in moisture and shine.

2 FOR DAMAGED HAIR

dpHUE Cool Brunette Shampoo, \$26, sephora.com

Give your over-styled, straw-like strands some love with this sulfate-free blue shampoo that strengthens with silk proteins and hibiscus-flower extract.

3 FOR CURLS AND COILS

Bouclème Color Toning Drops, \$36, boucleme.us

Already in a committed relationship with your shampoo or co-wash? Just mix in a few blue drops to tone your hair without having to switch to something entirely new.

4 FOR NATURAL BRUNETTES

Redken Color Extend Brownlights Blue Toning Sulfate-Free Shampoo, \$23 for 10.1 oz., ulta.com

The combination of blue pigments and mild surfactants helps enhance your natural color and cleanse your hair without drying it out.

need. it. now.

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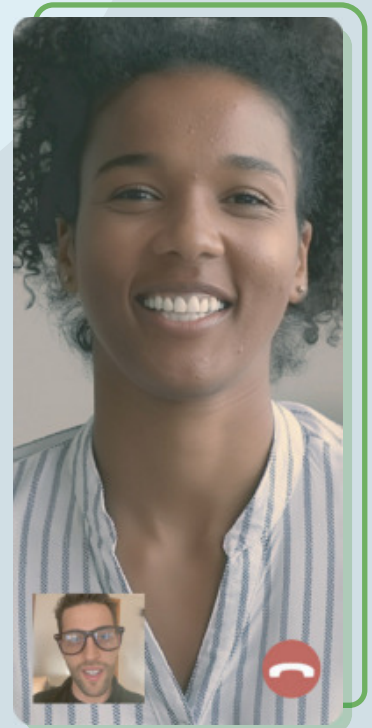


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Dermatology has a race gap.

Here's how to get good treatment anyway

Insider advice from Black and brown doctors on navigating a very imperfect system.

By AMA KWARTENG

When I first landed my job (hi, I'm one of Cosmo's beauty editors), I said yes to just about every beauty treatment that hit my inbox (I mean, can you blame me?). And for a while, it was all fun and skincare games—in the name of research, of course—until I went to see a dermatologist for a Fraxel laser treatment. Fraxel is used to help

improve skin tone and texture, and this particular doctor, who is white, assured me they knew how to use the powerful tool on my deep skin tone. You can probably guess what happened next: I woke up the following morning to find my normally spot-free skin covered in patchy, dark marks. This,

despite the fact that I have access to the best dermatologists and experts in the country. It was a frustrating reminder that, like so many women of color, I need to vet my doctors extra thoroughly before I let them anywhere near my face, because the truth is that many don't know enough about

deep skin tones to treat them properly.

The lack of awareness starts early: Most medical textbooks depict proportionally fewer skin conditions on people of color (these pics, btw, are critical for proper diagnosis, says Lynn McKinley-Grant, MD, former president of the Skin of Color Society). And because issues like eczema and

THIS PAGE: FROM LEFT: OHLAMOUR STUDIO/STOCKSY (1, 2, 4); LARA CALLAHAN/REFINERY29 FOR GETTY (3, 5, 8); COFFEANDMILK/GETTY; STUDIO FIRMA/STOCKSY; ERIC MWAZO/GETTY.

melanoma look different or can be located in different places on various skin tones, doctors can misdiagnose or miss them entirely, which can have deadly outcomes.

What's more, people of color are often underrepresented in clinical trials for Rx treatments—making this stuff potentially ineffective or unsafe for us to use. Also alarming: Only 3 percent of U.S. dermatologists identify as Black and 4.2 percent identify as Hispanic, according to a 2016 article in the *Journal of the American Academy of Dermatology*.

So, yeah, the medical community clearly needs to figure its shit out. Every board-certified dermatologist should be able to properly treat *all* skin tones, full stop.

In the meantime, I was able to find a new derm who is helping me reverse my Fraxel damage (the routine includes gentle brightening ingredients and daily SPF). And to help you navigate all this too, I'm here with this been-there-done-that-learned-the-hard-way guide.

Derm deal breakers

If your MD does any of these things, it's time for a new one.



STRIKE ONE:

They say that all skin is the same.

Sure, race is a social construct (ty, Sociology 101), but that doesn't mean different levels of melanin don't affect how skin should be treated. "Certain concerns are unique to melanin-rich patients, like hyperpigmentation and scarring," says dermatologist Mona Gohara, MD. A one-treatment-fits-all narrative is a big no.



STRIKE TWO:

Their treatment plan is fast and furious.

Melanated skin is sensitive to inflammation, and harsh products like strong acids and retinoids can cause irritation, sending melanin production into overdrive and resulting in dark spots and marks, says derm Purvisha Patel, MD. Any "quick fixes" will likely do more harm than good.



STRIKE THREE:

They skip the cancer convo.

People with deep skin tones *can* get skin cancer. In fact, Black patients are often diagnosed later than white ones are—and with worse outcomes. Make sure your doctor takes this as seriously as you do by having them perform a full-body skin check during your visit, says Dr. Gohara. Oh, and if they're not reminding you to wear daily SPF 30 or more? Look for the exit sign.



WANT A BLACK DOCTOR BUT DON'T KNOW WHERE TO FIND ONE?

Try Black Dermatologist Directory, a super-user-friendly online database, says Corey Hartman, MD. Just put in your location and it'll pull up a list of the nearest board-certified derms and what they specialize in.

4 ways to advocate for yourself (and your skin)

Look for a derm with the right experience

The goal is to find someone who has worked with different skin tones, regardless of their race, says dermatologist Corey Hartman, MD. Spend time on a doctor's IG and/or website. If you see a wide variety of skin colors, there's a good chance they'll be able to treat you. Also, google to see where they trained. Big cities generally = more experience with all skin shades.

Scope out patient reviews

You don't hit up a new restaurant without an extensive Yelp session, so why be any less picky about your face? Take a minute to read some reviews before making an appointment with a new derm—sites like Zocdoc, Vitals, and Healthgrades make it easy to see ratings and get intel from existing patients on everything from bedside manner to office wait times.

Don't be scared to school your doc

Say you're going to see a doctor for dandruff and they prescribe something that requires you to wash your hair every day. That's a time to speak up, says Melynda Barnes, MD, chief medical officer at Ro. "Let them know that with your hair type, you wash it only weekly or every two weeks. Then ask for other treatment options."

Read up on ingredients too

Your MD should be doing their own homework, but it's still important for you to have a basic understanding of active ingredients, says oculofacial plastic surgeon Chaneve Jeanniton, MD. It'll make you a smarter shopper and better informed when you're talking to a derm about curating a topical regimen. Try the Paula's Choice online ingredient dictionary as a resource.

Life

Why, yes, poolside showers count too, friends.

just a list of

REASONS TO TAKE A

MIDDAY SHOWER

By SARAH WELDON



1

The rush from all that hot water and ~exfoliation~ will inspire you to finally answer an urgent email from last week.

2

One word: roommates. No soul will be loudly banging on the door during your me-time.

3

Your post-meeting belt sesh of *Fearless* (Taylor's Version) sounds like Broadway with these bathroom acoustics.

4

Hair wash day = hitting 10K steps? Right, science?! (Science: "Nope.") (But still.)

5

It's a prime opportunity to swap outfits and do a Kelly Kapoor-approved fashion show, fashion show, fashion show at lunch!

6

Nighttime bathing is utterly impossible after hours of terrifying Netflix murder content.

7

And watching *Unsolved Mysteries* till 2 a.m. means sleeping through your regularly scheduled shower call time.

8

Because you are a grown-up person who can. And being kind to yourself is a lovely experience.

Cat



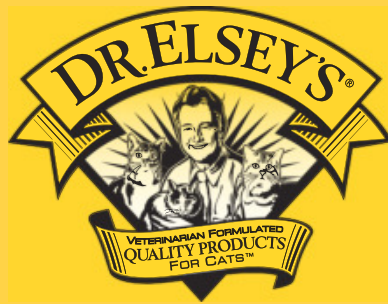
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meow meow
meeeeeeeow



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Heads up:
There's a new wave of
nutritionists who
aren't into
weight loss

Untwisting the tangled ways
we think about food.

By KARA CUZZONE

impact well-being—things like genetics and stress and income levels or a lack of access to doctors. As Johnson puts it, “There aren’t enough blueberries to counteract these effects. Yet it feels like the skill set of dietitians has been reduced to putting clients on a diet to lose weight.”

Unapologetic Eating. She first gets at the roots of a client’s eating behaviors—maybe they were raised in a no-junk-food house or taught that working out is the only way to justify carbs. Dismantling these beliefs, says Rumsey, helps people learn to eat based on hunger and cravings rather than on strict nutrition rules or myths. Instead of creating meal plans, she teaches people about healthy eating based on how foods make them feel. “It’s asking, *What can I add to my day that will make me feel better?*”

“People assume that intuitive eating means someone doesn’t care about nutrition,” Johnson says. “That’s incorrect. There’s very much an awareness of nutrition, but it comes after someone has made peace with food and can choose foods based on satisfaction.” Nutritionists like her also help clients find workouts they like, troubleshoot sleep habits, and practice stress relief.

Is the result of all this sometimes weight loss? Sure, says Johnson, but it’s definitely not the goal. Adds Rumsey: “Everybody has the right to pursue weight loss if they want to. I’m just trying to show people there’s another way to find health and happiness.”

There are plenty of reasons that someone might hire a nutritionist: to go vegan, to get help with IBS, to learn how to eat while pregnant, to get advice on the best ways to lose weight. That last one is one of the most popular, partially because nutrition professionals have messaged for decades that “excess” weight can make people unhealthy and requires an eating plan (read: diet) to deal with.

But Christyna Johnson, RDN, and a growing number of her peers argue that a one-size-fits-all blueprint for health does not work. Instead, they follow the Healthy at Every Size (HAES) philosophy, which supports intuitive eating

and calls for medical professionals to stop judging patients’ health based on weight, quit “prescribing” weight loss, and focus on other nutrition-adjacent issues that

“There aren’t enough blueberries to counteract these effects.”

Sort of like therapists, HAES-aligned nutritionists are trying to get us to reevaluate how we think about food, says Alissa Rumsey, RD, author of



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I'm the proud
owner of
two vaginas,
but it's not as
weird as it sounds!

What life, sex, and pregnancy are like with an extra set of organs.

By **CHRISTY BATTS**

As told to **JENNY MORBER**

on, and...to me, my vagina just looked like a normal vagina (in hindsight, maybe there was a little extra skin poking out, but truly nothing alarming).

After months of ruined underwear, I went to see a gyno. As she inserted her silver speculum into my vagina, she paused. "Hold on a second," she said, leaving the speculum inside me and leaving the room.

She returned with several other doctors and nurses, all of whom stared at my vagina. Someone was flipping through a



Like a lot of women, I started using tampons when I was 16. But I always—always—leaked, even though when I'd take out a

tampon to replace it, it was never—ever—full. I remember holding up a mirror to my vulva to figure out what was going

Our bodies are a damn wonderland, aren't they?



textbook, saying something like, “It could be this...or this!”

A few ultrasounds later, I learned that—like roughly 1 in 2,000 women worldwide—I have uterine didelphys, or two uteruses. They are smaller than normal and sort of look like two antlers, one on the left side and one on the right. In my (rarer) case, I also have two cervixes and two vaginas, all separated by a section of tissue. From the outside, it’s really hard to tell that I have two vaginal

canals, but if you feel around inside, there are definitely two separate entrances, one smaller than the other. (I have the standard number of fallopian tubes and ovaries: a single tube attached to each uterus and a single ovary attached to each tube.)

All of this means I have two periods from two sets of organs every month—sometimes at the same time, although occasionally out of sync—and I need to use two tampons instead of one. I just had to learn how to insert them, especially after putting two tampons in the same hole more than once...yep, ouch. But honestly, after my diagnosis, part of me felt *more* normal because I could use the same period products as my friends. (And since I know you’ll ask: No, somehow I don’t get double the cramps or PMS.)

Scientists don’t know what causes uterine didelphys, but they do know that most people who have it live totally healthy lives. That’s been the case for me—and other than my mom, my sister, and a close friend, I didn’t even tell anyone about my bonus parts until college. It wasn’t that stressful.

What **was** stressful, though, was telling

new sexual partners about my two vaginas. And I *had* to tell them; I’d already had sex by the time I was diagnosed, and it had felt okay, but I quickly learned that my vaginas require lots of foreplay (which, I mean, I think most people like?). And also patience so that a



I quickly learned that my vaginas require lots of foreplay—and also patience so a partner doesn’t smash into the skin between them.

partner doesn’t smash into the sensitive skin between them. Sometimes I help guide a partner carefully inside my slightly larger vagina that’s more comfortable to use for sex. And once a penis is in, it never fully comes out until we’re done.

