

Woman's World

God Bless America

More for your money!
\$1.79

A great week made easy!

Sept. 14, 2009

This brown-bag sandwich filling

Boosts kids' IQ scores 11%!

MD-proven secrets to Jumpstart a GREAT MOOD!

GET MORE \$\$\$ BACK!

How to make your health insurance pay rejected claims!

Natural cures that **Fix your SLOW THYROID!**

GREAT HAIR every day!

Fix frizzies, flyaways and the greasies—for good!

BEAT STRESS!

Calming tricks so powerful they even lower your blood pressure!

CLUTTER-BUSTERS guaranteed to work!

OPRAH'S

diet discovery!

Anti-aging miracle plan!

- ✓ Lose 6 lbs and 10" in one week!
- ✓ Add 6 years to your life!
- ✓ Triple your energy!



Get-happy treats!

Microwave-easy CHOCOLATE FUN!
Make-any-night-special PIZZA PARTY!
Cheery Cherry Coke CUPCAKES!





Your biggest

Don't know what to do when your hair frizzes up or flattens out? Try one of these on-the-spot fixes straight from the pros! Then test-drive their lasting solutions to wake up every day to the hair you've always dreamed of!

Tip!
Warm serums and oils between your hands before you apply them. The heat helps them penetrate hair and work more effectively!

Help! My hair's frizzy!

FAST FIX:

A 10-minute "smoothing bun"!

Brush a few drops of silicone serum through dry hair. Tightly coil it into a bun and pin. Keep pinned for 10 minutes, unpin and finger-style. "The silicone polishes the hair, while the tension in the bun brings down frizz," says celebrity hairstylist Stephen Ramsey. **Our pick:** L'Oréal EverPure Smooth Frizz-Free Serum, \$8.99.

LASTING SOLUTION:

Weekly hot oil treatments!

Frizziness happens when the hair's cuticles are raised, allowing moisture to seep in and cause hair to swell. A weekly hot oil treatment is the antidote: "It seals the cuticles, so it's harder for humidity to affect the hair," says Ramsey. **Our pick:** VO5 Hot Oil Weekly Treatment, \$5.99.



Help! My hair looks greasy!



FAST FIX:
The powder trick!

Part your hair into 4-6 sections. Sprinkle a bit of baby powder right over the roots, massage in, then brush it out: "The powder will sop up any excess oils at the roots, which will give your hair more body and movement," says celebrity hairstylist Tyler Laswell.



LASTING SOLUTION:

Weekly clarifying shampoo!

Clarifying shampoos contain astringents—like citrus acids or vinegars—that remove greasy product buildup, and, used regularly, they actually help regulate oil production so your hair stays fresh and full! **Our pick:** Avalon Organics Lemon Clarifying Shampoo, \$5.53.



Help! My hair's dry and

FAST FIX:

Smooth ultra-light oil on the ends!

"Women are afraid oil will make their hair look greasy," says celebrity hairstylist Chaz Dean. "But a tiny bit rejuvenates brittle hair, making it look healthy. And light oils, like jojoba, absorb quickly so hair never looks greasy." Smooth over the midsections and ends of your hair—where it is the most dry. **Our picks:** **Aura Cacia Grapeseed Oil, \$4.99, Aura Cacia.com;** Sexy Hair Soy Renewal Styling Treatment, \$19.50, WalMart SmartStyle Salons.

