

# Woman's World

May 25, 2009

God Bless America

More for your money!  
\$1.79

Summer yummy!

Soothing Hawaiian relaxation secrets that

## Release stress!

**No more PMS!**

Wonder foods that stop hormone hassles!

**Happiness boosters!**

Use your iPod—and your doodles—to fool your brain into feeling blissful!

**NATURAL ARTHRITIS CURES!**

Reduce pain 82%, cut stiffness in half—and repair joint damage!

## Cheap & easy!

The secret spaghetti trick that'll make your family healthier!

**INSTANTLY SLIM!** Fool-the-eye tricks to erase pounds—even in a swimsuit!

Got a gripe? 8 get-results secrets that'll **Solve any problem!**

# European OBESITY CURE!

Breakthrough 'good bacteria' that block calories, release water weight and **Melt off 9 lbs a week!**

Reader  
Kristen Lewko  
of New York



Delicious!



Fun!



No-bake!



Easy!



# slim in seconds!

## Trim any trouble spot with a contouring combo!

What's the quickest way to look slimmer? Create contours! Combine a shimmering body wash (it'll leave skin brighter even after you towel off) with a temporary body bronzer for an instantly trimmer-looking shape!



### Get the look:

- 1 Lather up with a shimmer body wash that will instantly brighten your skin.
- 2 Gently pat dry with a towel, leaving a veil of microshimmer on your skin.
- 3 Blend the bronzer anywhere you want to create a slimming effect—like the outsides of your arms or the sides of your neck.

**Our picks:** Caress Glowing Touch Body Wash, \$4.99; Boots No. 7 Instant Sunshine Smooth-on Bronzer, \$11.99, at Target.



## Smart ideas to make you Beautiful!

### 1 An easy eye-opening trick!

Sweeping light metallic shades in the inner corners of the eyes instantly brightens the area. How to do it? Dip a tiny brush in water, then sweep over the powder shadow. The moisture will keep the particles in place both on the brush and on your skin!

### 2 Waterproof your hair color!

The sun's rays can fade your new hair color. But there's another culprit—water! Every time your hair gets wet, it expands and the cuticles lift, allowing dye molecules to escape. To the rescue? Dry shampoo! Use it every other time you "wash" your hair! **Our picks:** Samy Dry Spray Shampoo with Oat Extract, \$5.99, ulta.com; Bumble and Bumble Hair Powder, \$35, bumbleandbumble.com.

### 3 Ease earring irritation!

Earrings ever leave your skin itchy or irritated? If you rub a healing balm on the earring posts before you put them in (acting as a barrier between skin and the metal), your lobes will feel comfy and soft when you take off your earrings later! **Our picks:** Smith's Rosebud Salve, \$5.59, drugstore.com; Wei East 8th Wonder Balm, \$19.50, weieast.com.

### 4 Pick the perfect brush!

The best at-home blow-dryer start with choosing just the right brush! Want mega volume? Use a round brush! Look for smooth, straight ends? Choose a flat paddle brush! In a pinch, a metal-core brush will help you get the job done fast! And if your hair is dry or fragile, nothing beats a natural boar-bristle brush!

**NEXT WEEK:** Maximum beauty—on the cheap

## Tone your arms with rosemary oil!

Want to show off smooth, firm arms when you go sleeveless? Massage them with rosemary oil! In a recent study, 85% of women who massaged their skin with a



### Put rosemary to work!

Add 4 drops of essential oil to an ounce of olive oil and smooth on! **Note:** If you have high blood pressure, check with your doctor before using.

blend of the fragrant oil noticed an improvement in their skin's structure. Researchers say the herb boosts circulation, which can make arms look more toned!

**Our picks:** **Aura Cacia Rosemary Essential Oil**, \$5.18, auracacia.com; **Dr. Hauschka Rosemary Leg and Arm Toner**, \$34.95, drhauschka.com.



## Slim a fuller face with "beachy" waves!

Love the gorgeous waves that stars like Jennifer Aniston and Gisele Bündchen have been wearing? Get the same beachy waves with a sea mist spray and some twists! The bonus? The look is very slenderizing for the face, says celebrity hairstylist Tyler Laswell. "The soft waves pair with a center part to create a more elongated look," says Laswell.

**Our picks:** SunSilk Waves of Envy Sea Mist, \$3.99; John Masters Organics Sea Mist Salt Spray, \$16.50, beauty.com.



### Get the look:

- 1 Mist damp hair with sea spray.
- 2 Coil large sections of hair and secure to your head with a bobby pin.
- 3 After hair has dried, release waves and finger-comb.