The alternative to not explaining all this is painful sex—and I’ve never liked anyone enough to be in pain for them. Case in point: When I told one guy about my vaginas, he just went on and on asking about what it would mean for him. It was like I was introducing him to a fancy new sex toy. We never ended up doing it.

My husband, on the other hand, who I’ve been with since college, is very aware of the wall separating

my vaginas, and we have zero issues with sex.

Anyway, when I was 20, I realized I was pregnant. Which was a total shock, to say the least. I was on the birth control implant, *and* back when I’d been diagnosed with uterine

pregnant, my college-boyfriend-now-husband and I were cautiously excited, although I thought there was a high chance I’d miscarry based on what my old doctors had said.

Despite that, I had a fairly normal pregnancy, except that both of my uteruses and cervixes grew as if each side was carrying a pregnancy (an ultrasound confirmed there was only one fetus in one of my uteruses).

My ob-gyn recommended delivering via C-section at 30 weeks, but I wanted to carry this baby girl as far along as I could. And when I went into labor at 38.5 weeks, my doctors said they could see both of my cervixes dilating and couldn’t tell which one she’d come out of. Unfortunately, we never found out—the baby’s heart rate dropped and we had to do an emergency C-section anyway.

As my daughter grew up, I wondered whether she might have uterine didelphys too. So I sat her down and explained my anatomy in a super-matter-of-fact way, saying it’s possible hers was similar and that would be totally fine. We later learned she doesn’t have it, but the convo ended up changing my perspective for good: My vaginas aren’t something to be ashamed of. They just are.

didelphys, my doctors had told me it’d be really tough for me to get pregnant. One egg would be released into each of my uteruses every menstrual cycle, but even if one was fertilized, a fetus would have a very small environment to develop in. At the time, I didn’t care—I was a teenager and didn’t even know if I wanted kids.

Now, I suspected something had happened because my two cycles were way off. I’d been getting a period every other week for, like, six months (exhausting!), and then one day, I realized I hadn’t had a single period for weeks. When a test confirmed I was



ANNIQUE DELPHINE

The new plant mom's guide to not killing your bbs

Trust the process.

By SARAH WELDON



GIVE THEM LIGHT

If this is the only thing you read on this page, it will (probably) be enough. All—yes, all—plants must be as close to a window as possible. Sad windows with minimal sunlight mean you'll need to stick with low-light plants. Big, juicy southern exposures get bright-light plants. Got it? Great.

KEEP POTS UNPLUGGED

As in, they need good drainage, so get a pot that has both a lil bootyhole and a tray. Also, be sure to repot your plant every year or two in a vessel that's one inch larger to give it fresh soil and room to grow.



PRO TIP:
Check on your plant every other day.



WATER REALLY, REALLY WELL

Plants in hot, sunny windows need more frequent waterings than those on sills facing brick walls, but the process is the same: (1) Saturate the hell out of that soil until water comes out of the bottom, and (2) let it dry out completely before watering again.

SKIP MISTING

Except for orchids and other epiphytes (IYKYK), your houseplants don't need moist air. Excess water around their leaves just puts them at risk for moisture-loving fungi. Gross.

QUARANTINE FOR PESTS

When you spot the signs (peep our decoder at right), move the plant far from others and spray it with insecticide (neem oil is too weak, btw). Keep at it till the bugs are gone.

AND FINALLY...

May we recommend shopping for the types pictured above? Note tho: If you're buying a plant *only* for the 'gram, do everyone a favor and just get a fake one, thanks.



Snake plant
We love this hardy boy.



Golden pothos
The *ideal* beginner plant.



Monstera deliciosa
Is there anything more chic?

Speak houseplant!

Here's what your leafy children are trying to say.

THEY'RE DROOPY...

▶ "More light, pls!"

THEIR LEAVES HAVE YELLOW RINGS...

▶ "Help me! I've got a fungus!"

THEIR LEAVES LOOK BURNT AND CRISPY...

▶ "I'm dealing with some pests."

THEY GENERALLY LOOK SAD...

▶ "Plop me in front of a window or repot me."

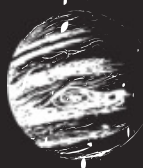


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food



Just a list of

THINGS
THAT
ARE
SURPRISINGLY
BETTER
WITH

KETCHUP

By
SARAH
WELDON

One thousand love
songs should be
written in your
honor, my pretty.



1

Eggs, obviously. But specifically, jammy soft-boiled eggs. It's the hot and cold for me.

2

Salt-and-vinegar potato chips, for a budget dip combo with more panache than chips and guac.

3

Actually, **any potato-based food**: fries (duh), hash browns, baked potatoes, mashed potatoes...etc.



4

A cherry tomato. The tangy notes of a sweet *tomate* and zesty 'chup *are* different. I won't die on this hill alone.

5



The burnt-est of broccoli, because it requires the perfect umami zing.

6

Macaroni and cheese. It's good; ketchup is good. Together, they're a masterful culinary mix.

7

The middle groove of a **crisp romaine leaf**. *juicy chomp*



8

Toasted sourdough. Spread it like jam, baby.

WHAT YOU WANT HOW YOU WANT IT

Savory Sesame
Chicken and Vegetables

Crave-worthy comfort food

370 calories

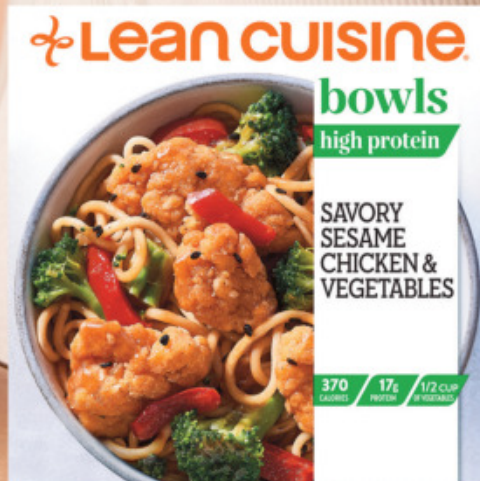
17g protein

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YOU RULE



Please, just eat this glorious salad from Pepper Teigen

If summer were a food,
it'd be this one.

The only thing
I'm making till
further notice.



ICYMI, Pepper Teigen, super-talented cook and very cool famous mom, has just blessed humankind with *The Pepper Thai Cookbook*, packed with recipes like this spicy, bacon-y delight. Serve it at a picnic or just scoop it into your mouth with chips whilst standing in front of your A/C. Either way, you'll love it!

THE RECIPE

1. In a wok or large skillet over medium-high heat, cook the bacon until it's very crisp (just how you like it), about 10 minutes. Take the *crispity* crisps out of the pan and set 'em aside.
2. Carefully pour out some of that bacon fat (not down the drain!) until about 2 tablespoons remain in the pan. Return it to the heat, add the shallots, and cook until they're nice 'n' soft, about 3 minutes.
3. Add the corn, stirring occasionally, till it begins to brown, or about 6 more minutes (tbh, this is going pretty fast, right?).
4. Mix in the tomatoes and chilis, remove the pan from the heat, and let it cool for a few mins before dumping it all in a large bowl.
5. Add the bacon, fish sauce, avocado, and cilantro, and squeeze those lime halves over the top. Gently toss this precious beauty to combine, then season with salt and pepper. Serve warm or at room temperature. Cry tears of happiness.

THE INGREDIENTS

- 4 to 6 slices of bacon, chopped
- 2 shallots, finely chopped
- 3 cups corn kernels, frozen or fresh (about 3 ears of corn)
- 1 cup halved cherry tomatoes
- 2 fresh bird's eye chilis (HOT!) or 1 serrano (a lil less hot), minced
- 2 teaspoons fish sauce
- 1 avocado, chopped
- ½ cup cilantro leaves, chopped
- 1 lime, halved
- Kosher salt and freshly ground black pepper

The lifeblood of fun times everywhere.

Introducing the spiked seltzer hacks you deserve

For when your fancy pants and party pants are the same pants.

By ASHLEY OERMAN



Serve it in an actual glass glass.

Nothing says “I’m a class act” like a bubbly drink in a sexy stemmed sitch...or even just, like, one without your sorority logo on it.

Toss in some ~herbs~.

No, the ones from the grocery store. Pair a wee sprig of mint with a watermelon or black-cherry seltzer or a lil rosemary with a lemon one. Ooooooh, or a couple of cilantro leaves with lime or pineapple flavors. Drool.

And a few pretty ice cubes.

As in, freeze some edible flowers or strategically subtle pieces of fruit into ice that will elevate your drugstore bev to a much higher tax bracket. (We stole our own idea—see it on page 88.)

Add? More? Liquor?

It doesn’t have to be a lot! Just a *splooosh* to make the flavor profile more complex. (I mean, that’s what you’re gonna tell people anyway.) So how about a little rum in that watermelon-mint mix? Or some añejo tequila in the cilantro-lime situation? Also, gin + lemon = pure joy.

Make a giant pitcher of frosé!

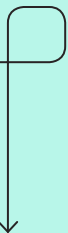
It’s summer tradition, folks. Dump two cans of watermelon seltzer in a blender with half a bottle of rosé, juice from half a lemon, ¼ cup sugar, a handful of strawberries, and lots of ice. Then blendy-blend-blend for you and your friends.

FOOD STYLIST: SUE LI/HELLO ARTISTS.

This DIY vegan ice cream tastes like a million bucks

Extra points for being cute and resourceful!

By SARAH WELDON



1. Gather as many (pre-peeled!) frozen bananas as your heart desires—or as many as your blender can handle without short-circuiting.
2. Blend on high with approx 1 glug of your fave plant-based milk. For extra goodness, you can—and maybe should—add a couple of dates, chocolate bits, or a splash of vanilla extract to sweeten it up.
3. Hit pause every 20 seconds or so to make sure the consistency suits your palate (hint: for a soft-serve-ish texture, blend for longer). Once it does, freeze it in a food-storage container for a rainy day or...
4. ...load it with toppings rn. Think vegan caramel drizzle, mini pretzels, and chocolate chips.
5. If you truly want to go there: Smoosh the ice cream between two (very) toasty toaster waffles lined with nut butter. A sammie star is born.



Your freezer is about to become 97 per cent banana.



FOOD STYLIST: SUE LI/HELLO ARTISTS. BLENDER: COURTESY SMEG.



a fudge brownie center in every bite



f u r b a b i e s



THE
FIRST ANNUAL
COSMO

PET AWARDS

All the things your floop wants, needs, and can't go another day without, as tested and curated by our team of obsessive pet parents/intrepid editors who will stop at nothing to bring you—and your spoiled dogs and cats—the very best.

BEST DOG SWEATER

"This luxe piece screams, 'I have more Instagram followers than you do even tho I'm literally a dog.'"

—CARINA HSIEH,
senior sex and
relationships
editor

Christian Cowan
x Maxbone
jumper, \$95,
maxbone.com

MEET SUNNY

@ALWAYSUNNY.NY

Aka the beagle-Jindo-mix
rescue pup who's not
sharing this toy, tysm.

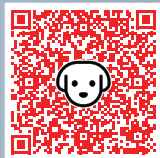
This cactus has a secret. Keep reading.



“Their future good health starts today.”



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WEAR



BEST HARNESS

"My lil pug couldn't walk one block in this without getting a compliment. And it's reversible bc OF COURSE."

—MADELEINE FRANK REEVES, articles director

Ruffhaus What-a-Melon harness, \$32, ruffhausnyc.com



BEST RAINCOAT

"Honestly, this is nicer than my raincoat, so that's...kind of unfair, but it tracks. It keeps dogs super dry, which means no post-walk towel-off struggles."

—MR

Maxbone Talon raincoat, \$75, maxbone.com



BEST DOG COAT

"This is legit toasty. It's perfect for when it's so cold that neither of us wants to go outside." —MR

Wagwear puffer jacket, \$75, wagwear.com



BEST BANDANNA

"This makes your pup even more scrumptious, whether they're salted or unsalted."

—MIA LARDIERE, emerging platforms director

Wild One bandanna, \$18, wildone.com



BEST DOG COLLAR

"I wish I were a dog so I could wear a Crew LaLa collar. From the fabric selection to the stitching, they are top-notch, quality doggerino accessorinos."

—ML

Crew LaLa Belle Bow collar, \$46, crewlala.com



BEST CAT COLLAR

"If you've got a wiggly floof who scowls when you even say 'collar,' this lightweight, barely-touches-the-fur pick is for you."

