

# Womans World

God Bless America

More for your money!  
\$1.79

Oct. 20, 2008

A great week  
made

## HALLOWEEN Happiness!

It's so easy!

### Slim-down breakthrough!

Proven at UCLA: This 'berry' makes veggies taste like dessert!

### Got a cold?

How pineapple and tea can cure you 2 days faster!

### CURE FOR WRINKLES!

Boost collagen, beat dryness and smooth away fine lines!

The vitamin you're *not* getting that **lowers cancer risk 41%!**

**Make your teeth 66% whiter** just by using *this* revolutionary toothpaste!

### Stressed?

Pamper yourself like the stars do! Secret take-home recipes from celebs' favorite spas!

### Green your Halloween!

Sneaky ways to save cash *and* the Earth!

### PMS cures!

Proven fixes for bloating, cravings, breakouts and the blues!

Terrah lost 73 lbs!

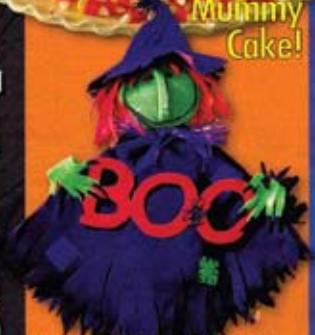
# WALK OFF 25 lbs in 30 DAYS!

Steal the Post-it trick that **doubles your weight loss!**

- ✓ Lose up to 106 lbs!
- ✓ Protect yourself from breast cancer and osteoporosis!
- ✓ Sleep better and feel happier!



Mummy Cake!



Welcoming Witch!



Scary Pops!



Ghost Pie!

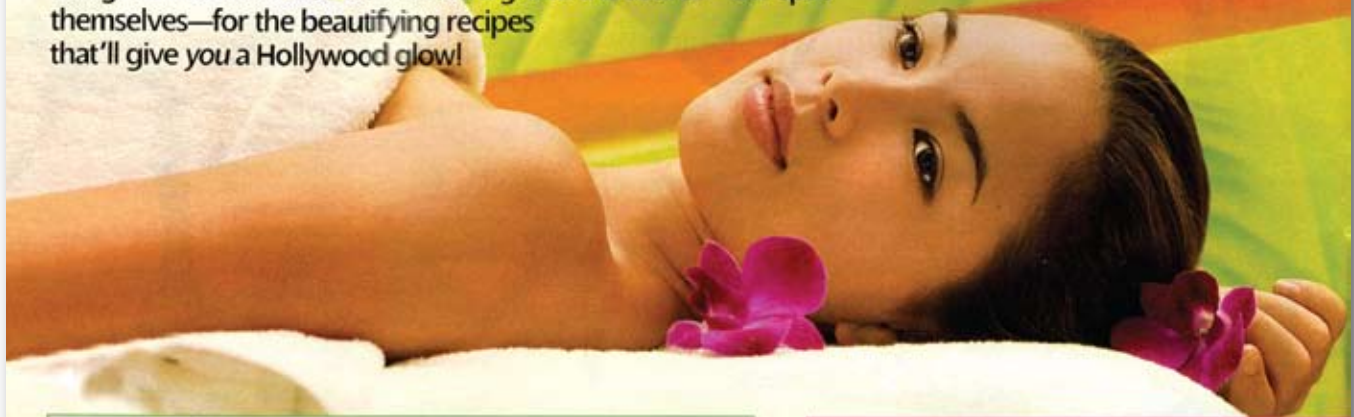


Pumpkin Patch Cupcakes!



# Pamper yourself

Celebrities pay big money at fancy spas to be buffed, smoothed and scrubbed to perfection. And now you can get the same stunning results—without busting your budget. That's because we went straight to the source—the spas themselves—for the beautifying recipes that'll give you a Hollywood glow!



## Get Fergie's Super-smooth body!

Skin-baring dresses are Fergie's stunning trademark. To wear them well, she treats her skin to the Sonya Dakar Total Skin Fitness Treatment.

### \$195 spa treatment:

Your body is exfoliated with a sea salt scrub, then massaged with a lemon verbena oil and a firming lotion. Finally, your body is wrapped in a blanket to lock in moisture.



### At-home essentials:

- Seora Sea Salt Body Scrub, \$19.99, seora.com, 800-709-4757.
- Bain de Luxe Verbena Body Lotion, \$3.49.
- Burt's Bees Vitamin E Body & Bath Oil with Sweet Almond Oil & Lemon Oil, \$7.99, both at drugstore.com, 800-DRUGSTORE.

### Or make your own scrub!

Mix 1 cup sea salt with 1 cup olive oil. Add 5-10 drops essential oil and swirl!

### Pamper yourself!

**Step 1:** In the shower, massage in a natural sea salt scrub and rinse.

**Step 2:** While skin is damp, smooth lemon body oil over your entire body.

**Step 3:** Pat dry, and smooth on rich lotion.

**Step 4:** Wrap yourself in a warm towel. Relax for 15 minutes.



Sonya Dakar Skin Clinic in Los Angeles.



## Get Sarah's Lustrous hair!

Sarah Michelle Gellar owes her bouncy hair to the Cornelia Day Resort's Aromatic Scalp Treatment.

### \$95 spa treatment:

Warm botanical oils are massaged into the scalp and hair. Then a clay mask is worked into the scalp for 15 minutes, followed by an aromatic shampoo and conditioner.

### Tip!

Mineral-rich clay deep-cleans the pores on your scalp and makes limp, oily hair look fuller!

### At-home essentials:

- Aura Cacia 100% Pure Essential Oil in Peppermint or Lavender, from \$6.49, drugstore.com, 800-DRUGSTORE.
- Rene Furterer Curbicia Purifying Clay Mask, \$34, sephora.com, 877-SEPHORA, or St. Ives Mineral Clay Firming Mask, \$5.49, in drugstores.



### Pamper yourself!

#### Step 1:

Blend 5-10 drops of your favorite essential oil into 1/2 cup olive oil; massage into dry hair.

#### Step 2:

Part hair in 6-10 sections and massage in clay mask.

#### Step 3:

Rinse with warm water; shampoo and condition hair as usual.



Cornelia Day Resort in New York City.