



SPOTLIGHT }

Dr. Brooke Jackson
{ The Skin Wellness Center of Chicago }

As the brains behind The Skin Wellness Center of Chicago, Dr. Brooke Jackson is an advocate for our largest organ, educating people of all ages and ethnicities about the importance of taking care of your skin. But with a devotion to hot yoga, running, healthy eating and her family, Jackson's an expert on inner beauty as well as outer beauty. This weekend, Jackson tackles her ninth (yes, we said *ninth*) Chicago Marathon, running the 26.2 miles to raise funds for the Skin Cancer Foundation and The Cradle. And if she feels pretty after a hot yoga class, we're betting Jackson will be at her most beautiful come Sunday night.

Learn more here: www.skinwellnesscenter.org.

Also, head out this Sunday to cheer on Dr. Jackson—as well as 45,000 other runners—at the Chicago Marathon.

Find your perfect cheering spot here: www.chicagomarathon.com

[.brooke's
must haves]



My favorites...

I have to /want to keep my skin routine simple. With 3 kids, training for a marathon and owning my own business, I don't have time to line my counter up with a dozen creams.

Mascara:

Trish McEvoy

Scent:

Fresh, Recurrent Basil or Sake

Concealer:

Don't use

Moisturizer:

Revale

Body Lotion:

Eucerin Calming body wash followed by baby oil

Which lip gloss are you addicted to this month?

Colorescience in Rose



I feel prettiest when...

I am freshly showered after a great workout (hot yoga or a good run).

If I were a magazine, I would be...

SELF

My favorite place to shop is...

Paris. Going to the pharmacy in Paris is like being in a candy store.

The best beauty tip I ever received is...

Never look done! Better to underdo rather than overdo.

My favorite beauty product from my past is...

Clinique City Block. I started wearing this when I was 14 or 15 years old and wanted to start wearing makeup. I couldn't find anything that was my complexion, since until very recently most make-up companies thought all customers were one of 6 skin shades. City Block blended into my skin well.

My most embarrassing beauty moment was...

Trying to wax my brows in college, realizing it hurt, and walking around campus for 2 weeks with wax in my brows.

The first thing I do when I wake up is...

On non-yoga days, I make coffee, bring a cup for my husband and crawl back in bed to watch the news/Today Show for 20 minutes before one of the kids comes to join us. Then we cuddle and watch Dora.

The last thing I do before I go to bed is...

Reflect on my day and make sure I did the best I could or if there was something I should have/could have done differently. I then make a point of dealing with it the next day. I like to have a clean conscience when I go to bed so I try to live my life in a way that allows that to happen.

I won't spend more than \$10 on...

facial cleanser

Someone should have called the fashion police when...

I wore a green fringed cowboy jumpsuit with a purple cowboy hat to a party in college.

I Never..., Always...

actively tan, and always wear sunblock.

Going green?

Used fuzziibunz cloth diapers for my children. They were easier than I thought to use, did a load of laundry every other day (not bad for twins) and felt like I didn't personally fill a landfill with disposable diapers.

Favorite sinful food?

Any dark chocolate baked good. Vosges chocolate is unbelievable.

My favorite spa treatment is...best at...

Deep tissue massage, Ditmar at Urban Oasis.

I would love to meet...

Ann Curry, Michele Obama or Rachel Maddow.

One word that describes you is...

Real

Best advice you have ever received...

Things work out the way they are supposed to.

Favorite vacation spot...

Florence, Italy

The last thing someone said that made you laugh?

There is at least one daily chuckle with 3 toddlers in the house.