—ALEXANDRA WHITTAKER, news and pop culture director

Supakit green leather cat collar, \$38, supakit.co



PLAY



BEST CAT TOY

"You might be thinking, *Birds?* For cats? Groundbreaking.

But this one—loaded with catnip, natch—will truly drive them wild."

—KARA MILLER, designer

Frisko Bird Teaser With Feathers cat toy, \$3, chewy.com



BEST PLUSH DOG TOY

"My dogs have gone through three of these, and it still delights them every time they find the bonus toy inside."

—CH

Bark Consuela the Cactus dog toy, \$10, barkshop.com



BEST SQUEAKY DOG TOY

"Squeaky toys are cute; too-squeaky toys are an act of war. This comes in peace."

—JEN ORTIZ, deputy editor

Ethical Pet Fun Drink Pupland dog toy, \$9, chewy.com



BEST MAKES-'EM-THINK DOG TOY

"Our terrier mix loved this. She could eat four kibbles at a time AND make a mess AND have the whole family cheer for her."

—ML

Ethical Pet Seek-a-Treat Flip N Slide puzzle toy, \$17, chewy.com



BEST MAKES-'EM-THINK CAT TOY

"My kitten was obsessed with how this lights up and shoots out a colorful feather bouquet, whack-a-mole style."

—AW

PetFusion Ambush Interactive Electronic cat toy, \$30, chewy.com



MEET PHICUS

@HEIDIWRANGLESCATS

He may be a kitten, but this lil guy is smart enough to play hide-and-seek with his brother...and win.

RUFFHAUS HARNESS: SHIRLEY YU.



MEET WOLFGANG

@KABBALAHKITTIES

This Russian Siberian tries to sneak sips of his dad's coffee. And also booze, lol!

SNOOZE

BEST DESIGNER-Y CAT BED

"Say hello to cat furniture that will fit seamlessly with your aesthetic. If *I* got to sleep for 12 to 16 hours a day, I would want it to be in this cozy cave."

—MARY FAMA, art director

Tuft and Paw Stellar cat bed, \$299, tuftandpaw.com



BEST CASUAL CAT BED

"Your cat will want to live in this. Luckily, it's easy to throw in the wash." —AW

Whisker City Bolster cat bed, \$13, petsmart.com

BEST DESIGNER-Y DOG BED

"It looks more like a fancy rug than a bed, and we love that for it. The memory foam is low profile but dense." —CH

PupRug Faux Fur Orthopedic dog bed, \$349, paw.com



BEST BED FOR SMALL TO MEDIUM DOGS

"Thoughtful details like hidden zippers (for zero floor scratchage) make this one worth the money. And yes, it's high tech just like Casper's human mattresses." —CH

Casper dog bed, \$149, casper.com



BEST BED FOR LARGE DOGS

"This is my dog's dream—she's basically sleeping on my fuzziest teddy-bear coat." —ABBEY ADKISON, supervising producer, video

BarkBox Memory Foam Donut Cuddler bed, \$66, amazon.com



BEST CRATE FOR DOGS

"It works even if your dog is Goldilocks-level picky, plus it doubles as a cool side table." —MR

Fable crate, \$395, fablepets.com



MEET DOUGH

@DOUGHISA GOODBOY

Dough is a Cancer, so he's pretty sensitive. He also high-fives. Relentlessly.

CLEAN



BEST SCENTED CAT LITTER

"The dust is minimal, it clumps properly, and it smells like fresh clean laundry for *daays*." —MF

Fresh Step Advanced Cat Litter in Gain Scent With Febreze, \$24, amazon.com



BEST LITTER BOX

"This futuristic robo-box scoops poop and may or may not also be able to do my taxes. (Fine, it can't, but I'm convinced it could learn by next April.)" —AW

ChillX AutoEgg Self-Cleaning Litter Box, \$400, chillx.co



BEST SHAMPOO FOR DOGS

"I don't care if it's weird to smell your dog's head 64 times a day—after washing her with this, I simply *have* to." —MR

Ouai Fur Bébé pet shampoo, \$32, theouai.com



BEST PET VACUUM

"The laser lights up your floors so you can see every stray dog hair. It took me to a neurotic level of deep-cleaning I didn't know I had in me." —CH

Dyson V15 Detect vacuum, \$699, dyson.com

PET
COSMOPOLITAN
2021
AWARDS

EAT



What, you thought photographing cats was easy?! Pssht.



BEST CAT FOOD

"My cat Walter literally stages a revolt and meows incessantly if I dare swap in anything else."

—LAUREN BALSAMO, deputy beauty director

Wellness Natural Grain Free Gravies Chicken Dinner, \$16, chewy.com



BEST DOG FOOD

"I never thought I'd be that person going on for hours about how switching up her dog's food (to this farm-raised chicken variety) changed her life, but here we are."

—MR

Purina Beneful Grain Free Dry Dog Food With Farm-Raised Chicken, \$33, chewy.com

BEST CAT DISH

"The modern design (1) is easy to clean, (2) won't tip, spill, or break, and (3) can be permanently left on display because it's basically art."

—MF

Cat Person Mesa Bowl, \$40, catperson.com



BEST DOG DISH

"My flat-faced bb tends to knock bowls around while she eats. This grips to the ground and keeps 'em firmly in place." —MR

Ono The Good Bowl double, \$35, onofriends.com



BEST CAT TREAT

"My husband and I have to ration these because our cats just beg and beg. And they really work from a dental perspective: no stinky breath!" —MAXWELL LOSGAR, entertainment director

Feline Greenies Dental Treats catnip flavor, \$4.50, chewy.com



BEST DOG TREAT

"These last exactly long enough to distract your dog from jumping all over guests."

—MR

Tyson Nudges Jerky Bones, \$14, target.com



BEST SPECIAL-OCCASION DOG TREAT

"I've never heard my dog sound more like a baby pig than when she was nose-deep in this cute little cup."

—AA

Ben & Jerry's Rosie's Batch Frozen Dog Treat, \$10 for 4, petsmart.com

TRAVEL



BEST DOG CARRIER

"Converts to a bed, folds flat to store, and also looks gorge atop a rolling suitcase." —MR

Wild One pet carrier, \$125, wildone.com



BEST CAT CARRIER

"On our first trip with this wow-they-thought-of-everything carrier, our cats' typical sad travel crying soundtrack totally stopped." —MF

Mr. Peanut's Gold Series Expandable tote, \$52, mrpeanutspremiumproducts.com



BEST LEASH

"Perfect for holding a phone, iced coffee, and a poop bag all in one hand while your stronger-than-he-louky pup lunges at mysterious trash." —JO

Kong Hands-Free Leash With Removable Pouch, \$40, petsmart.com

Head to Cosmopolitan.com/PetAwards to shop (and to see the *rest* of our picks).



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~SUMMER
LOVE~
EDITION

astro

Just a list of

DATING APP

OPENING
LINES THAT ARE *SO*
YOUR SIGN

By SIX

1

ARIES

"You. Me. Shoes you can run in. Wait, where are you going?"

2

TAURUS

"Forget dinner. You look even more appetizing than that TikTok-famous pasta."

3

GEMINI

"I think about you more than I think about the theory that Avril Lavigne died and was replaced by a clone."

4

CANCER

"How do I get out of my crab shell and into your phone?"

5

LEO

"You look like you could use some sun. It's me—I'm the sun."

6

VIRGO

"What three things would you bring to a desert island? Yes, this is a test."

7

LIBRA

"Let's do fries *and* the onion rings. I'm all about balance!"

8

SCORPIO

"You make me want to scroll through your Instagram all the way back to 2013."

9

SAGITTARIUS

"Let's get lost together. Srsly, put your phone on airplane mode."

10

CAPRICORN

"Are you my credit score? Because you look g-o-o-d."

11

AQUARIUS

"If sky's the limit, let's reach for Saturn!!! Yes, I'm fine."

12

PISCES

"Can I draw you like one of my French girls? Wait, where are you going?"



"How 'bout a picnic I'll bring the faux-fur blanket." —TAURUS

The tarot has a message about your new boo

It knows, like, A LOT.

By VALERIA RUELAS

It's only natural that

when you're first dating someone, you have So. Many. Questions. And you likely have your own methods for getting answers (a Twitter poll? a Magic 8-Ball? your mom?). All fine, ofc, although you'd probably definitely be better served by tarot cards, which can give you insight into people, energy, and even your future. Honestly, you can think of them as your very own life coach—or in this case, a guide that can help you DTR.

To start, you'll obviously need a tarot deck (there are plenty of options on Amazon or Etsy). Then, I designed the three-card spread at right just for you and your maybe-S.O. Take a deep breath and...

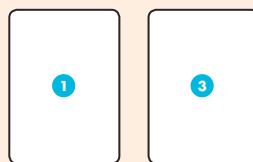
- › Close your eyes and picture a white light surrounded by a fuchsia aura that's protecting and clearing the space around you. (Just go with me here, k? I'm a professional.)
- › Shuffle your deck while thinking about your relationship and the questions listed next to each card on

the spread. Feel free to call on the universe for extra assistance, with a line like, "I summon a message of truth."

- › Pull three cards, one by one, from your deck and lay them faceup in the order shown.
- › Using only your intuition, write down how each card may answer the question next to it. So if, say, your first draw is the busy Eight of Wands, you might realize your 'ship is actually a little overwhelming. Or if your second card is Strength, you might feel a renewed sense of confidence in your new partner.
- › For even deeper insight, look up each card's traditional interpretation (check your deck's guidebook or a site like Tarot.com). That Eight of Wands, for example, also symbolizes momentum, meaning you and boo are truly ~going places~.
- › When you're ready, formally end the reading (literally say, "I formally close this reading"). And go ahead and text back your date.



What is the right-now energy of this relationship?



Where is this relationship going next?



How does this person really feel about me?



YOUR SUMMER LOVE HOROSCOPE

By JAKE REGISTER



ARIES
(03.21–04.19)

July starts off moody bc of all the Cancer vibes, but when the planets stack up in Leo in late July, you're basically living in a rom-com. By mid-August, you'll have upgraded your 'ship.



TAURUS
(04.20–05.20)

Here's an Astrology 101 refresher for ya: Any action in Virgo sets your love life on fire. And Virgo is getting lit TF up in late July and all of August. *Hellooo, summer fling.*



GEMINI
(05.21–06.20)

The first chunk of July has you super flirty, but as planets enter Virgo later in the month, you just wanna chill. DW, you'll be ready for 12 dates per week after Venus enters Libra on August 16.



CANCER
(06.21–07.22)

HBD! If you don't already have a boo, Venus in Virgo and Jupiter in Aquarius will do wonders for your love life in late July. Time to truly come outta that shell, crabbie!



LEO
(07.23–08.22)

Venus is in your sign till July 20, meaning you look and feel hotter than ever! A week later, Jupiter, the planet of luck, enters your relationship zone, meaning the fun can't stop, won't stop.



VIRGO
(08.23–09.22)

Good news/bad news: Your social life is thriving, but your love life is dead... until Venus and Mars dip into your sign in late July, making your sex sitch brighter than a July 4th fireworks show.



LIBRA
(09.23–10.22)

If you want to DTR or end-TR, do it soon. Leo season plus Jupiter in your chart's romance/sex zone means your love life is in for an extreme makeover in late summer. Be ready.



SCORPIO
(10.23–11.21)

Venus in Virgo on July 21 means flirtationships and fun—but on August 16, it enters Libra, and now your ex is texting "sup?" and your ex-roomie is Venmo'ing you for half of her coffee table.



SAGITTARIUS
(11.22–12.21)

Some ppl like to say you're afraid of commitment, but July proves them wrong. You're still you, though, which means you're partying it up for all of Leo season—with your plus-one.



CAPRICORN
(12.22–01.19)

Cancer season is cuffing season for you, and when it's over, more planets start moving into Leo, your chart's intimacy zone. You and your new boo > Bennifer 2.0. Truly.



AQUARIUS
(01.20–02.18)

Sry, but work is kicking your ass for the first part of July—but then Leo season and Mars in Virgo turn your love life into *Bachelor in Paradise*, and you're always the one handing out roses.



PISCES
(02.19–03.20)

Best. Summer. Ever! Cancer szn means you're having tons of fun, then planets in Virgo help you turn your July fling into an August S.O. Or your current S.O. into a fiancé. TL;DR: 🥰



Some birthday (tarot) cards
By KERRY WARD

CANCER Nine of Wands

Congrats, Cancer, the Nine of Wands has the get-shit-done energy you need to blast through your to-do lists, Marvel superhero style. Start with the small stuff (say, cleaning out your makeup stash) and major change will follow (oh, hi, new signature ~lewk~).

