

# Art Department



Roberto Alvarado Jr

www.art-dept.com



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



MOOSE KNUCKLES



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department

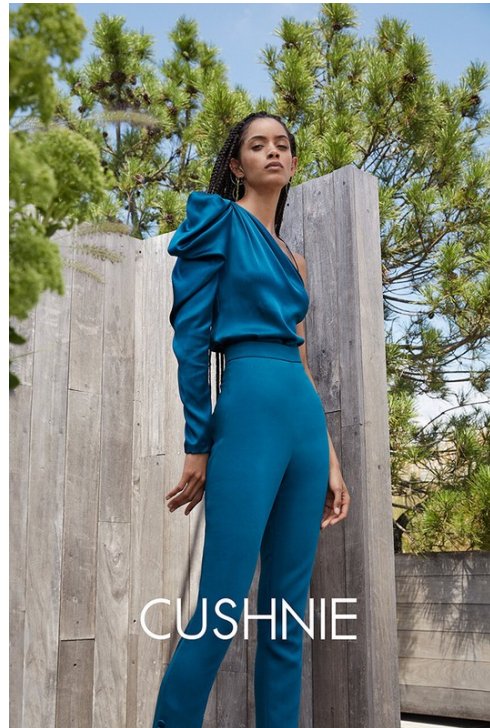


Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



ADVERTISEMENT

## Discover the **STRENGTH** in Self-Care

For Ruth Galang Esca, CCRN, HNB-BC, a surgical ICU nurse at a New York City hospital hit hard by the COVID-19 pandemic, caring for others isn't just a profession—it's her passion. Learn why she relies on a daily self-care routine to help feel her best and offer her patients the greatest care.

**CARING FOR MY PATIENTS** At the beginning of the pandemic in March 2020, I often feared my job to deep-sea diving, it felt like we were isolated and working under pressure in uncertain conditions. During the height of the pandemic in New York, and for months after my surgical ICU became a COVID ICU, and my coworkers and I were floated to makeshift COVID ICUs throughout the hospital. We cared for some of the sickest patients we have encountered in our careers. I worked hard to be a comforting presence for my patients—they were alone in the hospital, and I took care of them like they were my own family.

**CARING FOR MYSELF** My job is to care for others, but I know how vital it is to practice self-care, too. An important part of my routine is finding simple ways to feel fresh in and out of the hospital. I work 12-hour shifts that are mentally and physically taxing, but I don't want my patients to see me break a sweat. I love Secret Clinical Strength with Pro-Vitamin B5 because it's strong enough to keep sweat and odor at bay even during the most stressful days, yet it's gentle enough to use before every shift. After a demanding day at work, I love taking a relaxing shower and using products that pamper and restore my skin. The OLAY Total Moisture Body Wash and Body Conditioner. Simple acts of self-care like these help me feel fresh and rejuvenated each day.

Shop these Secret and OLAY Body self-care essentials at

**Walgreens**

**Secret Clinical Strength Antiperspirant with Pro-Vitamin B5**  
Prescription-strength sweat protection made with skincare ingredients to be gentle on skin.

**OLAY Total Moisture Body Wash and Rinse-Off Body Conditioner for Rough, Dry Skin + Cocoa Butter**  
Deliver fast, lasting hydration to rough, dry skin and help stop dryness before it starts.

**\$500,000**  
OLAY Body self-care products donated to support nurses during the pandemic and help families who financially suffered by COVID-19.

Roberto Alvarado Jr

www.art-dept.com

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



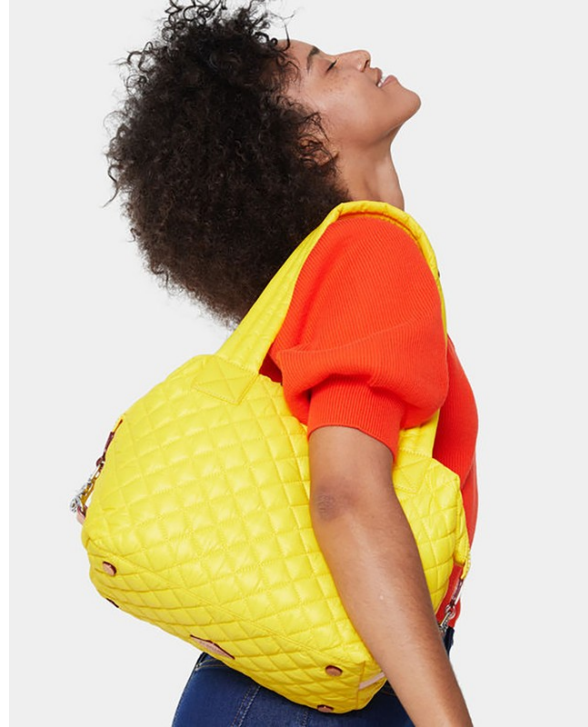
# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)



# Art Department

style

## THE INSTANT OUTFIT PLANNER

Your fix for blank-closet stare: Add a handful of affordable new pieces to the basics you rely on.

Find the flattering picks for your size here, then read on for mix-and-match magic.



### PICK THESE IF YOU'RE SIZE 14 AND UP

Pretty updates on your fave shapes do great things for your body and your style.

- 1 A GRAPHIC-PRINT DRESS, \$29.99, [landlord.com](#), Sizes 14 to 4X
- 2 A TIE-NECK BLOUSE, \$29.99, [fullofcurves.com](#), Sizes 14 to 20
- 3 CULOTTES, \$59.99, [ebuy.com](#), Sizes 14 to 24

On Christmas, 3 basics you probably own:

- 1 A HOTO JACKET, \$54.95, [landlord.com](#), Sizes 14 to 24
- 2 A BARK FLORAL SKIRT, \$34.95, [landlord.com](#), Sizes 14 to 24
- 3 A BARK FLORAL SKIRT, \$34.95, [landlord.com](#), Sizes 14 to 24



### PICK THESE IF YOU'RE SIZE 0 TO 12

Modern patterns and muted tones boost your wardrobe's energy in a sophisticated way.

- 1 A TIE-NECK BLOUSE, \$29.99, [landlord.com](#), Sizes 0 to 12
- 2 A GRAPHIC-PRINT DRESS, \$29.99, [landlord.com](#), Sizes 0 to 12
- 3 A BARK FLORAL SKIRT, \$34.95, [landlord.com](#), Sizes 0 to 12

On Adore, 3 basics you probably own:

- 1 A HOTO JACKET, \$54.95, [landlord.com](#), Sizes 0 to 12
- 2 A BARK FLORAL SKIRT, \$34.95, [landlord.com](#), Sizes 0 to 12
- 3 A BARK FLORAL SKIRT, \$34.95, [landlord.com](#), Sizes 0 to 12



### OUR POLL OF 1,000+ READERS SHOWS YOU ALREADY HAVE BASICS LIKE THESE:



### 3 NEW ACCESSORIES TO GET:



DISCOUNTS ARE VALID FROM OCTOBER 15, 2015, THROUGH NOVEMBER 16, 2015, AND DO NOT INCLUDE SALES OR SHIPPING.

## THE CURVY-GIRL GAME PLAN



Show some skin (roll sleeves, open collars)



and you won't disappear under layers.

Roberto Alvarado Jr

[www.art-dept.com](http://www.art-dept.com)

# Art Department



Roberto Alvarado Jr

www.art-dept.com