

September 12, 2011
God Bless America

More for your money!
\$1.79

Woman's World

A great week made easy!



Shower yourself with **HAPPINESS!**
Our DIY body scrub actually boosts your mood!



Thrill BOO!
Impress housewarming or shower!

FAT? TIRED?

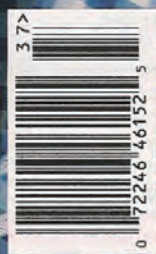
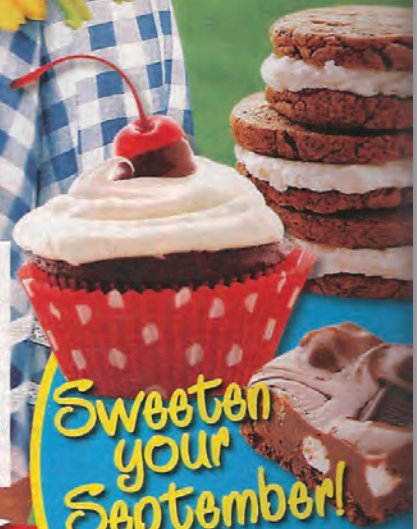
How the slimming 'sleep cure' can **MELT 15 LBS WITHOUT DIETING!**
✓ Shrink 'hunger hormones' 28%!
✓ Burn 20% more belly fat!
✓ Cure insomnia for good!

FOOD CURE
HIGH CHOLESTEROL
Cure it with **guacamole!**
The ice-cream topping that **CURES PMS!**
Research-proven **Gin and raisins HEAL ARTHRITIS!**

LONGEVITY SECRETS
for couch potatoes!
Get workout-fit *without* exercising — just by drinking more *wine!*

Why you need more of the *vitamin* that **MAKES WOMEN THIN!**

The stress-free way to finally **KISS CLUTTER GOODBYE!**



Sweeten your September!

Be a bake-sale star! our make-'em-smile treat!

BONUS! Your FALL HOROSCOPE!

Business!

Research proves it: Certain scents have the power to change your mood. Add the right one to your shower, and you'll guarantee a great start to your day!

Breathe!	Cleanse!	Scrub!	Soften!
<p>Aura Cacia Reviving Peppermint Aromatherapy Shower Tablets, \$6.99 at Whole Foods.</p> 	<p>C.O. Bigelow Mentha Body Wash, \$12 at Bath and Body Works.</p> 	<p>Sweet Grass Sweet Mint Farm Foaming Sugar Scrub, \$9.95 at SweetGrassOnline.com.</p> 	<p>CND Scentsations Birch & Mint Lotion, \$11.50 at TimeToSpa.com.</p> 
<p>Yves Rocher Vanilla Fizzy Bath Cube, \$2 at YvesRocherUSA.com.</p> 	<p>Bath and Body Works Warm Vanilla Sugar Shower Gel, \$10.50 at Bath and Body Works.</p> 	<p>Ulta Vanilla Sugar Foaming Scrub, \$9 at Ulta.com.</p> 	<p>Bodycology Brown Sugar Vanilla Body Cream, \$4.99 at Walmart.</p> 
<p>Smith & Vandiver Aromatherapae Energize Spa Shower Tablets, \$5.99.</p> 	<p>Burt's Bees Extra Energizing Citrus & Ginger Root Body Wash, \$7.99.</p> 	<p>The Body Shop Sweet Lemon Body Scrub, \$18 at TheBodyShop.com.</p> 	<p>Avalon Organics Lemon Hand & Body Lotion, \$10.99.</p> 
<p>Moon's Harvest Bamboo & Green Tea Bath Bomb, \$3.75 at Amazon.com.</p> 	<p>St. Ives Naturally Clear Green Tea Body Wash, \$6.</p> 	<p>The Healing Garden Bamboo Body Scrub in Vitalizing Green Tea, \$6.99.</p> 	<p>Elizabeth Arden Green Tea Refreshing Body Lotion, \$13 at Ulta.com.</p> 
<p>Kneipp Rosemary Bath Tablet, \$4.50 at BeautyEncounter.com.</p> 	<p>Kneipp Rosemary Herbal Body Wash, \$14.50 at BeautyEncounter.com.</p> 	<p>De-Luxe BAIN Rosemary Mint Foaming Body Scrub, \$9.99 at Drugstore.com.</p> 	<p>Deep Steep Rosemary Mint Body Lotion, \$9.95 at DeepSteep.com.</p> 

Turn any lotion into a scented lotion!
Add 3-8 drops of your favorite essential oil to every 1/2 cup of unscented body lotion or cream. No essential oil handy? Try adding a cooking extract (such as vanilla, lemon, orange or almond extract).

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|---|--|---|---|--|---|
| Want to feel RELAXED?
Add 8 drops of vanilla oil. | Want to feel FOCUSED?
Add 4 drops of peppermint oil. | Want to feel HAPPY?
Add 4 drops of orange, lemon or grapefruit oil. | Want to get ENERGIZED?
Add 2 drops of rosemary oil. | Want to feel CONFIDENT?
Add 2 drops of rosemary oil + 4 drops of peppermint oil. | Want to feel ROMANTIC?
Add 4 drops of rose oil + 2 drops of geranium oil. |
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Tip: Have sensitive skin? Patch-test the scrub on your arm before you fully indulge!

Smart ideas to make you Beautiful!

1 Contour like a pro!

It's no secret makeup pros rely on bronzer to sculpt cheeks and jawlines. Yet how do they get such striking results? "You really need a bronzer that's either matte or doesn't have a lot of shimmer to create the contour," says makeup artist Shannon Grey Williams. "And don't dust on too much. You don't want to see the bronzer under your chin and cheekbones—you just want to see subtle shading!"

2 The longest-lasting lip color!

Tired of your lipstick doing a disappearing act? "For the most long-lasting color, I fill in lips with a lip pencil, then top it off with matching gloss or a layer of lipstick," says makeup artist Kim Weber. "When it comes to lip cosmetics, pencils are the driest, so they adhere to the lips the longest!"

3 Polish curly eyebrows!

If you have thick, curly hair, your eyebrows probably match—and that can mean brow hairs that bend in different directions! The solution: eyebrow wax (such as Femme Couture Brow Couture Brow Grooming Wax, \$7.99 at SallyBeauty.com). "The wax is thicker and stronger than brow gels, so it can polish and tame even the curliest brow!" says Weber.

4 The no-polish "manicure"!

Don't have time to polish your nails and wait for them to dry? "Just file them into a flattering shape, then rub a clear, shimmery lip gloss over them," says celebrity manicurist Patricia Yankee. "The shimmer gives your nails a pretty, light-reflective sheen, while the oils smooth and nourish your cuticles!"



NEXT WEEK: Smile like a star!