

SELF



**BIG HEART,
SMALL
WALLET**
Cutest Gifts
Under \$30

Lose Weight Without Trying

Your Weight Loss Grocery List
(Yep, Chocolate's On It!)

COLDS & FLU? NOT YOU!
Double Your Immunity Naturally

SWEETER (HOTTER!) SEX
Happily-Ever-After Advice

**STAY SLIM
ALL WINTER**
The Least Amount
Of Exercise It Takes

**BE THE PRETTIEST
AT THE PARTY!**
Easy Beauty Boosters

Celebrate your
*happy, healthy,
sexy life*

*Heidi Klum's
stay-young secrets*

**Plus:
FUN,
FREE
STUFF!**

\$3.99 US
DECEMBER 2010



gift guide

\$5 Sleek colored-glass vases add style and sophistication to any room in the house. leak.com for stores

\$3 Treat a girl who gets her fashion fix at the mall. She can't live without her Footy.

\$14 There's sure to be a ceramic personality mug for every person on your list. www.levni.com

\$20 A sassy sequin coin purse will make a gal feel like a million bucks. BarnasRepublic.com

\$27 Light up the night with a lux white-currant-quince-scented candle. Voluspa.com

\$18 Stay warm on the inside, look cool on the outside in suede gloves. Target.com

\$24 Comfy, plaid flannel slippers encourage snoring by the fire. VictoriasSecret.com

\$4 Kneeing I can make one to be the best gift I could ask for.

\$5 unwrapped toys to give to needy children on C

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