LEO Six of Cups

You know how Taylor Swift is rerecording her OG albums? That's you, Leo—going backward in order to move forward. Reconnect with old friends and you'll find happiness/mimosas. Someone has to send that first "Heyyy!!" text. Let it be you.



How to win a

Leo in 10 days

☆ Step one: Buy a ring light. (It's not for you.)

By LISA STARDUST



Can you blame me, really, for having a thing for Leos? I mean, sure, these lions are dramatic as hell, stubborn, self-centered... but—but!—their hearts are as big as their egos and the way they (charismatically, flirtatiously) focus on you can make it feel like you're living in a real-life rom-com. Leos just have A Lot of Love to give, and being with one can be a pretty magical experience. Which is why getting them to stop going Live on IG for long enough to text you back is usually worth the effort. Here, my friends, is your plan.

DAY ONE

Send them a sweet Monday-evening text asking how their day was, then act like their work Slack drama is sooo interesting.

DAY TWO

Tap Like on all their Instagram posts, even the old ones. Even that 112-weeks-ago selfie. Trust me.

DAY THREE

Leos crave attention, so the only logical thing to do now is withhold it. Yes, you're playing games, but Leos love games.

DAY FOUR

Keep your Leo on read. Don't be surprised if they get thirsty enough to triple-text you. All the more reason to take your time responding.

DAY FIVE

Go ahead and tell them you're crushing on 'em. (Friday is ruled by romantic Venus, after all.)

DAY SIX

Time for compliments. Leo, your hair—gorgeous! Your tweets—hilarious! Your opinions on American Girl dolls—brilliant!

DAY SEVEN

Sunday is when Leos, who are ruled by the Sun, shine brightest. Tell them you support their dreams. As in, "I can totally see you being TikTok famous."

DAY EIGHT

Your Leo is probs acting a wee bit extra by now. Let them roar all they want, but also push back (even if you suspect you're wrong). They'll respect that you stand your ground.

DAY NINE

Reach out with a simple "Hi." Then send make-up flowers. Your Leo will have already let you know their favorites.

DAY TEN

The flowers worked! Expect a push noti for an IG Story about how sweet you are. (Do not forget to share it.) You might even make their main grid, and *that* is when you'll know you're official.

Lu s t



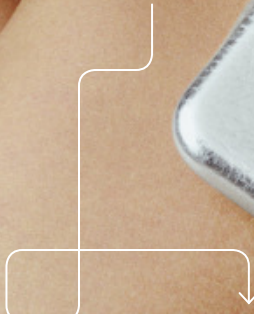
Just a list of

REASONS
YOU
SHOULD
ABSOLUTELY

NOT

TEXT YOUR EX
"HAPPY BIRTHDAY"

By
CARINA
HSIEH



Ask yourself:
If I know I won't
tell my friends, why
would I do it? So
much to unpack!



1.

They didn't wish
you one.

2.

Or if they *did*,
they def didn't get
you a gift.

3.

And if they **did**
get you a gift,
you still know that
your gift for them
would've been so
much better.



4.

The internet sells
big red noses and
face paint, so you
can one hundred
percent get your
clown fix that way.

5.

You can totally
send blessed-
born-day vibes...
mentally. From a
distance. Where
they can't reach
in and ruin
your life again.

6.

Typing out the
84 different ver-
sions of this text
might just send
your already scary
screen-time report
over the edge.

7.

Hello! Did you
not get enough
of time repeating
itself in 2020?

8.

Because, TBH,
they might actually
respond.

Important Facts About Kyleena® (levonorgestrel-releasing intrauterine system) 19.5 mg

Read this Patient Information carefully before you decide if Kyleena is right for you. This information does not take the place of talking with your gynecologist or other healthcare professional (HCP) who specializes in women's health. If you have any questions about Kyleena, ask your HCP. You should also learn about other birth control methods to choose the one that is best for you.

Kyleena does not protect against HIV infection (AIDS) and other sexually transmitted infections (STIs).

INDICATION FOR KYLEENA

Kyleena is a hormone-releasing intrauterine device (IUD) that prevents pregnancy for up to 5 years.

Who might use Kyleena?

You might choose Kyleena if you:

- want long-term birth control that provides a low chance of getting pregnant (less than 1 in 100)
- want birth control that works continuously for up to 5 years
- want birth control that is reversible
- want a birth control method that you do not need to take daily
- are willing to use a birth control method that is placed in the uterus
- want birth control that does not contain estrogen

Do not use Kyleena if you:

- are or might be pregnant; Kyleena cannot be used as an emergency contraceptive
- have a serious pelvic infection called pelvic inflammatory disease (PID) or have had PID in the past unless you have had a normal pregnancy after the infection went away
- have an untreated genital infection now
- have had a serious pelvic infection in the past 3 months after a pregnancy
- can get infections easily. For example, if you:
 - have multiple sexual partners or your partner has multiple sexual partners
 - have problems with your immune system
 - use or abuse intravenous drugs
- have or suspect you might have cancer of the uterus or cervix
- have bleeding from the vagina that has not been explained
- have liver disease or a liver tumor
- have breast cancer or any other cancer that is sensitive to progestin (a female hormone), now or in the past
- have an IUD in your uterus already
- have a condition of the uterus that changes the shape of the uterine cavity, such as large fibroid tumors
- are allergic to these ingredients:
 - do not use Kyleena if you're allergic to levonorgestrel, silicone, polyethylene, silver, silica, barium sulfate, polypropylene, or copper phthalocyanine

Before having Kyleena placed, tell your HCP about all of your medical conditions including if you:

- have any of the conditions listed above
- have had a heart attack
- have had a stroke
- were born with heart disease or have problems with your heart valves
- have problems with blood clotting or take medicine to reduce clotting
- have high blood pressure
- recently had a baby or are breastfeeding
- have severe headaches or migraine headaches
- have AIDS, HIV, or any other STI

Tell your HCP about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Should I check that Kyleena is in place?

Yes, you should check that Kyleena is in proper position by feeling the removal threads. It is a good habit to do this 1 time a month. If you feel more than just the threads or if you cannot feel the threads, be sure to call your HCP and avoid intercourse or use non-hormonal back-up birth control, as Kyleena may not be in the right position and may not prevent pregnancy.

How soon after placement should I return to my HCP?

Call your HCP if you have any questions or concerns (see "After Kyleena has been placed, when should I call my HCP?"). Otherwise, you should return to your HCP for a follow-up visit 4 to 6 weeks after Kyleena is placed to make sure that Kyleena is in the right position.

Can I use tampons or menstrual cups with Kyleena?

Yes, tampons or menstrual cups may be used with Kyleena. Change tampons or menstrual cups with care to avoid pulling the threads of Kyleena. If you think you may have pulled Kyleena out of place, avoid intercourse or use back-up birth control.

What if I become pregnant while using Kyleena?

Call your HCP right away if you think you may be pregnant. If possible, also do a urine pregnancy test. If you get pregnant while using Kyleena, you may have an ectopic pregnancy. This means that the pregnancy is not in the uterus. Unusual vaginal bleeding or abdominal pain may be a sign of ectopic pregnancy.

Ectopic pregnancy is a medical emergency that often requires surgery. Ectopic pregnancy can cause internal bleeding, infertility, and even death.

There are also risks if you get pregnant while using Kyleena and the pregnancy is in the uterus. Severe infection, miscarriage, premature delivery, and even death can occur with pregnancies that continue with an IUD. Because of this, your HCP may try to remove Kyleena, even though removing it may cause a miscarriage. If Kyleena cannot be removed, talk with your HCP about the benefits and risks of continuing the pregnancy and possible effects of the hormone on your unborn baby.

If you continue your pregnancy, see your HCP regularly. Call your HCP right away if you get flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge, or fluid leaking from your vagina. These may be signs of infection.

How will Kyleena change my periods?

For the first 3 to 6 months, your period may become irregular and the number of bleeding days may increase. You may also have frequent spotting or light bleeding. Some women have heavy bleeding during this time. You may also have cramping during the first few weeks. After you have used Kyleena for a while, the number of bleeding and spotting days is likely to lessen. For some women, periods will stop altogether. When Kyleena is removed, your menstrual periods should return.

Is it safe to breastfeed while using Kyleena?

You may use Kyleena when you are breastfeeding if more than 6 weeks have passed since you had your baby. If you are breastfeeding, Kyleena is not likely to affect the quality or amount of your breast milk or the health of your nursing baby. However, isolated cases of decreased milk production have been reported. The risk of Kyleena going into the wall of the uterus (becoming embedded) or going through the wall of the uterus is increased if Kyleena is inserted while you are breastfeeding.

Will Kyleena interfere with sexual intercourse?

You and your partner should not feel Kyleena during intercourse. Kyleena is placed in the uterus, not in the vagina. Sometimes your partner may feel the threads. If this occurs, or if you or your partner experience pain during sex, talk with your HCP.

Can I have an MRI with Kyleena in place?

Kyleena can be safely scanned with MRI only under specific conditions. Before you have an MRI, tell your HCP that you have Kyleena, an IUD, in place.

What are the possible serious side effects of Kyleena?

- **Ectopic pregnancy and intrauterine pregnancy risks.** There are risks if you become pregnant while using Kyleena (see "What if I become pregnant while using Kyleena?").
- **Life-threatening infection.** Life-threatening infection can occur within the first few days after Kyleena is placed. Call your HCP immediately if you develop severe pain or fever shortly after Kyleena is placed.
- **Pelvic inflammatory disease (PID).** Some IUD users get a serious pelvic infection called PID. PID is usually sexually transmitted. You have a higher chance of getting PID if you or your partner has sex with other partners. PID can cause serious problems such as infertility, ectopic pregnancy or pelvic pain that does not go away. PID is usually treated with antibiotics. More serious cases of PID may require surgery including removal of the uterus (hysterectomy). In rare cases, infections that start as PID can even cause death. Tell your HCP right away if you have any of these signs of PID: long-lasting or heavy bleeding, unusual vaginal discharge, low abdominal (stomach area) pain, painful sex, chills, fever, genital lesions or sores.
- **Perforation.** Kyleena may go into the wall of the uterus (become embedded) or go through the wall of the uterus. This is called perforation. If this occurs, Kyleena may no longer prevent pregnancy. If perforation occurs, Kyleena may move outside the uterus and can cause internal scarring, infection, or damage to other organs,

and you may need surgery to have Kyleena removed. Excessive pain or vaginal bleeding during placement of Kyleena, pain or bleeding that gets worse after placement, or not being able to feel the threads may happen with perforation. The risk of perforation is increased if Kyleena is inserted while you are breastfeeding.

- **Expulsion.** Kyleena may come out by itself. This is called expulsion. Expulsion occurs in about 4 out of 100 women. Excessive pain or vaginal bleeding during placement of Kyleena, pain or bleeding that gets worse after placement, or not being able to feel the threads may happen with expulsion. You may become pregnant if Kyleena comes out. If you think that Kyleena has come out, avoid intercourse or use non-hormonal back-up birth control (such as condoms or spermicide) and call your HCP.

Common side effects of Kyleena include:

- **Pain, bleeding or dizziness during and after placement.** If these symptoms do not stop 30 minutes after placement, Kyleena may not have been placed correctly. Your HCP will examine you to see if Kyleena needs to be removed or replaced.
- **Changes in bleeding.** You may have bleeding and spotting between menstrual periods, especially during the first 3-6 months. Sometimes the bleeding is heavier than usual at first. However, the bleeding usually becomes lighter than usual and may be irregular. Call your HCP if the bleeding remains heavier than usual or increases after it has been light for a while.
- **Missed menstrual periods.** About 12 out of 100 women stop having periods after 1 year of Kyleena use. If you have any concerns that you may be pregnant while using Kyleena, do a urine pregnancy test and call your HCP. If you do not have a period for 6 weeks during Kyleena use, call your HCP. When Kyleena is removed, your menstrual periods should return.
- **Cysts on the ovary.** About 22 out of 100 women using Kyleena develop a cyst on the ovary. These cysts usually disappear on their own in 2 to 3 months. However, cysts can cause pain and sometimes cysts will need surgery.

Other common side effects for Kyleena include:

- inflammation or infection of the outer part of your vagina (vulvovaginitis)
- abdomen or pelvic pain
- headache or migraine
- acne or greasy skin
- painful periods
- sore or painful breasts

These are not all the possible side effects with Kyleena. For more information, ask your HCP.

Call your HCP for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Bayer Healthcare Pharmaceuticals at 1-888-842-2937.

After Kyleena has been placed, when should I call my HCP?

If Kyleena is accidentally removed and you had vaginal intercourse within the preceding week, you may be at risk of pregnancy, and you should talk to an HCP.

