

Shed Pounds Even If You Sit All Day P.86

Get-Happy
Secrets P.166

FREE!
Win a 7-Night
Spa Escape
Details Inside

SELF

YOU
AT YOUR
BEST

The Best Tone-Up for Any Body

All the Right Moves for
Amazing Abs, Legs, Everything!

Instant Calm The 2-Second Stress Reliever

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to Be Healthier P.115

Love to Eat? How to Indulge and Still Lose Weight

10 SIMPLE SEX-LIFE
IMPROVERS P.172

Spend Smarter! P.144

Be a Natural Beauty

125 Tricks for Glowing Skin, Shiny Hair & Unnoticeable Makeup



**You Gotta
Have Friends!**
Costars Kristen Bell,
Kristin Davis and
Malin Akerman
on what makes
them beautiful from
the inside out

2009
BEST
Green
TRENDS

Antistress wash A bath is relaxing, but it uses about 45 gallons more H₂O than a shower. Have an eco spray with these soothing tips:

Set the mood. Fire up a CD with calming sounds such as waves crashing or mellow tunes. Another way to unwind: Install a dimmer on the light in your bathroom. A soft, quiet glow helps create a peaceful ambience.

Add aromas. Place a reed diffuser (thin, strawlike sticks that emit scented oil) on the sink and sprinkle a few drops of oil (lavender or eucalyptus) around your shower drain to fill the room with a spa-like fragrance.

Slough skin. Before turning on the water, rub a sugar-based scrub all over your dry skin from head to toe. Exfoliating any rough areas before skin is damp gets rid of any dulling flakes and helps even out your texture.

REUSING PRODUCTS
Eureka! Discover fresh ways to repurpose the old stuff that you already have hanging around your home.

You have	New use
A BRONZER BRUSH	Fluffy smoother. Mist a fluffy brush with hair spray, then sweep it over the top and sides of your head to smooth frizz. Stroke a comb or toothbrush, its bristles are lighter, so they won't flatten volume.
EYESHADOW	Heat hide. Camouflage visible regrowth or gray hairs in a patch by using a small blush brush to tap on a loose powder matte eyeshadow in the same shade as your preferred hair color on roots.
TUBE SOCKS	Wrap a section of damp hair (medium to long-length works best) around a tube sock; tie sock ends together. Repeat with more sections. Fabric absorbs water, so hair dries into loose curls.

Look for this logo!
More than 50 beauty brands are donating at least 1 percent (it adds up) of their revenues to more than 1,500 environmental nonprofits. Go to OnePercentForThePlanet.org to see participants. You get the goods and give back.

Recycle for rewards
Plastic? Cans? So 10 years ago. The latest way to save the planet: Return empty cosmetic containers to retailers for a gratis gift; ask local shops for deals, too.

Exchange any six MAC tubes for a free lipstick (worth \$14) at its counters or at MACCosmetics.com.

Return any perfume bottle—they'll accept all brands!—to Bond No. 9 stores or counters and pick up a pump spray (worth \$45) with any purchase.