

STRETCH YOUR WAY SLIM AND STRONG p.138

**Vanessa
Hudgens**

25 Things
You Don't
Know About
Her p. 40

SELF

YOU
AT YOUR
BEST

Reveal Your Best Body!

Our Easy Plan to Look Trim
And Toned in Just 1 Month

Happier, Hotter Sex p.158

BE A NATURAL BEAUTY
48 TIPS TO HELP YOU GLOW

**Instant At-Home
Health Checks!**
14 Signals Not to Ignore

ALWAYS TIRED?

Find More Energy!

The Everyday Stress Buster
That Brightens Your Mood p.170

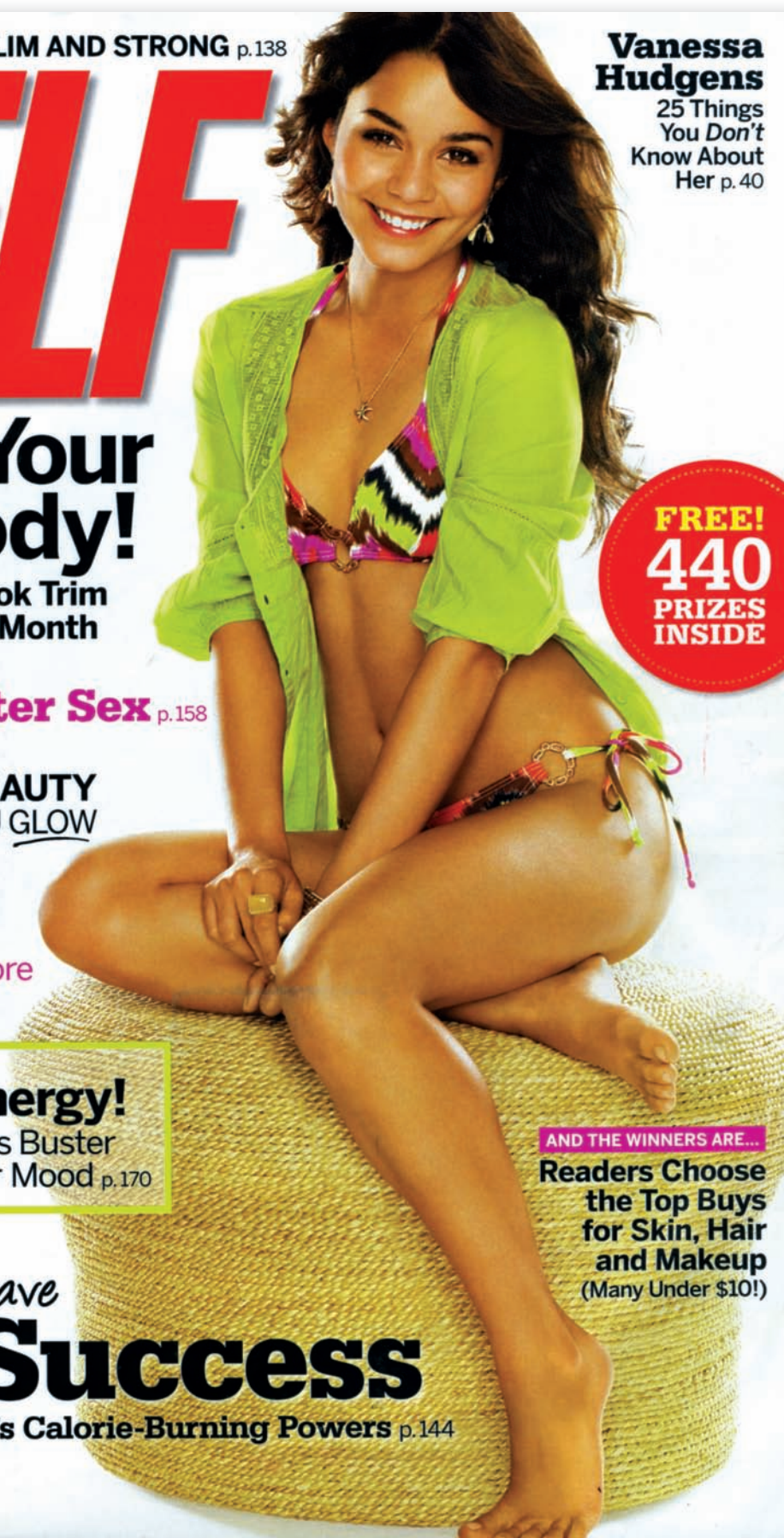
FREE!
440
PRIZES
INSIDE

AND THE WINNERS ARE...
Readers Choose
the Top Buys
for Skin, Hair
and Makeup
(Many Under \$10!)

Yes! You Can Have

Diet Success

Tap Into Your Body's Calorie-Burning Powers p.144





Narcissus bulb extract helps nix dandruff.

Horsetail in Butter London Horse Power Nail Fertilizer, \$20, nourishes weak nails.

A ketchup mask instantly revitalizes blonde hair.

Fake a fresh blowout with lupine-laced Blow Faux Dry Dry Shampoo, \$20.

JASMINE ABSOLUTE The oil from the night-blooming blossom has a sweet scent that lingers long after you apply. Try Aura Cacia Jasmine Absolute Oil, \$11.

KETCHUP Everyone's favorite condiment is good for hair. "Because ketchup has a lot of lycopene, the pigment that gives tomatoes their red color, it can neutralize the greenish streaks caused by oxidation or too much time in the pool," says Kim Vo, a colorist in Beverly Hills, California. Coat dry strands with a cup and a half for 10 minutes, then shampoo.

LUPINE So you slept in? Nice! Make up for lost shower time with an oil-absorbing powder that contains lupine. The perennial wildflower's seeds are teeming with protein that helps revive dull hair. Lightly massage into dry roots; style.

MANGANESE This mineral is a potent antioxidant that blocks UV damage and inhibits melanin (your body's sun-spot producer), says Fredric Brandt, M.D., a dermatologist in New

York City and Miami. Neova Manganese Skin Brightening Serum, \$100, is chock-full of it.

NARCISSUS Stem dandruff with extracts from the bulb of this flower, which slow the production of flake-producing skin cells, says Pat Peterson, vice president of research and development at Aveda. Find it in Aveda Scalp Remedy Dandruff Solution, \$24.

OIL-BASED BUBBLES Natural cleansers (for face, body, even hair) derived from olive and coconut oil get as bubbly as common suds makers such as sodium lauryl sulfate, but they don't strip skin.

PARABEN-FREE Any ingredient that ends in -paraben is a chemical preservative. Some beauty experts suggest avoiding products with them because they potentially irritate skin. Look for grapeseed extract, a natural preservative.

QUILLAJA Known as the soap bark tree in Chile and Peru, quillaja is a natural source of glucoside saponin,

79 percent of women prefer natural prettifiers.

