

Woman's World

February 7, 2011
God Bless America

A great week made easy!

More for your money!
\$1.79

FIND YOUR HIDDEN CASH!
We'll lead you to your missing money!

Family-pleasing!
BEST CHICKEN DINNERS!



Super Bowl Fun!
★ Easy football cake!
★ TOM COLICCHIO's game-day snacks!

Eat for STRESS RELIEF!
Try the good-health "cocktail" that turns off anxiety!

JAPANESE LONG-LIFE SECRET
that will lower your cancer risk 42%!

Recipe inside!
The "magic" cuticle cream that'll

MAKE YOUR NAILS GROW FASTER!

Vitamins that **PREVENT BIG-BELLY SYNDROME!**



DR. WEIL'S All-natural GET-SLIM PRESCRIPTION!

LOSE 7 lbs and 9" in a week!

- ✓ Feel full faster, stay full longer!
- ✓ Heal your body's fat-burning hormones!
- ✓ Prevent heart attack, Alzheimer's, depression!

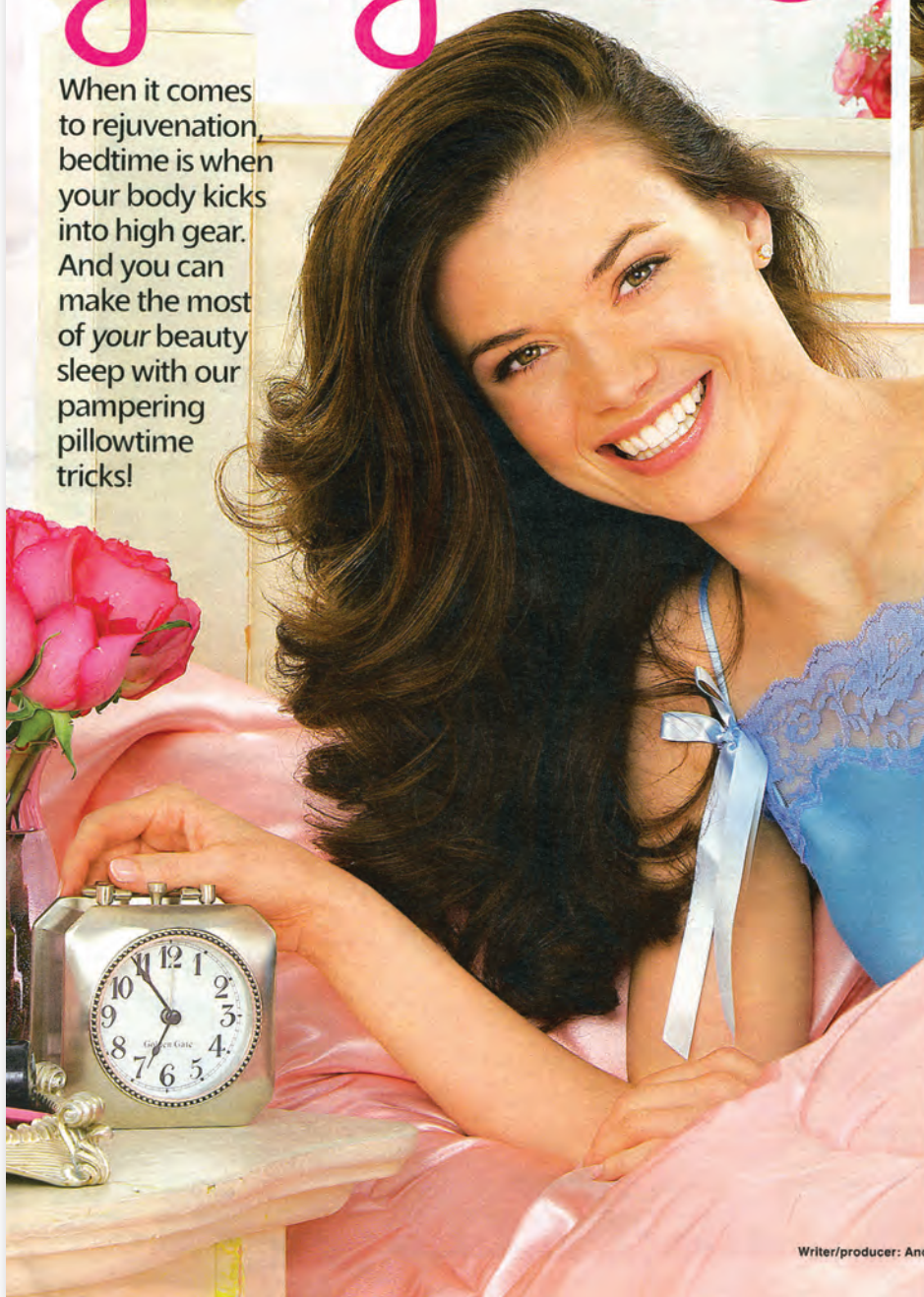


Good-luck bonus!
YOUR 2011 CHINESE HOROSCOPE!



Wake up gorgeous!

When it comes to rejuvenation, bedtime is when your body kicks into high gear. And you can make the most of your beauty sleep with our pampering pillowtime tricks!



Get glowing with a lavender massage!

The key to looking youthful? Beauty rest! "Your skin rejuvenates itself when you're in the deepest stages of sleep," explains dermatologist Ava Shamban, M.D. To ensure you get plenty of it, massage in a lavender body cream (such as Suave Naturals Lavender Vanilla Body Lotion, \$3) before bed. "The scent is calming and can induce sleep," says

Stephanie Tourles, author of *Organic Body Care Recipes*. The result? "Healthier and more glowing skin," says Shamban.

Bonus: Lavender oil also heals irritated, dry, flaky or red skin!

Tip!

Make long, firm motions when you're massaging toward your heart, and make light, gentle strokes when massaging away from your heart. This massage technique will boost circulation and relax muscles!



Create your own blend!
Want an extra-fragrant—and effective!—lavender lotion? Mix up your own! Just put 10-15 drops of lavender essential oil (such as AuraCacia Lavender Essential Oil, \$10.29, AuraCacia.com) into a medium- or large-size bottle of unscented lotion!