



beau

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Kelly Rowland

The singer-actress lives by a low-key regimen that lets her natural beauty shine.

OUTER BEAUTY: "I like to play around with my look and change my hairstyle daily. I'm also obsessed with skin care because I don't like to wear makeup when I'm not working; it's really nice to have clear skin."

INNER BEAUTY: "I feel most beautiful when I can just be me. At 25, I'm more at ease with who I am. At this age I feel like, 'This is me, this is life. I've arrived.' It's really cool."

"I feel most beautiful when I can just be me."



KELLY

Beauty Must-Haves

The solo star shares her secrets for glowing skin, gorgeous hair and good health.

SKIN CARE: "I love Natura Bissé skin-care products, especially the Sun Defense Oil-Free SPF 30 [about \$90, naturabisse.es], which keeps my skin protected."

DIET: "I only shop organic—fruits, vegetables, poultry and meats."

FITNESS: "I do a mix of cardio—the treadmill and stationary bike—and weight training."

HAIR: "I condition with Dark and Lovely Moisture Seal Leave-In Styling Mist [about \$4, mass retailers]."

—CYNTHIA GORDY. >

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