

# Organic Beauty

**Tia Mowry-Hardrict** Girl Melanie

Actress Tia Mowry-Hardrict plays a whole lot of roles. She's Tamera's identical twin sister, Taj's older sibling, actor Cory Hardrict's beautiful wife and most recently, Cree's loving mom. Returning to BET's *The Game* for a fifth season as Melanie Barnett-Davis a.k.a. Med School a.k.a. Girl Melanie (and that's right after wrapping up her hit reality show on the Style Network, *Tia & Tamera*), the 33-year-old beauty understands (now more than ever) the importance of self-care. *Juicy* loves a sister, sister that prioritizes herself.



Tamera's twin is a natural beauty.

FROM TOP, LEFT TO RIGHT: MOWRY: ALBERTO E. RODRIGUEZ/GETTY IMAGES; MOWRY: JON KOPALOFF/FILMMAGIC; MOWRY: DIMITRI HAIKIDIS / WENN

**Congrats on your son Cree! Share something with our pregnant readers that you wish you'd known when you were carrying him?**

I wish I would've known how tired I'd really get. Also, post pregnancy, no one told me how long it would take for my belly to go down.

**Now that you're washing your hands more, what hand creams do you swear by?**

I always use Purell hand sanitizer, but I also use Cetaphil lotion because it's oil and chemical free.

**What scent does your husband, Cory Hardrict, like to smell on you?**

My husband loves fresh smelling scents that are organic [and] this perfume called Rose by Fresh.

**Are you a shower lady or bath girl?**

I love taking baths. As an actress, I stand on my feet all day, so I wind down with a bubble bath and my favorite Voluspa candles.

**The weather in Atlanta, where you're shooting, is so different from L.A. How have you adjusted your skin care routine?**

The air is very dry in Atlanta and I just find myself moisturizing a lot more with Aveeno Body Lotion.

**You've always had a natural glow, but what bronzers or blushes do you like?**

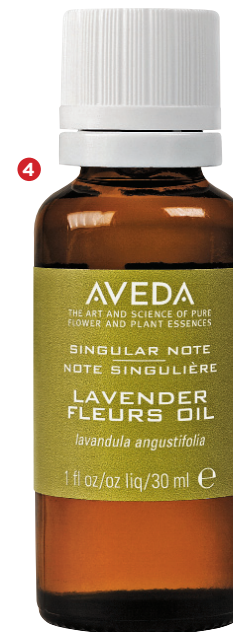
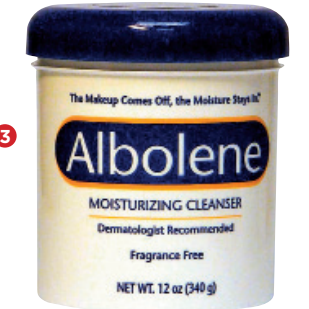
I really love the bronzer by Cargo and the cream blushes by Stila.

**Do you prefer false lashes or mascara?**

During the day, I'm a mascara kind of girl. I wear Make Up Forever. At night, if I'm going out, I love false lashes. I wear Whispies, and the bigger the better!

**Tell us your makeup removal process after a day of shooting on the set of *The Game*.**

My makeup artist on *The Game*, Joannetta Stowers, starts off by rubbing Albolene on my face, which is a moisturizing cleanser, to remove the make up. Then, she gets a hot steamed towel and applies five drops of Aveda Lavender Fleurs Oil on it and wipes the makeup and moisturizer off my face. This is extremely relaxing. Then she applies a face scrub by Mario Badescu, which helps get rid of the dead skin cells. Afterward, she removes the scrub with another hot steamed, lavender-oiled towel. Once my face is clear, she applies Kiehl's Blue Astringent, followed by Kiehl's Ultra Facial Moisturizer. Once that's evenly applied she sprays Kiehl's Acai Toning Mist and I'm done! — PAULA T. RENFROE



Beauty Tools

1. Kiehl's Acai Damage-Protecting Toning Mist, 6 oz., \$26, [kiehls.com](http://kiehls.com)
2. Stila Convertible Color in Petunia, \$25, [stilacosmetics.com](http://stilacosmetics.com)
3. Albolene Moisturizing Cleanser, 12 oz., \$12, [drugstore.com](http://drugstore.com)
4. Aveda Lavender Fleurs Oil, 1 oz. \$17, [aveda.com](http://aveda.com)
5. Make Up Forever Smoky Lash Mascara, \$22, [sephora.com](http://sephora.com)
6. Purell Instant Hand Sanitizer, 4 oz., \$2, [purell.com](http://purell.com)
7. Voluspa Candle in Makassar Ebony & Peach, \$40, [bloomingdales.com](http://bloomingdales.com)