Call your HCP if you have any concerns about Kyleena. Be sure to call if you:

- think you are pregnant
- have pelvic pain, abdominal pain, or pain during sex
- have unusual vaginal discharge or genital sores
- have unexplained fever, flu-like symptoms or chills
- might be exposed to STIs
- are concerned that Kyleena may have been expelled (came out)
- cannot feel Kyleena's threads
- develop very severe or migraine headaches
- have yellowing of the skin or whites of the eyes. These may be signs of liver problems.
- have had a stroke or heart attack
- become HIV positive or your partner becomes HIV positive
- have severe vaginal bleeding or bleeding that lasts a long time or concerns you

To learn more, talk about Kyleena with your HCP and see the FDA-approved Full Prescribing Information found on www.kyleena.com, or call 1-866-647-3646.



Kyleena®
(levonorgestrel-releasing
intrauterine system) 19.5 mg

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PP-KYL-US-0616-1 / May 2021

Wait, what the hell is golden penis syndrome?

By TAYLOR ANDREWS



It's quite possibly the

reason you've been ghosted...over and over and over and over again. Or an explanation for all those "you're so great, but I'm not looking for anything serious right now" lines. Or why you suddenly find yourself into a man who absolutely idolizes Joe Rogan.

But let me back up a little. The term "golden penis syndrome" was allegedly coined by students at Sarah Lawrence College—a place with a student body that's 75 percent women and 25 percent men—to describe what can happen in environments (schools, cities, states) where heterosexual women far outnumber heterosexual men. Basically, because a guy in this situation has little to no competition in the dating pool, he may receive a disproportionate amount of attention, and that can really go to his head (yes, that head too). I'm talking about an inflated sense of self-worth—as in, he truly believes he's a real

prize—that can make him feel like it's okay to do the least when it comes to dating (or even just hooking up).

This plays out wherever the population skews predominantly female—in cities like Jackson, Mississippi, and Springfield, Massachusetts, and on many other college campuses, says Jon Birger, author of *Make Your Move*. When he traveled around the country and spoke to students for his first book, *Date-onomics*, he noticed that at female-heavy universities, "there was nothing special about these guys..." but because of the gender ratio, "they truly believed they had the golden cock."

WHY THIS KIND OF SUCKS

Obviously, not every woman wants to be in an exclusive relationship, but for those who do want

Actual photograph of New York. JK, but the city *does* have 200,000 more single women than single men, so....



SURE SIGNS HE HAS GPS

1

The word "date" doesn't exist in his vocabulary. It's always "Let's hang" or "Want to come over?"

2

He's weird about confirming plans for the weekend. (It's Thursday evening.)

3

His favorite "deep talk" question is, "So what's your biggest turn-on? Lol."

4

He communicates with you exclusively on Snapchat—and only after a week has passed since you last saw him.

5

PDA at a party in front of other women? His worst nightmare.

Something Serious, golden penis syndrome can be a huge hurdle. For one thing, the dating culture in areas where men are in short supply tends to be less monogamous, says Birger. Probably because guys who know they have lots of

options—and can theoretically just keep on matching with new women—have less incentive to commit to anything long-term.

They also have less incentive to be great casual daters. Like, even very lazy hookups with golden penis syndrome know that they're more likely to get away with uninspired "Hey, WYD?"s or that if you do walk away, they probs won't have a hard time finding someone else to text. Or ghost. Or otherwise honor with their kinda subpar conversation or sex skills (bc why bother learning new skills when their current ones are so in demand and all?).

AND WHAT YOU CAN DO ABOUT IT

Just so we're clear here: I am definitely *not* saying that women who live among lots of golden-penis-syndrome-havers are desperate. Or that they're all willing to sacrifice what they deserve to date. (Or honestly, that all men who exhibit this behavior do so maliciously.)

What I'm saying is that if you live in a predominantly female city like the ones listed at right and you're reading this story and thinking... *Wait, YES, this...* then you have options. The most dramatic of which is, of course, to move to a place that has a super-high ratio of

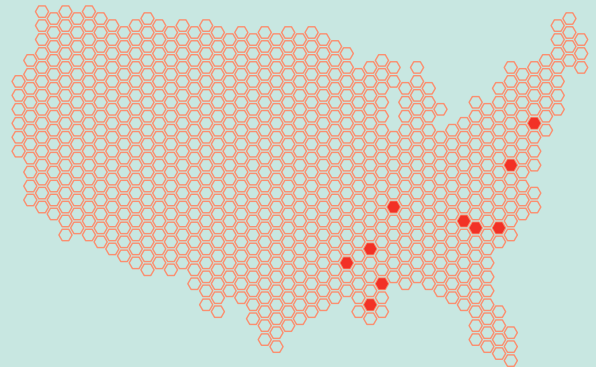
single men to single women (and maybe, if I may guess, a bit of golden vagina syndrome going on?), like Denver, Colorado (aka "Menver"); Seattle, Washington; or San Jose, California.

If that's impractical or impossible (which, same), you should just keep doing you, says clinical psychologist Sheva Assar, PsyD. Try to focus less on what you can do to attract these men and more on what these men can do to attract you. Stick to your deal breakers and boundaries—and don't be afraid to take the

initiative, says Assar. Instead of giving someone ~the eyes~ at a bar in hopes that he'll approach you, make the first move. "This can demonstrate confidence and make you stand out positively," she adds.

Finally, remember your own worth and that you can absolutely thrive while single (hi!). And that when given the option between being consciously uncoupled or being with a v average dude who thinks his penis is pure gold, you already know what to pick.

THE 10 PLACES IN THE U.S. WITH THE HIGHEST WOMEN-TO-MEN RATIO



1. Jackson, MS
2. Birmingham/Hoover, AL
3. Springfield, MA
4. Durham/Chapel Hill, NC
5. Greensboro/High Point, NC
6. Memphis, TN
7. Winston-Salem, NC
8. Little Rock/North Little Rock/Conway, AR
9. New Orleans/Metairie, LA
10. Baltimore/Columbia/Towson, MD

SOURCE: STATISTA RESEARCH DEPARTMENT 2019

Hot and heavy
= good for
brunch deets,
not your sheets.

VERY
CRUCIAL
INTEL
YOU NEVER
KNEW
YOU NEEDED:



How
to
**clean
up**
any kind
of
**sex
stain**



Tear this out,
tuck it under
your mattress,
reference in
case of
emergency.

By CARINA HSIEH

Few things besides sex have the power to make you feel totally okay—happy, even!—about ruining your (sometimes pretty pricey) possessions. But once that post-nut glow dulls to a post-nut flicker and you're staring at a duvet you had literally *just* struggle-bused into a cover that's now moist with...

something, the vibe changes. As if the journey from orgasmic high back to baseline life weren't depressing enough, now you actually have to do laundry. And there's always the chance you'll take said cover out of the dryer and it's? Still? Stained? Maybe/probably even permanently??

As you can tell, I hate it here—or, at least, I did before reporting this story. Behold, what will (and will not) keep sex messes from ever making you not want to have sex.

GO AHEAD AND DO THIS

BUT DEF NOT THIS!



Semen →

Fresh splatters of the protein-heavy substance can be nixed with a prewash dousing of a solution containing enzymes, such as Spray N' Wash or Nature's Miracle (yes, the one made for dog piss). For any stain more than a day old, grab an old toothbrush and a bar of solid laundry soap (like Purex Fels Naptha) and scrub those spots with some water.

Never bleach a semen stain. Because sure, bleach makes white fabrics whiter (and cleaner), but it also turns protein smears a yellowish color...forever-ever.



Vaginal discharge, urine, and sweat →

Yes, the same strategies apply to all three, and these guys are actually less tricky to treat than others. Use some 3 percent hydrogen peroxide (the percentage will be listed on the bottle) and blot out as much as you can, then wash.

Don't you dare use heat (like hot water or a hot dryer) until you're absolutely sure you've elbow-greased as much of the stain out as possible. Heat can set this particular stuff in very, very deep.



Fecal matter →

In the event you end up with, er, solids (praying for you) on any fabric, please rinse those away ASAP before you even think about tackling the stain. Then wash white bleach-safe fabrics with the hottest water recommended on the care label plus a half cup of bleach (or a quarter cup for a high-efficiency washer) and air-dry them. If the smudge is still there, repeat this cycle.

Obvi do not bleach non-bleach-safe stuff. Pretreat it with an enzyme-infused detergent like Tide Original. Then wash with a color-safe stain remover like Clorox 2 and air-dry.



Blood →

Okay, start by rinsing with cool water until the water runs clear. Then apply a stain remover with hydrogen peroxide (like Clorox 2 for Colors) to both sides of the fabric. Wait 10 minutes, rinse again, and repeat till it's gone. Then wash the item in warmer water using detergent and another dose of the stain remover.

Bringing in heat too early can make this ish permanent. So pls, pls save the warm (or hot, if you're bold) washing for after you've already removed the stain.



Lube →

I know, it's a bitch that clear liquids can still stain. But first things first: Wait for the fabric to dry before you treat it. For oil- and water-based lubes, your normal laundry detergent or dishwasher detergent + cold water should be good. For silicone-based lubricants, which are water repellent, you'll need to pretreat the stain with a product like Soilove, wait 10 minutes, then machine-wash with detergent and hot water.

Seriously, do NOT skip the step of figuring out what kind of lube you're working with. We are begging you.



IS IT HOT



▽
Brandon Maxwell bodysuit
and pants. Gianvito Rossi heels.
Dior Fine Jewelry ring.




IN

HERE?

Or are you just
happy to see
Cara Delevingne
and hear
alllll about
her sex toys?
Same.

Words
by
KATIE HEANEY


Photographs
by
DENNIS LEUPOLD

Fashion
by
CASSIE ANDERSON

W

ouldn't it be The Worst if I told you that Cara Delevingne learned a new language during quarantine, in between baking breads you'll never taste and hand-stitching masks you'll never wear, and that she's now fluent in whatever it was that you failed, repeatedly, in high school?

Well. "I *wish* I could say I learned a language," the nearly 29-year-old sighs from her home in Los Angeles. Because high-achieving Cara "spent a lot of time working on things" and had many wild dreams of all she would accomplish with her newfound downtime, but just like regular-achieving you and me, what she actually did looked more like, say, your average post-breakup existential crisis self-reinvention via hair dye.

"I don't know, during the pandemic, I was envisioning...you know when you close your eyes and you feel like the woman you want to be or whatever?" she says. "I just started seeing this woman with long, dark hair." (Notice the bronde she's flaunting in this here magazine.)

Her past year-plus also involved a lot of "being alone and learning how to love myself and function and be a good friend"—the sort of stuff she "kind of wasn't available to do" when she was





Versace dress and sandals. Dior Fine Jewelry earrings and ring.

working 24/7 in *The Before*. Now, in *The Almost After*, on a rare day off, she's sitting in her sunny backyard (great Wi-Fi, fancy fountain in the Zoom background). She'd kicked off our conversation with an apology for being late; she's just back from a photo shoot with photographer David Yarrow in Moab, Utah (where she purchased a collection of "amazing crystals"), and there was an L.A.-traffic-related delay.

Anyway, I say none of this—the failed quar hobbies, the dye job, the self-reflection, the traffic—to convince you that Cara is **really** like the rest of us. She is, after all, a capital-C Cool capital-C Celebrity—as in, that new hair was courtesy of Hollywood hairstylist Jamie Levin (did you think it was a DIY job?). As in, just wait until we get to the sex-toy part of this story.

Case in point: Cara worked *hard* while she was not-busy not-learning Italian. She filmed most of season 2 of Amazon's *Carnival Row* (opposite Orlando Bloom) before quarantine, at which point she pivoted to launching solar-energy-powered vegan sparkling wine Della Vite Prosecco with her sisters, Poppy and Chloe. She designed a sustainable activewear line with Puma, along with a punchy unisex Pride capsule collection that benefited several LGBTQ+ charities. Oh, and she somehow retained her status as Britain's top-earning model. Plus, she has plans: to direct (she's already done a few friends' music videos), to write scripts (she's working on a couple of short films), to get more involved in activism ("being able to give back more, especially").



Then there's her biggest goal of all: orgasms.

Honestly, it's not a *new* new goal. Cara grew up in and around London in a boarding school environment where, she says, masturbation was inextricably linked to porn, which grew boring after a while. In fact, it wasn't until she read a particularly sexy essay in (ahem!) *Cosmopolitan* that she realized she could be turned on in other ways. The experience, she says, "gave me a different pathway into giving myself pleasure."

And that's something Cara's been thinking about ever since early-adulthood visits to sex shops left her underwhelmed and unimpressed. Aside from a few feminist-themed outlets like Babeland, much of what she encountered in the storefront sex-toy market was seedy and vaguely...sticky. Penis straws, porn stalls, XXL condoms—"very phallic and very male-dominated," she says.



