

# Woman's World

May 24, 2010  
God Bless America

A great week made easy!

## EASY DINNERS!

- 6-ingredient recipes!
- Supper sandwiches!

## Drug-free PAIN RELIEF!

Vitamins and herbs that work better than an Rx!

## NATURAL FACELIFT!

Amazing facial massage lifts sagging and erases wrinkles!

More for your money!  
\$1.79

Real Housewives of New Jersey: Teresa Giudice's slimming Italian recipes!

# LOSE 20 lbs EATING PASTA!

Balance your blood sugar with good carbs—and kiss cravings goodbye!

## SLEEP LIKE A DREAM!

5 insomnia-busting secrets doctors swear by!

## LOOK 10 lbs THINNER

in your swimsuit!

Surprising research inside!

## CURE OSTEOPOROSIS with beer!

## LAYOFF-PROOF!

Job-security secrets that will make you indispensable!

## Cheesecake HAPPINESS!

No-bake bliss in four delicious flavors!



Do It Like The Pros!

# The magic massage that works

Think you need to spend a lot of money on pricey products or medical procedures to look radiant and youthful? Think again! "If you treat your face to regular massages, you'll start to see wrinkles, sagging and fine lines disappear in a matter of weeks!" promises Patricia Goroway, author of the bestselling book "Massage helps flush wrinkle-producing toxins from your tissues and boosts circulation, which speeds skin



**Before you begin:**

✦ **Smooth on the moisture!** Thoroughly cleanse your face. "That'll ensure you won't push impurities into your pores as you're doing the massage," says Goroway. Then sit or stand in front of a well-lit mirror and smooth on your perfect massage oil (see box, below).

**Your best massage oil!**

✦ **Oily skin?**

Jojoba is great for oily skin because it has antibacterial properties that fight blemishes!

**Our pick:** Jason Jojoba 100% Pure Oil, \$6.07, Jason-Natural.com.

✦ **Dry skin?**

Apricot kernel oil is high in skin-nourishing vitamin E!

**Our pick:** Aura Cacia Apricot Kernel Skin Care Oil, \$4.25, AuraCacia.com.

✦ **Sensitive skin?**

Sweet almond oil will soothe irritated skin!

**Our pick:** Heritage Products Sweet Almond Oil, \$6.30, Amazon.com.



**1 Start a "neck sweep"!** Begin at the collarbone and end under your chin; sweep backs of your hands and fingers across your collarbone, neck, then under your chin. "Alternate hands and repeat for five to ten minutes," says Goroway.

✦ **How it rejuvenates:** "It prevents and helps erase the lines on your neck that start forming as we age—plus, it tones puffiness and sagging around the chin!" says Goroway.

**2 Sculpt your cheeks!** Sweep your fingers up to the tops of your cheekbones (a). Place your index, middle and ring fingers on the apples of your cheeks, and your thumbs right beneath your cheekbones (b). Gently apply pressure, grasping the apples of your cheek for a count of 3.

✦ **How it rejuvenates:** "Stimulating the skin here firms tissue around your

cheekbones for an overall lifted, youthful look," says Goroway.

**3 Tap for a toned jaw!** Place thumbs under your chin, and your index, middle and ring fingers on your chin (a). While lightly tapping, "walk" your index, middle and ring fingers and thumb up your jaw to your ears (b). Once at your ears, squeeze the skin and hold for a count of 3.

✦ **How it rejuvenates:** "The tapping technique helps tone the jawline—where many women experience sagging," says Goroway.

**4 Droop-proof eyes!** Place your thumbs in the inner corners of your eyes, above your tear ducts. Place your index and middle fingers above your eyebrows. Then squeeze and move, squeeze and move those fingers and thumbs

along the arch of the brow line until you reach the outer corners.

✦ **How it rejuvenates:** "By toning and tightening the muscles above the eyes, this technique helps prevent and eliminate any sagging and drooping of the eyelid," says Goroway.

**5 "Draw" little circles!** Place your index and middle fingers between your brows. Making small clockwise circles, massage for 25 seconds. Then repeat counter-clockwise.

✦ **How it rejuvenates:** "This massage relaxes the muscles between your brows, helping to prevent and erase lines that tend to form there—the same ones people use Botox to remove!" says Goroway.

**6 Smooth away crows' feet!** Dip your ring fingers in oil, then place at the outside corners of your