

Woman's World

God Bless America

A great week made even better! More for your money! \$1.79

TIREDFNESS CURE!
All-natural 'energy juice' ends fatigue!



OPRAH'S favorite STRESS FIX!

plus 9 more no-cost stress solutions scientists swear by!



COOL BLISS!

Make-your-day-happy ice-cream treats!

FLAT BELLY at last!

Lose 16 lbs and 3 inches of belly fat in 14 days!
Fill up on foods proven to block belly-fat storage!

Health news Breakthrough new heart test could **Save your life!**

GORGEOUS HAIR!

Cool healthy-hair trick boosts growth and cures dandruff!

She lost 155 lbs!

Discover the diet that cured her diabetes, high blood pressure and high cholesterol!

LUCK BOOSTERS!

Surprising mind tricks can increase your income 140%!



Keep your cool!

Cooling treat: *Mint!*

Mint is study-proven to cool skin on contact: Use the herb in your morning shower to . . .

● **Boost hair growth!**

A mint-infused shampoo stimulates blood flow to the scalp, delivering nutrients that promote hair growth. Plus, mint regulates the scalp's pH level to make dandruff a thing of the past! **Our pick:** Organix Hydrating Teatree Mint Shampoo, \$6.99.



● **Lift your spirits!**

Drop a mint shower tablet on your shower floor. As it dissolves, it'll release mint oil that'll clear your mind. **Our pick:** Aura Cacia Reviving Peppermint Aromatherapy Shower Tablets, \$5.94, AuraCacia.com.



● **Limber up!**

Minty body washes help loosen tight muscles. **Our pick:** Noah's Naturals Rosemary Mint Body Wash, \$7.99.



Cooling treat: *Eucalyptus!*

Eucalyptus oil releases oxygen molecules as soon as it touches the skin, producing a refreshingly chilly sensation. Use it any time of day to . . .



● **Cool your entire body!** Feeling hot? Quickly rolling eucalyptus oil right over your pulse points—neck, wrist, chest, ankles, crook of elbow and behind the knee—will instantly spread a refreshing cooling sensation throughout your entire body!

Our picks: Peace of Mind Aromatherapy Roll-On, \$2.99, BotanicChoice.com; La Natura Roll-Away Stress, \$12, LaNatura.com.



Tip! No eucalyptus oil handy? Place a metal spoon in the fridge for a few minutes, then hold the head of the cold spoon over your pulse points!

Smart ideas to make you Beautiful!



1 Put on your makeup without ruining your hair!

Need to pull your hair off your face while applying makeup? Place a tissue around the hair before you clip it back. The tissue will prevent that dreaded "clip dent" in your hair!

2 Perfectly fill in your brows!

Full brows are a sign of youth, while super-thin brows make a face look older. To give brows fullness, dip an angled brow brush in a powdered eye shadow that matches your hair. Tap off excess powder and lightly sweep from the inside of the brow to the outer corner. Then glide on a clear mascara to set the powder!

3 Tame a cowlick!

The best product for fixing a cowlick is a volumizing cream, says celebrity stylist Andy LeCompte. "The same ingredients that help to lift hair for volume will also help keep a cowlick down." Work a dollop of it through the cowlick and brush down until dry and smooth! **Our pick:** Sunsilk Daring Volume Anti-Flat Plumping Crème, \$4.34.

4 Get smooth hair without a flat iron!

How? Wrapping! says celebrity hair stylist Tyler Laswell. "It works by drying the hair smoothly against your scalp." First, work a smoothing cream into damp hair. Take the middle section of hair and tightly roll and pin it around a jumbo 3-inch roller. Then slowly brush, smooth and pin the hair around the circumference of your scalp. Once dry, release straight hair! **Our picks:** Herbal Essences None of Your Frizziness Creme, \$3.99; Sally Beauty Supply Magnetic Rollers, \$2.79, SallyBeauty.com.