▽
Left: Fleur du Mal bra. Wolford fishnet tights.
Puma x Cara Delevingne shorts.
Dior Fine Jewelry earrings.

Right: Khaite dress. Dior Fine Jewelry ring.

What little was available for women felt pathetic and like an afterthought. “I was like, ‘These little guys? Okay...’” None of what she saw offered more than what her trusty electric toothbrush already did.

So when Cara was eventually introduced, in 2019, to sex-toy entrepreneur Lora DiCarlo, it felt like fate. (For both women, their initial meeting, says Lora, was “kismet. It was like, ‘Let’s go change the world, shall we?’”) Cara officially joined the brand as co-owner and creative adviser in 2020, meaning she weighs in on everything from marketing strategies to product development—and so far, she says, it’s her favorite job yet. (Then again, “I keep saying everything is my favorite thing I’ve ever done,” Cara adds when she catches herself, about five minutes later, saying the same thing about her role in the upcoming BBC Three/Hulu docuseries *Planet Sex*. “That’s pretty good if you can say that about everything you do.”)

Later in our chat, we Zoom into a product meeting with the Lora DiCarlo team, where Cara is extremely, endearingly excited to talk about vibrators. Lora and the rest of the team are sitting around a table in a room decorated with a rainbow flag and a blue-haired Troll doll, and Cara squeals at mock-ups of her toys’ new

colorways (metallic purple!) and offers various Zoom-friendly gestures of approval (thumbs-up here, golf clap there) to product upgrades like lower vibration settings (apparently, some customers have complained of orgasming “too fast”).

Where the sex toys of yesteryear were simultaneously bulky and girlish, with clitoral stimulators designed, for some reason, to look like rabbit ears or dolphins, Lora DiCarlo’s products are sleek and minimalistic—think Apple or Tesla, says Cara—and range from \$95 to \$290. “I’m like a kid at the candy shop,” she says of the new collection. “That’s my job—to test out sex toys. That is the coolest thing ever.” Yeah, no argument here.

And if you can’t be Cara, you might as well be one of her friends. Soon after joining forces with Lora, Cara sent out boxes upon boxes of vibrators as holiday gifts. Word spread fast. “It’s really funny when people I haven’t spoken to in so long will hit me up and be like, ‘Hey, can I get a sex toy?’” she says. “We’re not even friends anymore. What are you talking about?” One friend recently texted her a single word, which Cara performs in perfect breathless appreciation: “Baci.” The Baci, one of Lora DiCarlo’s most popular





**“During the pandemic,
I was envisioning...you know
when you close your eyes
and you feel like the**

WOMAN YOU WANT TO BE

or whatever?”

products (and Cara’s personal favorite), is a powerful clitoral massager that looks like a futuristic peephole—the kind of toy designed to simulate both stroking and sucking at the same time. It also serves to correct what Cara sees as the sex-toy industry’s catering to cis straight men. “When we met in person to discuss which type of product Cara would like to make, she furrowed her brow and said, ‘Well, what kind of product do people *need*?’” explains Lora. “She’s fun and carefree, but she wants to see us leave the world better than it was when we arrived.”

The last time Cara was in the news for a sex toy—yes, there was a last time—it was an all-caps *Daily Mail* headline announcing her purchase of a “SEX BENCH” with then-girlfriend Ashley Benson. The pictures of them carrying the SEX BENCH into their West Hollywood home lit up queer women’s group texts everywhere, including my own. There was something so joyful in watching two famous, beautiful women giggle as they schlepped sex equipment into their house. (“It was heavy,” Cara admits.) It remains rare for women as famous as Cara to be out and openly dating other women—rarer still to see the actual sex part of their sexuality made so boldly conspicuous.

“The picture is hysterical,” says Cara, two years later. And sure, it’s funny *now*, but it did lead to security concerns (the front of her house was suddenly identifiable) and even break-ins. Eventually, she had to move out. And yet, for the most part, she says she still feels better able to shield herself and live her life in Los Angeles as opposed to her native England, where the tabloids and paparazzi are “so fucking mean.”

It’s that complicated situationship Famous People Who Are Role Models have with said fame: Cara wants to be the aspirational representation she needed growing up, but that collides with wanting to be free of the smothering downsides of being a public figure. Take, for instance, when Cara came out as pansexual and gender-fluid a little over a year ago. It was because those were the best words available to describe who she is, she says, but that’s not to say the best-fitting words won’t change. “I just feel like such a fluid person, and if I ever say that I’m anything, it will just stick, which I don’t like,” she explains.



Gucci jacket. Dior Fine Jewelry earrings.



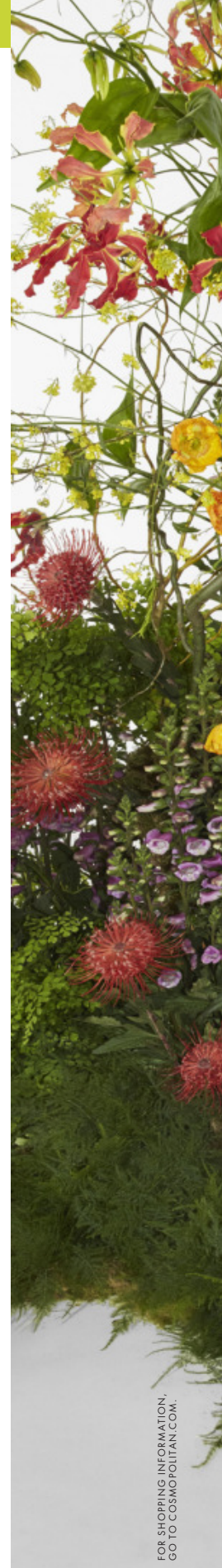
**Cara is extremely,
endearingly
excited to**

TALK ABOUT VIBRATORS.

In the tabloids, Cara is something of a lesbian Lothario figure, willing and able to seduce every famous, beautiful woman she meets. (“It’s flattering, but it’s not true,” she says.) While she avoids reading press about herself, what she does see sometimes irks her. “People constantly assume that any woman I’m standing next to or photographed with must be someone I’m dating, which has been challenging—not only on me but also on them. It makes me want to become more of a hermit and isolate myself, which is horrible because I’m a person that loves to be around people.”

As an ex, Cara is careful to speak only for herself. Which might be why she remains friends (or at least friend^{ly}) with all her past partners, including Ashley, from whom she split sometime in spring 2020. “I don’t feel like I’ve ever left a relationship so fucked up that it’s been like, ‘I never want to speak to that person again,’” she says. “I just love all the people I was ever with and want the best for them, you know what I mean? I want to see them grow, see them happy.” She doesn’t get into specifics about her breakup with Ashley, but she does acknowledge that the stress (and perhaps the claustrophobia) created by COVID-19 lockdown presented a—okay, fine—truly relatable challenge. “It was the most trying time,” she says. The kind that “really makes or breaks you.”

It’s hard to say what’s worse: struggling to maintain a romantic relationship





Officine Générale
jacket and pants.
Dior Fine Jewelry ring.

throughout a pandemic (not everyone needs *this* much time alone together) or getting over a breakup in one. Isolation “made me deal with it more, which was harder,” she says. “Or better. I don’t know. Everything is magnified in a pandemic.”

Which brings us back to that self-reinvention and the work Cara’s been doing on the stuff you can’t really see. “It’s taken a lot longer than I thought, but I feel like I’ve definitely found a better understanding of true happiness on my own than I ever have before,” she explains. That’s not to say she’s not excited for her next great love. Regardless of whether “institutional” marriage is in the cards, she likes the idea of a long-term partnership and “100 percent” wants kids. And she’s down to approach it all in her trademark open-minded, willing-to-get-into-trouble-to-find-it way.

Like, lots (and I mean *lots*) of public figures would’ve responded very differently to that “SEX BENCH” headline, but Cara went right out and put her name on a vibrator company. And so far—despite the headlines, the security concerns, the assumptions about her personal life—it’s been totally worth it. “I’m so grateful,” she says. And then, with a laugh: “I will walk out with many sex benches as a means to continue doing what I do.”

Hair: Mara Roszak at A-Frame Agency. Makeup: Molly Stern at A-Frame Agency. Manicure: Thuy Nguyen at A-Frame Agency. Floral design: The Petal Workshop. Props: Andy Henbest at Art Department. Production: Crawford & Co Productions.

Swimsuit!

The vibes:
immaculate.
The beach:
not ready.



Season!

It hath returned—and this time with extremely cool options. Go ahead, dip your toes in.



Fashion by
CASSIE
ANDERSON



Photographs by
RUBEN
CHAMORRO



Words by
RACHEL
TORGERSON

TIE-DYE NEVER LEFT THE BUILDING

The DIY-inspired print has reigned supreme for an entire year—did you really think it would die out before summer came around again? Nah, it's here to stay, and swimwear (in every kind of silhouette) might be its best form yet.

OPPOSITE PAGE Left: Ulla Johnson bikini. Ganni scrunchie. Brinker & Eliza necklace. Middle: Mara Hoffman one-piece. Maslo Jewelry necklace. Right: Jonathan Simkhai bikini. Ganni scrunchie. Stella McCartney sunglasses. Alighieri earrings.

THIS PAGE Zimmermann bikini. Etro shirt. Kangol hat. Fry Powers bracelet.



Oh, don't mind me and my

bold patterns

absolutely annihilating
the après-swim game.



GEOMETRY THAT'S ACTUALLY RELEVANT

If you haven't caught on yet, this summer is essentially all about Big Prints, and trippy tessellations (v proud for remembering this middle school math word) hit the mark in a major way. Basically: Solid colors are great and all, but maybe now's the time to switch it all the way up with something a little louder.

BE A STAR(FISH)

Tell me you love the ocean without ~telling~ me you love the ocean.

But seriously, dressing like a Floridian tourist from the '80s or '90s is actually a power move.

Versace one-piece and hat. Mejuri earrings.



A slow clap
for this visor
and visors
everywhere.

OCEAN AVENUE

There's something *so* summery about blue and white together. (Wait, did you read about color therapy yet?

If not, back to page 28 you go!) How appropriate to wear them next to a coordinating body of water.

Omg, just think of the serene pics you're about to take. Love this journey for you.

Left: Louis Vuitton one-piece and sandals. Gucci sunglasses.

Right: Jade Swim bikini. Louis Vuitton mules. Aurélie Bidermann earrings.



Do you suddenly,
as of seeing
this photograph,
need a drawstring
logo suit? Yes.



Plane tix
not required
to
travel
right
into this
trend.



GETAWAY STATE OF MIND

Even if you're just making the most of a parking lot, slippin' into something with a tropical print will trick your brain into thinking you're on vacation.

Or so I've heard...from myself, as I type this story in a floral monokini from my living room.

Ulla Johnson bikini. Tombolo shirt. Jimmy Choo mules.
Lele Sadoughi x Solid & Striped visor. Fallon necklace.

Fashion stylist assistant: Sofia Daguano. Hair and makeup: Natasha Katrina.

A photograph of a purple flower with dark purple centers, resting on a square, textured glass block. The background is a warm, brownish-orange color with scattered water droplets. The glass block is tilted, and the flower is positioned in the center of its top surface. The lighting is soft, creating a gentle glow around the flower and the glass.

Photographs
by
DISCO CUBES

THE
NO-BULLSH*T,
NOT-SCARY, ACTUALLY
HELPFUL GUIDE TO

EGG

FREEZING

Because the internet is shockingly
light on useful info, your mom didn't go through it,
and there's a TON of stuff no one tells you.

Words
by
ELIZABETH
KIEFER

Here's a short and incomplete list of all the shit women are constantly messaged about their fertility:

Your eggs are getting old. Your biological clock is ticking. You need to find a partner so you can be ~~happy~~ pregnant. You don't have forever. Which can make it feel like the only time to have a baby is Right Now—even if you're Not Ready.

It's *not* the only time. The U.S. has entered an egg-freezing boom, with more women than ever opting to put their reproductive futures on hold. Stats about the exact number of patients aren't clearly tracked (hi, that should change), but it's impossible to deny the evidence all over the country—national clinic chain Shady Grove Fertility saw a 52 percent increase in egg-freezing clients last year; at NYU Langone Fertility Center in New York City, the uptick was 41 percent—and the growing whisper network of women everywhere. Among the expanding universe of egg-freezing advocates: AOC, Emma Roberts, and Kaitlyn Bristowe.

