

# Woman's World

God Bless America

A great week made easy!

More for your money! \$1.79

Dec. 22, 2008

How eating an omelet can **Protect you from breast cancer!**

9 sneaky ways to **Heat your home for less!**

## Breakthrough 24-hour juice fast!

Be 5 lbs—and 8"—slimmer tomorrow!

Shop here to **Save \$892 on groceries!**

Tricks models use to **Look great in your holiday photos!**

### HOME REMEDIES that really work!

Cure asthma, coughs, sore throats and more!

# Have a STRESS-FREE holiday!

## SANDRA LEE'S Semi-Homemade Christmas feast!

- ✓ Instant holiday treats!
- ✓ No-time-to-shop gifts!
- ✓ Last-minute tricks!



Health alert! **Why your multivitamin may be putting you at risk of diabetes!**

plus How bubble wrap, cookies and spare change can **CURE YOUR HOLIDAY STRESS!**



# Make your skin

Want skin that looks smooth, toned and radiant? You can get it in seconds. "Absolutely anyone can have flawless-looking skin if they know how to apply their makeup just right," says celebrity makeup artist Kim Baker. Just find your complexion situation for the makeup trick that will give you face a perfect, gorgeous glow

## Firm sagging skin

- 1 Mix nine drops rosewood essential oil (known for its instant toning benefits) into 4 Tbs. grapeseed oil (a super-absorbent skin softener)
- 2 Dip your fingers into the serum (smells woody and floral!) and gently sweep over jawline. You'll notice a firming effect in seconds!

**Our pick:** Aura Cacia Rosewood Oil, \$9.99, [auracacia.com](http://auracacia.com)

## Short on time?

Use a ready-made rosewood serum and dab directly onto sagging skin. Our pick: Zia Natural Skincare Brilliance Firming Serum, \$35.96, [amazon.com](http://amazon.com)



Writer/producer:  
Andrea Dawn Clark  
Photos: Amy Postle  
Stylist: HBB  
Makeup:  
Elke Von Freudenberg  
Hair: Gigi Gommers