



WISIN & YANDEL: REGGAETON'S HOTTEST STARS TAKE OFF THEIR SHADES (P. 36)

Visit us at latina.com

# Latina

**EAT MORE & LOSE WEIGHT**

We show you how to do it

Latinos saving the planet and what you can do to help

**EVA MENDES**

The woman who wrote the book on sexy

**CURLS CURLS CURLS!**

Everything you need to know to work your waves

WHAT REALLY HAPPENS WHEN YOU GO FOR PLASTIC SURGERY

**GREAT RECIPES!**  
THANKSGIVING WITH A LATIN TWIST

**Dress yourself sexy**

Secrets for looking hot, whatever your shape and size





# \*fashion questions answered



Repeat vegan heels  
Shoe: repeatvegan.com

**Q** I keep hearing about vegan clothes, particularly shoes. What are they?

**a** Vegans are strict vegetarians who don't eat any animal products (such as meat, dairy or eggs). Many also eliminate the use of any animal products (like leather or fur) in their clothing and shoes. Fortunately, fashionable animal-free footwear options are easier to find than ever. Chic online retailers such as repeatvegan.com carry sexy, feminine sandals and wedges, and inco shoes.com sells heels and boots that look just like their leather counterparts. Both sites promise that all of their products, including the packaging, are 100 percent vegan.

**Q** What's an environmentally safe way to wash my clothes?

**a** Traditional laundry detergents contain nonbiodegradable ingredients, which means that the chemicals accumulate in the environment after use. One alternative is a product called Soap Nuts, made from—get this—the dried fruit of the soapberry tree! When you place the fruit in water, it releases saponin, a 100 percent natural, mildly scented cleanser that is gentle on the environment and on your skin. Simply place the pods in the cotton bag provided with purchase and toss it in the wash with your laundry. You can reuse the pods for up to four loads, and one 20-ounce box (enough for 50 loads) retails for \$19 at megapureland.com. For an added environmentally safe finish, save energy by air-drying your clothing on a line or drying rack.

Biodegradable  
organic cotton  
Shoe: (left)  
Shoe: (right)  
Shoe: (left)  
Shoe: (right)  
Shoe: (left)  
Shoe: (right)

**Q** I'm really concerned about the environment. What are some eco-friendly fashion options?

**a** "Eco-friendly" and "green" apply to a movement that aims to reduce the use of potentially harmful chemicals in everything we consume, including cleaning products, food, cosmetics and clothing. There's evidence that exposure to these ingredients may result in breathing problems, allergic reactions—even cancer. They also cause damage to the environment when they're disposed of after use. One way to avoid such effects is to buy garments made with organic cotton, which is produced without chemicals. Other materials to look for include hemp, bamboo and soy.

On  
latina.com  
To talk to Victoria and  
for more fashion advice,  
click on Fashion &  
Beauty and check  
Talk to Our  
Editors.



## Designer of the month

### Claudia Bertolero

**Who she is:** A Peruvian-born designer who started her collection in 2004 and now divides her time between Lima, Miami and Milan.

**What she does:** Creates bold silver jewelry and a clothing line with an equestrian aesthetic, all of which she says is inspired by her affection for Peru.

**Where to score her stuff:** Visit etryka.com, where you can also find her handbags, belts and small leather goods. Products range from \$60 to \$675.



Personalized silver  
necklace by  
Claudia Bertolero  
at etryka.com

## Giveaway!

Maintain your green lifestyle with an organic cotton top by H&M. Log on to latina.com/giveaways for a chance to win one of five!



Organic cotton  
collection only at H&M  
Shoe: (left)  
Shoe: (right)



la ciudad o la playa? Climatiza tu guardarro  
con piezas en rafia, que le sientan de marav  
tendencias como la africana y la hippie chic

**BRAZALETE CON  
APLICACIÓN EN MADERA,  
TANGERINE; 814 PESOS.**