By 2027, the global market is estimated to be around \$9 billion, a threefold increase from 2020. Already, there are sleek new Insta-grid-worthy clinics and at-home testing kits and supplements to improve your egg quality. And

the spike in interest—and offerings—makes sense considering all the reasons women are waiting longer to have a baby these days. Yes, the pandemic. But also getting married later or choosing to prioritize careers and friendships and goals that don't involve procreating, like, yesterday. (Or maybe ever. An increasing number of millennials are wary of parenthood because of climate anxiety and financial insecurity.)

Women are also waiting to have kids because ever since elective egg freezing became a widespread option in 2012, they *can*. Just like the pill revolutionized women's lives, egg freezing seems poised to do the same.

And yet, ask Google about egg freezing and you'll receive an avalanche of horror stories or glowing evangelism—but rarely what you actually need to know about the deeply personal, sometimes scary, very complicated process. We talked to dozens of doctors, fertility experts, and women who've gone through it (including, recently, *Cosmo's* editor-in-chief) to bring you all the crucial info you need all in one place.

SO, SHOULD *I* BE THINKING ABOUT EGG FREEZING?

Listen, just because you *can* doesn't mean you *have* to. Here, the most common reasons people consider it....

▼
You're in your 20s or 30s and you just don't want to get pregnant right now.

▼
You're not sure if you want kids, but you want to keep your options open.

▼
You want to share DNA with your future child even if you don't know when that future is.

▼
You have a health condition (like endometriosis, PCOS, or uterine fibroids) that could impact your fertility.

▼
Your family history includes high-risk cancer genes, early menopause, or infertility issues.

▼
You've had a series of abnormal Pap smears or an STI like chlamydia or gonorrhea that could impact your ability to get pregnant.

▼
You're undergoing gender-affirming surgery or taking hormones.

▼
You have a kid now but don't see yourself wanting another one for a while.

FROM WOMEN WHO'VE BEEN THERE

"I froze my eggs last year to take the pressure off my dating life. I was starting to feel so panicked about finding The One, so knowing my eggs are there when I'm ready to have kids—with or without a partner—has been a huge relief."

— SOPHIE

CURIOUS ABOUT YOUR CURRENT EGG COUNT?

Modern Fertility will mail you a finger-prick kit, analyze the blood sample you send back, and then provide you with data about your "ovarian reserve"—specifically whether you have more or fewer eggs than average for someone your age. (\$159)



THE APPROXIMATE NUMBER OF EGGS YOU'RE BORN WITH

SOURCE: THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS



THE AVERAGE
NUMBER OF EGGS YOU
HAVE AT AGE 37

SOURCE: THE AMERICAN COLLEGE OF
OBSTETRICIANS AND GYNECOLOGISTS



FROM WOMEN
WHO'VE BEEN
THERE

"Some people
judged me, but
guess what?
Men have been
freezing their
sperm for
decades." —ELLE



HOW THE HELL DO I FIGURE OUT WHERE TO GO?

These five factors are key for finding a clinic you click with.

1

Instead of asking for live-birth stats (read: the number of babies born from frozen eggs), ask what a doc will specifically do to give you the best chance at a later pregnancy.

2

Everyone at the clinic should feel like someone you could call in the middle of the night. This might (and TBH, probably will) happen.

3

Look for a place that has an on-site lab (moving eggs around can put them at risk). And ask about the clinic's oocyte survival rate (the percentage of eggs that survive when thawed). Anything lower than 90 percent isn't great.

4

You'll be there A Lot. So try for a clinic that's close to home or work.

5

Make sure it accepts your insurance or will work with you to figure out a financial plan.

ALSO...CHECK THE REVIEWS!

FertilityIQ, aka the Yelp of fertility clinics, rates doctors based on patient experiences. You can also search its database for highly ranked fertility experts near you.

FROM WOMEN WHO'VE BEEN THERE

"My clinic assigned me a nurse advocate who was basically my BFF, therapist, and fairy godmother throughout the process. I could text her for anything." —JANILLE

THERE ARE ABOUT
450



**FERTILITY CLINICS
ACROSS THE COUNTRY**

SOURCE: 2020 FERTILITY CLINICS & INFERTILITY SERVICES INDUSTRY (U.S.) REPORT

WHAT ABOUT THOSE COOL-KID CLINICS THO?

Egg freezing is often done at massive medical centers that can feel impersonal. New practices like these are trying to change that.

MATE FERTILITY

The start-up is focused on making the egg-freezing process more affordable—as in, not just a luxury for a select few. One cycle, including monitoring, retrieval, freezing, and one year of storage (not meds, FYI), is a flat \$5,000.

SPRING FERTILITY

These Bay Area clinics offer patients a deal: If you freeze 20 eggs before age 35 or 30 between ages 35 and 37 and those eggs don't lead to a successful pregnancy in the future, they'll give you a refund.

PRELUDE FERTILITY

This national network of clinics has a big emphasis on fertility education. It offers all the reproductive information you wish you had learned in health class plus all the medical services you need to freeze your eggs.

KINDBODY

Come for the millennial-chic decor, stay for the thoughtful docs and the wellness focus. This national group provides fertility services, gynecology, therapy, meditation, and also coaches who can school you on nutrition.

CAN I EVEN AFFORD THIS?

Maybe. Egg freezing is getting a lot more popular, but it's still really expensive—and really inaccessible to a lot of people (especially people without health insurance or who live in underserved or rural areas without any clinics). Costs for the uninsured range anywhere from \$6,000 to well over \$20,000, with the average out-of-pocket bill looking something like this.

Initial appointment: \$500

At your first in-person visit with your reproductive endocrinologist (aka what fertility docs are called), you'll get a transvaginal ultrasound and some blood work.

Medications: \$5,000

This covers all the hormone injections you'll be prescribed.

One egg-freezing cycle: \$9,000

Included are the many, many doctor's appointments you'll need as well as the actual procedure.

One year of cryo storage*: \$600

Once your eggs are retrieved, they'll go on ice until you decide to use them or don't need them anymore.

*For a truer, longer-term cost, multiply this by however many years you think your eggs will be in storage.

Total: \$15,100

FROM WOMEN WHO'VE BEEN THERE

"I've never had an ob-gyn I felt comfortable with. I tried Kindbody on a rec and they were so human. They treated me like someone they cared about, and it made all the difference." —JESS, COSMO'S EIC

NOW, HOW DO I ACTUALLY PAY FOR IT?

Covering the cost without draining your bank accounts.

| IF YOU... | PAY EVEN LESS BY... | SAVINGS = |
|---|---|---|
| <p>...HAVE HEALTH INSURANCE</p> <p>Time to email your HR rep. Some employers have started offering fertility-related health care benefits as a work perk, often through providers like Carrot or Progyny (Cosmo's parent company, Hearst, uses the latter). Egg freezing is often largely covered under these plans.</p> | <p>...MAKING SURE IT'S ACTUALLY COVERED</p> <p>If your employer doesn't cover egg freezing as part of its benefits, Stork Club can work with your company to expand coverage. Drop them a line through their website and they'll reach out to your HR department for you.</p> | <p>Anywhere from \$ to \$\$\$</p> |
| <p>...ARE INTERESTED IN TAKING OUT A LOAN</p> <p>Ask your fertility doctor if they can help you get that process going. Many clinics work with financial partners and fertility-specific lenders that are fluent in what you'll need.</p> | <p>...SKIPPING THE BANK</p> <p>See if you can borrow from...your clinic. Centers like Spring Fertility offer a no-money-down, no-interest payment plan option, while CNY Fertility offers a lump financing fee between \$250 and \$1,000, based on the length of your repayment contract.</p> | <p>\$\$ (if you snag an interest-free loan or any type of refund if it doesn't work out)</p> |
| <p>...PLAN TO PAY OUT OF POCKET</p> <p>The good news is that you won't be stuck with a years-long bill, but before you shell out major bucks, make sure to shop around—the site Freeze allows you to compare costs across clinics.</p> | <p>...DOING IT FOR SOMEONE ELSE</p> <p>If you are open to donating eggs and meet the eligibility requirements (these include age, BMI range, and a health screening), check out freeze-and-share options like MyEggBank or Freeze and Share, where you could receive a free cycle in exchange for some of your eggs.</p> | <p>\$\$\$</p> |



FROM WOMEN WHO'VE BEEN THERE

"My doc prescribed me meds a few days at a time. That way, I didn't pay for what I didn't use." —ALMA

IF YOUR PARENTS ARE DOWN TO HELP OUT

The lender Future Family offers a friends and family plan that allows people to take out a loan on your behalf (hey, if they want grandkids so badly...).

FYI TO YOUR FUTURE SELF

Egg-freezing costs are just part one of the process. It could later cost more than \$15,000 to turn your eggs into embryos and transfer them to your uterus.

FROM WOMEN WHO'VE BEEN THERE

"Every friend asked, 'And will you use these eggs to have a baby on your own?' You know what? I don't know. And that's the point. I'm buying time. I'm not supposed to know that answer yet." —KATIE



THE AVERAGE AGE OF WOMEN WHO FREEZE THEIR EGGS

SOURCE: 2020 JOURNAL OF ASSISTED REPRODUCTION AND GENETICS STUDY



WHAT DO I NEED TO TELL PEOPLE?

TL;DR: As much or as little as you want to, but it's a good idea to set yourself up for support.

YOUR NEWISH PARTNER

"My boyfriend and I were three months in and all of a sudden, I had, like, eight bombs to drop on him: *I might be infertile! Because I might go through menopause early! So the kids thing might be now or never! Will you shoot me up with hormones twice a day? Also, we can't have sex!* He was—as I should have expected and run the other way if he weren't—an unflappable partner. His view: I was taking care of myself and preserving my options for the future and there are zero bad things about that. *Damn right.*"

—JESS

YOUR FRIENDS

"I got Some Feedback when I shared my plan, and honestly, I should have clarified that I was looking for comfort, not opinions. I cooled things down by asking them to just hold off on the baby-fever TikToks for a while."

—MARIA

YOUR MOM

"True story: If you don't imagine your mom being supportive, you don't have to tell her. For me, I told mine the gist of what I was doing but also that no, I didn't want to talk about potential grandchildren."

—GRACE

YOUR JOB

"I kept it short because I felt like my boss was not entitled to know the specifics of me being poked and prodded with needles and ultrasound wands. Instead, I informed her that I was dealing with a not-serious medical thing and that I'd need some flexibility for a few weeks. I also scheduled the day of my procedure off."

—NAOMI

ARE ANY OF THOSE, UM, STORIES TRUE?

Three "truths" you've been told about egg freezing that are...false.

MYTH

Egg freezing is an insurance policy.

It's far from a promise that all will go exactly as planned. You might not be able to use your eggs because they don't survive thawing or do survive but can't be fertilized into embryos. The odds vary depending on a lot of factors, but generally: If you freeze 10 eggs before age 35, your chances for one kid are around 70 percent.

Egg freezing is easy.

Egg freezing is not for everyone, and it's not a decision to take lightly. It's a financial investment... and a physical and emotional one too. The cash you're committing to the procedure, the side effects of the meds, the buzzing back and forth to the doctor's office, the recovery...it all adds up.

Going abroad is a good way to cut down on costs.

You've seen ads luring you to tropical locales to freeze your eggs. And bundling a vacay with a less pricey procedure does sound like a great plan in theory. But medical treatments aren't times to bargain shop, and you'd have to store your eggs abroad or have them shipped back—a gamble, per most docs.



WHAT HAPPENS DURING THE ACTUAL PROCESS?

While it differs for everyone, here's an example of what a cycle can look like.

PREP APPOINTMENT

Maybe you did a virtual consult or an at-home hormone panel already, but now that you're Officially Freezing Your Eggs, you'll head to the doctor for an appointment where they'll do blood work (to assess your anti-Müllerian hormone, or AMH, level, which is an indicator of how many eggs you have) and a transvaginal ultrasound to peek at the follicles in your ovaries. They'll also write you a prescription for meds, give you a highly specific schedule for using them, and (whew) provide you with your plan for in-office follow-ups over the next two weeks. Oh, and be prepared for paperwork, including insurance forms, consent forms, storage forms, and plans for where your eggs would go if something happens to you or you decide you don't want to use them.

AND WHAT QUESTIONS SHOULD I ASK?

These, and we went ahead and got some answers for you.

I have a medical condition. Can I even do this?

Go to the MD who manages your condition first because they may need to approve you for treatment. If you've had cancer, for instance, make an appointment with your oncologist *before* you see a fertility specialist.

Are there risks?

Between 3 and 8 percent of women undergoing fertility treatment will develop moderate or severe ovarian hyperstimulation syndrome, typically one to two weeks after their trigger shot. This is when your ovaries swell and leak fluid into the body. While painful, it's rarely life-threatening.

Do I need to get off birth control?

If you're on the pill, you'll need to stop taking it, since it prevents ovulation. Your IUD can stay, since it works differently. You can resume birth control about two weeks after the procedure.



