

Woman's World

God Bless America

A great week made easy!

More for your money! \$1.79

Aug. 11, 2008



Fun! Easy!
'Watermelon' sorbet!

Anxious?
This vitamin shuts off worry!



Hollywood's top stylists reveal the secrets *celebs* use to

Dress 10 lbs thinner!



Shortcut sweets!

Easy candy-bar cupcakes!

How Marie lost 40 lbs!

Exclusive, affordable supermarket version of her belly-busting low-glycemic plan!

- ✓ Turn off fat-storage hormones!
- ✓ Feel so full, you'll want 81% less food!
- ✓ Lose up to 6 lbs a week!

STRESS SOLUTIONS!

Instant tricks that calm your nerves!

Start your day feeling great!



Make your own easy:

- ENERGI^{ZING} shower scrub!
- HAPPINESS-BOOSTING body oil!

Get rid of clutter!

How your old stuff can help kids, moms and the environment!



Lower your risk 76%! The sandwich that **Prevents cancer!**

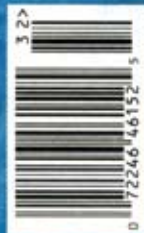
Bonus! It protects against Alzheimer's too!

Too hot?

6 tricks that lower your body temperature *instantly!*

Get slim for good!

The cocktail that keeps women from regaining lost weight!



Shower your troubles

Having a hard time waking up in the morning? Feeling a little blue? Take heart: These aromatherapy shower solutions will make you feel great—and send everyday troubles down the drain!



Tip!
Need to relax? Shower with warmer water!
Need to get energized? Use cooler water!

Send confidence soaring with vetiver!



Feeling iffy about a big project? Showering with this earthy scent—similar to sandalwood but with a hint of lemon—can give you a dose of confidence! “The scent has been shown to relieve anxiety and give people a more centered feeling,” says Jade Shutes, founder of The East West School for Herbal and Aromatic Studies.

Our pick: Provence Santé Vetiver Liquid Soap, \$17.50, 800-327-2324, www.baudelairesoaps.com.

What is it? Vetiver is a tall grass from India similar to lemon grass and citronella.

Hike up your happiness with citrus!

According to a recent study, citrus scents are such potent mood boosters they can cut depressed patients' need for medication! So use a citrus-infused body wash to feel happy fast—and maybe solve a few nagging concerns while you're at it:

“A citrus-scented shower can even help you get a fresh perspective on a problem that's been getting you down,” says Shutes.

Our pick: Boots Mediterranean Lemon Orange & Grape Shower Gel, \$6.99, in Target.

Make your own Lemon body oil!

2 cups
grapeseed
oil



+ 10 drops
lemon
essential
oil



+ zest of
1/2 lemon



Pour oils and zest into a bottle, shake and let sit overnight. Massage lemony oil over skin to brighten your skin and pick up your mood!