

# BRANDMODELS

## SUSIE CASTILLO

HAIR: DARK BROWN

EYES: BROWN

HEIGHT: 5' 8"

CHEST: 34B

WAIST: 27

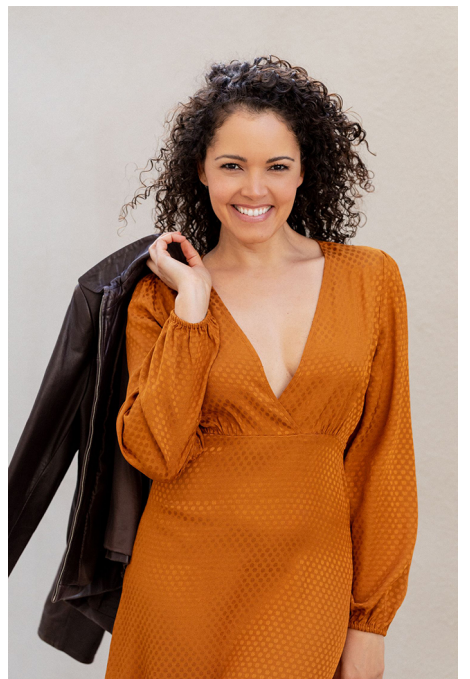
HIPS: 38

DRESS: 4/6

SHOE: 10











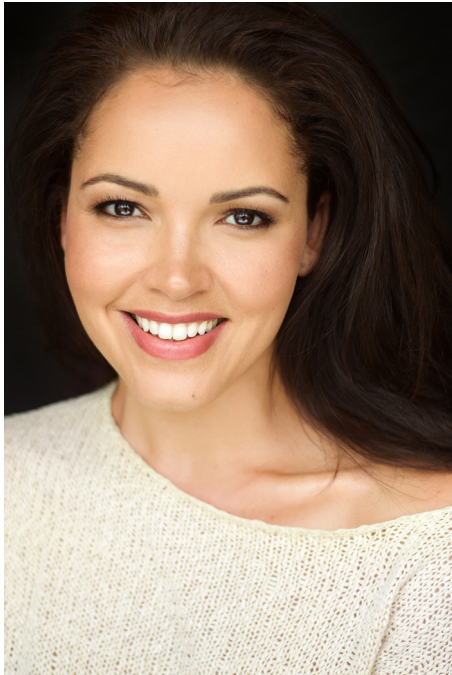
Champagne dress with rose detail garters, \$2,210 at Macy's. White gold and diamond waterfall earrings by Sottero & Bottero, \$60,000. Diamond and white gold ring by Gregg Ruth, \$11,500. Both at Elyse Jewellers.



Black, silk, tulle, draped, long sleeves, long-sleeved gloves, 2010s, 1940s, 1950s. Black and white. Pearls, pearl and diamonds, \$1,700. Diamond and platinum earrings, \$1,000. Both at Elyse Jewellers.



Neutral white, wool tulle, open dress, \$2,375. Joanne Burdick white, silk and tulle jumps, \$450. Both by Tom Saint Laurent. Yellow gold and diamond bracelet by T&E, \$1,500. Yellow and white diamond pendant by Gregg Ruth, \$12,500. Both at Elyse Jewellers.



**Confidence is Queen**

The Four Keys to Unleashing Ultimate Beauty Through Positive Thinking

Actor & Former Miss USA & MTV VJ

**Susie Castillo**



Quarantine, wool, oversized trench by Chabon, \$198. Yellow gold and diamond earrings by Josselyn, \$8,720. Yellow and white diamond necklace, \$45,000. Platinum, rose-gold diamond ring, \$19,000. All at Elyse Jewellers.

MTV'S SUSIE CASTILLO MODELS THE DEEP HUES AND SLIM SILHOUETTES THAT KEEP WOMEN LOOKING SMART AND SOPHISTICATED THIS FALL

**fallingforsusie**

Black, cashmere dress, \$1,995 at Chanel. European freshwater pearl necklace, \$15,000. Matching bracelet with diamond ring, \$3,000. Matching earrings, \$200. Blue, metal, diamond and white gold. Limited-edition ring by S&S Gems, \$2,900. All at Elyse Jewellers.

BY SAMANTHA HOUSE  
PHOTOGRAPHED BY PETER BUCKINGHAM







EDICIÓN ESPECIAL DE GLAMOUR

*Electra*

5 SELECTOS DESTINOS PARA LOS AMANTES DEL GOLF

MIAMI CITY BALLET CELEBRA 25 AÑOS DE ÉXITOS

PARÍS COLECCIONES OTOÑO/INVIERNO HAUTE COUTURE

Susie Castillo

UNA LATINA CON MUCHO GLAMOUR

OCTBRE 2010 \$3.95



DOWNSIZE A DEUX

You'll need 16 to 20-pound medicine balls (or dumbbells) and two identical friends (or any reasonable, with or without handles, etc.) and a partner. (Shane and Michael Curry of Stronghold Fitness in Van Nuys, Los Angeles designed these total-body workouts to try with your batted ball for a throw.)

HOW TO DO IT: Perform two or three sets of 10 to 15 reps of each exercise on nonconsecutive days, 20-30 sec on, 30 sec off. You'll lose 100 to 150 calories for a month, and you'll see your midline change—fat loss and hard-to-lose belly," Curry assures. You'll like your "rocking" so much, you'll feel like sharing it.

<passion pass>

WORKS SHOULDERS, BACK, ABS, BUTT, LEGS

Stand back to back with partner and lower into a squat with knees over ankles and weight on heels (maintain equal throughout). One person holds ball with both hands at chest level; the other person holds hands at chest, ready to receive ball. Twist right as partner twists left, passing or receiving ball (as shown). Switch directions and pass back or receive ball to complete one rep.