FROM WOMEN WHO'VE BEEN THERE

"I felt like a pincushion and definitely cried through my last few ultrasounds. I just wanted control of my body back." — NINA

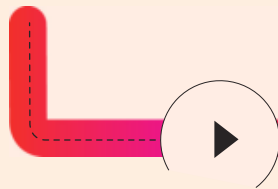
FROM WOMEN WHO'VE BEEN THERE

"The best person I found to talk to throughout the process was my coworker! She listened and was supportive but not so emotionally invested that she commented on everything." — GIGI



OF PEOPLE WHO SEEK FERTILITY CARE HAVE LITTLE OR NO FERTILITY COVERAGE

SOURCE: FERTILITYIQ



DAY
1

Everything kicks off at the beginning of your menstrual cycle. Starting now, you'll be injecting yourself daily with meds—a follicle-stimulating hormone and possibly a luteinizing hormone—so you can produce multiple eggs. Now off-limits: alcohol, per many docs (boo), plus sex and exercise—a side effect of hormone drugs are “friable” (aka prone to bleeding) ovaries that physical activity could cause to painfully twist.

DAY
2

Another day, another shot (or multiple shots) and possibly some bruising. Icing the area for a few minutes before and after each injection can help.

DAY
3

Back to the doctor! You'll be going for check-ups, typically in the mornings, about every other day so your MD can keep an eye on your estrogen, maybe adjust your meds, and monitor the growth of your follicles.

DAY
4

Some folks will be totally fine at this point, but others might start feeling the effects of the medications—think: bloating, headaches, nausea—so if all you want to do is eat Cheetos and watch YouTube, absolutely go for it.

DAY
6

More estrogen + maturing eggs = your body getting ready to ovulate. Which is why you'll now introduce a new med (a gonadotropin-releasing hormone antagonist) into your routine to prevent that from happening too soon.

SO, ABOUT THOSE SHOTS

Sigh, yes, there's no avoiding it: Needles—and kind of a lot of them—are a necessary part of the process. At least once a day, you'll be sticking yourself in the stomach, thigh, or butt (switching up injection sites can help minimize pain). It's true that the shots may sting, but most of these needles are small and feel more like a pinch than a prick. You CAN do this.



IF THE WHOLE NEEDLE THING IS REALLY FREAKING YOU OUT

You can always tap your clinic to do it for you. Just remember that you're gonna have to go to them unless, of course, they offer at-home visits for a fee (which some actually do).

2

THE NUMBER OF CYCLES, ON AVERAGE, IT TAKES FOR A WOMAN TO GET ENOUGH EGGS

IF YOU HIT A SNAG

Your prescreening should have flagged any potential issues, but if your follicles aren't progressing, your doctor might decide that you should “cancel” this cycle. It's rare, though, occurring only 5 percent of the time.



FROM WOMEN WHO'VE BEEN THERE
 "I haven't used my eggs yet, but I feel so glad to have them. Whether I choose to use them or I don't, both are the right answer. And the option is mine." —MEGHAN



THE RISE IN U.S. EGG-FREEZING CYCLES BETWEEN 2014 AND 2019

SOURCE: CDC ART DATA

Two-ish weeks after your procedure

You'll get your period. One expert referred to it as "the period from hell," but your next one should be back to normal. On the upside, sex and exercise are on the table again.

DAY 30

AND AFTER IT'S ALL OVER*?

*It's not actually over, sorry! A few final to-dos.



CLEANSE YOUR FEED

Tired of all the egg-freezing ads following you around on all your accounts? Teach the social media overlords that you're over it by hiding ads when they pop up and unfollowing all those fertility companies.

GET READY FOR NEW FEELS

From here on out, you might find yourself evaluating romantic prospects (and possibly even your current partner?) through the lens of, "Does this person deserve my eggs?" It's okay if sometimes the answer is...no.

PAY YOUR EGGS' RENT

Make sure you keep all your info updated with your cryobank. This is one bill you definitely don't want lost in the mail—or worse, accidentally winding up in debt collection. Once that's done, your last official task: Take a deep breath and relax for a while!!!

Now's the moment to book a buddy to accompany you home from your procedure next week, which, good news, takes less than an hour. You're going to be groggy after the anesthesia, and an escort (who will also hopefully show up with your favorite comfort treat) is required for you to leave the premises. While you're at it, plan for a potential PTO day next week too.

It's trigger time, which your doctor determines by measuring your follicles (they should each contain one egg and be about the size of a grape; depending on your body and age, you may have between 5 and 20 mature eggs). This shot, usually a dose of human chorionic gonadotropin, signals it's almost ovulation time.

Egg retrieval will happen about 36 hours after your trigger shot. At the clinic, you'll gown up, settle in stirrups, and be put under for the best nap of your life, during which an ultrasound wand with a long needle will be inserted through your vaginal wall and into your ovaries to retrieve your microscopic eggs.

The results are in: You'll know how many eggs were retrieved and how many were mature enough to freeze. If you're around age 30, you'll generally want at least 10 eggs banked for every future kid you hope to have. Some women will hit that number in a single cycle; others might need to repeat the process.

You're probably (definitely) pretty crampy and bloated (constipated too). Tylenol and a heating pad should help. If you're up for it, a little light activity is okay! By this time next week, you'll be well on your way to fully recovered.

DAY 8

DAY 11

DAY 13

DAY 14

DAY 15

SAY HELLO TO OUR VERY EXPERT PANEL OF EGG-FREEZING EXPERTS

Nataki Douglas, MD, PhD, chair of the Modern Fertility Medical Advisory Board • Aimee Eyvazzadeh, MD, reproductive endocrinologist in San Ramon, California • James Grifo, MD, PhD, director of NYU Langone Fertility Center • Tia Jackson-Bey, MD, reproductive endocrinologist at RMA of New York • Tiffany Jones, MD, reproductive endocrinologist at Conceive Fertility Center • Richard Paulson, MD, director of USC Fertility • Fahimeh Sasan, MD, founding ob-gyn at Kindbody • Emily Seidler, MD, reproductive endocrinologist at Boston IVF

Words by LAUREN BALSAMO

THIS IS WHAT FEEL-GOOD MAKEUP LOOKS LIKE

Photographs by RANDY TRAN

Makeup by MARLA VAZQUEZ

Fashion by CASSIE ANDERSON

Singer-songwriter and all-around joyful human HAYLEY KIYOKO has seven ideas for you that are **pure** happiness.

1

NEXT-LEVEL PASTELS ▶

So there are cutesy pastels (meh) and then there are *these* pastels: zero percent subtle and one hundred percent happy. Use a pink blush that works with your skin tone on your cheekbones, then add bright shadow shades all around your eyes, says makeup artist Marla Vazquez, who did all the looks in this story and, NBD, is one of Hayley's BFFs. "Try not to overthink the shadow placement—it's okay if the sides aren't identical," she says.

◆ Fendi jacket and shirt. Maria Tash earrings. Grace Lee ring.

Bladow (n): the only way to label this gorge blush-shadow hybrid situation.



AND HERE'S YOUR GETTING-READY PLAYLIST

▼
Bc obviously, this kind of makeup requires its own soundtrack—and Hayley Kiyoko, whose incredibly addictive pop songs were streamed on Spotify more than 122 million times last year alone, has that on lock. Her fans-slash-followers are so obsessed that they've dubbed her the Lesbian Jesus, and her most recent singles, "Found My Friends" and "Chance," are the only proof you need that that's also pretty much spot-on.



2

◀ *ALL* THE SHAPES

Maybe in The Olden Times, you would have thought a heart doodled on your face was bold, but we are in THE AFTER TIMES, Y'ALL, so why hold back? Some tricks: Trace hearts with a neutral pencil to get the shape and placement right first, says Vazquez, then go over them with a bright-red pencil (like Make Up For Ever Artist Color Pencil in 714 Full Red, \$20). As for your lips, sandwiching star decals or glitter between two layers of clear gloss will help them stay in place.

◆ Y/Project dress.
Dior gold ring. State
Property red ring.

3

▶ SPARKLY RAINBOW EYES

Pretty sure that if this ombré gemstone liner look could talk, it would be screaming, “WEAR ME TO ALL YOUR FUN THINGS, PLS!!” To start, use a sharp eyeliner pencil point to carefully tap cosmetic glue (there are a ton of options on Amazon) in tiny dots along your upper lash lines. Gently press rhinestones (you can get these on Amazon too) right on top, explains Vazquez. “To make sure the glue doesn’t dry before you have a chance to add the gems, do no more than three glue dots at a time,” she advises.

◆ Annika Inez earrings.
Grace Lee rings.

POST-PANDEMMY
MAKEUP IS JUST
THE CUTEST,
ISN'T SHE?

Cute on
FaceTime
or IRL.



4

CLASSIC BUT 2.0

Hello to the new version of the black cat eye and red lip combo we've all been wearing for years. Use a liquid liner to draw a thin flick along your upper lash line and two small dots on the outer third of your lower lash line. Then blot a cherry-red matte lipstick on both lips and use a darker red shade to outline your entire lip line. Instead of smacking your lips together, blend the shades with a makeup brush. Finally, press an orange-red matte lipstick on the center of your lips using clean fingers.

◆ Gucci jacket, earrings, and bracelet. Grace Lee ring.

Good day to this Gucci jacket and this Gucci jacket only.





**YOUR NEUTRALS
ARE OFFICIALLY
ON HIATUS.**

5

▲
**EXTRA - BRIGHT
LASHES**

Not only are these bbs a visual delight, but they're also surprisingly easy to DIY. Prep your lashes with a curler and white primer (it'll ensure the pigments really pop), and then go in with purple mascara (try NYX Professional Makeup Worth the Hype Mascara in Purple, \$8.50). For extra oomph, Vazquez says to coat individual falsies with the purple mascara and add them to the ends of your natural lashes too.

◆ Christopher John Rogers shirt. Maria Tash earrings. Grace Lee ring.

6

GLAMMED-UP GLITTER

I'm sorry, but is there anything more fun/joyful/celebratory than sparkles? No, which is why we should live in this metallic look all season long. First, use a silver lip pencil to add some sparkle to your Cupid's bow and the center of your bottom lip, says Vazquez. Next, pack glitter into your inner eye corners down past your tear ducts. To ensure the glitter really sticks, layer it over a glitter primer (like Anastasia Beverly Hills Glitter Adhesive, \$18) or a shimmery cream shadow, and then lock it all in with a setting spray.

◆ Thebe Magugu dress. Grace Lee earrings (bottom). Maria Tash earring (top). Maya Brenner ring.

YET MORE REASONS NOT TO BE A NO-MAKEUP MAKEUP PERSON.



Hair: Joseph Chase.
Manicure: Yoko Sakakura at A-Frame Agency.
Production: Zach Crawford/Crawford & Co Productions.



7

MATCHY-MATCHY MAKEUP

Doing the whole monochromatic thing is the perfect combo of easy and cool, especially if you're doubling up on bright pink à la Hayley. Use your fingers to blend a full-coverage cream lipstick (like L'Oréal Paris Colour Riche Satin Lipstick in Pink Flamingo, \$9) across your lids just past the creases, then swipe the same shade on your lips. "You can play with the texture by layering on a clear gloss or tapping on translucent powder with a brush to create a soft matte finish," says Vazquez.



Now
nominating
glitter for color
of the year.

IN MY **nightstand**

True story: *Outer Banks* star **Madelyn Cline's** only slightly chaotic bedroom sounds like the ideal hangout spot.

By **MADELEINE FRANK REEVES**

My overall nightstand vibe

Cozy...when it isn't messy.



What's on top

A few of my favorite crystals, a candle, pillow spray, sunnies, a single sock (?), and an essential-oil diffuser.

Presenting some inspo to level up your matching-set game. YVW.



And always inside

Lip balm! I hate having chapped lips.

What I wouldn't want my mom to find

The wine. Actually, I think she'd be proud.

My snack sitch

Chocolate Pocky. Always.

What I steal from my partner's side

A phone charger because I always lose mine.

SHOWTIME

Raise your hand if the return of Netflix's *Outer Banks* is literally going to Make. Your. Summer.

When it comes to alarms...

I'll set at least two if I really have to be up and then snooze both of them until I'm running late.

...and their labels

The most notable ones are "wakey wakey," "bikinis," and "postmates ice cream tin coop." I'm just as confused as you are.



JESSE VOLK/@JESSEVOLK

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+RETINOL



SCAN TO BUY

Hover phone
camera
over code

NO APP NEEDED



* vs. leading body wash
* after 14 days, based on clinical moisture retention data

OLAY

BODY CARE

FEARLESS IN MY SKIN