

BRANDMODELS

SUSIE CASTILLO

HAIR: DARK BROWN

EYES: BROWN

HEIGHT: 5' 8"

CHEST: 34B

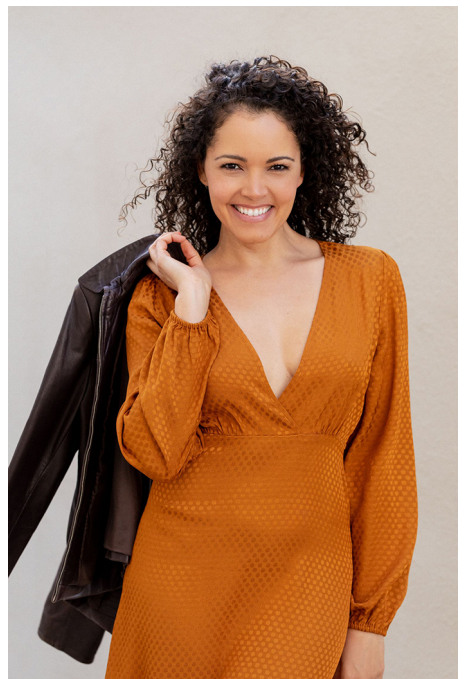
WAIST: 27

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 Luthers, \$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, \$475. 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.



Quilted, wool, oversized trench by Chalk, \$198. Yellow gold and diamond earrings by Josselyn, \$8,720. Yellow and white diamond necklace, \$45,000. Platinum, oval-cut 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.

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, \$2,500. All at Elyse Jewellers.

BY SAMANTHA HOUSE PHOTOGRAPHED BY PETER BUCKINGHAM





DOWNSIZE A DEUX
YOU'LL NEED 16.8 to 20-pound medicine ball (or dumbbell) and two identical bands (of any resistance), with or without handles, 0lb, and a partner. (Shane and Michael Curry of Stronghold Fitness in Van Nuys, Los Angeles designed these total-body workouts to try with your banded ball for a friend.)
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. If you're a beginner, do 10 reps for a month, and you'll see your midline change—fat loss and hard-to-lose belly. Curry assures, You'll like your new body 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.

