

BRA NASTY GAL
TOP LATS BRAND
CULOTTES, BELT H&M
SANDAL COYE NOKES
JEWELRY GABRIELA ARTIGAS



Brooke Burns!

A Soul Filled with Life, Love and Laughter!

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SKIRT ALICE MCCALL
BRA NASTY GAL
BLAZER KENNETH COLE
SANDAL COYE NOKES
JEWELRY GABRIELA ARTIGAS
EARRINGS AESA

those little places. Take the stairs instead of an elevator, walk around the neighborhood, and if I'm doing errands, try to do it on foot. Little things like that. Jumping into the pool to make it fun. If I can, I try to get outside and do little weights. I don't do a lot of heavy weight. I used to be in the gym a lot more, but I've found that as I get older the kind of body that I want is longer and leaner. It's less impactful for me, and for women. Using your own body weight is a good solution and trying to stay away from heavy lifting because it can be more difficult, again, for joints and bones.

So it's more about making a conscious decision?

Exactly! I try to do it every day.

Your skin looks so radiant. It's hard to believe you have a soon-to-be 15-year-old daughter. Do you have a beauty routine you cannot live without?

Oh wow, thank you for the compliment, first of all! I don't have a crazy routine because I'm always so busy. I like to keep it simple. I use Oil of Olay for my face wash, which is funny because it's a drugstore product, but I've found that is the best to take off makeup and dirt. And then I use a glycolic cleanser, maybe once a day in the morning when I don't have any makeup, to remove dead skin cells and all that. Moisturizing, and obviously sunscreen, and staying out of the sun as much as you can.

If I can, I try to get a facial once every couple of months, but again that takes time. I think it's about being faithful with the little things; if you are consistent in cleaning your skin, moisturizing your skin and protecting it from the sun, I think that's what's really important.

That's a good easy 3-step routine!

Yes! Also, not falling sleep with makeup on and don't forget, after you work out, to wash your face because of all the bacteria.

How would you describe your personal style, and how has it evolved now that you are a mother?