

Woman's World

November 15, 2010
God Bless America

A great
we
made

More
for your
money!
\$1.79

The amazing
DIY touch
technique that
**CURES
COLDS
& FLU!**

**SAVE ON
GROCERIES!**
Supermarket
savings
strategies
for your
shopping
style!

Eat yogurt, LOSE BELLY FAT!

Breakthrough Japanese research!
Lose 7 lbs and 2" in 3 days,
harnessing probiotics to block belly fat!

Cook up some

THANKSGIVING LOVE!

46 scrumptious recipes
for all your family's
soon-to-be
favorites!

The breakfast smoothie that beats SAD and
**BOOSTS WINTER
Happiness!**

MAKE MONEY WORKING FROM HOME!

Scam-free ways to rake in thousands a month!

BYE-BYE, TIREDNESS!

Boost your all-day energy
in the time it takes to shower!



Shortcut!



Ultra-rich!



Cute!

Double
yum!

Fun!





Beauty cu

Think of these simple tricks as your beauty equivalent of a cup of coffee! They'll quickly brighten your skin and energize your mood, making you refreshed and gorgeous in a hurry!

Tip!
To boost your a.m. energy, take a cool or room-temperature shower—hot water relaxes the mind, so save it for p.m. showers!

Wake up with the power of mint!

● **Feeling sluggish?** Try a minty bath gel (such as Aura Cacia Ginger/Mint Body Wash, \$10.15, AuraCacia.com; Aveda Rosemary Mint Hand and Body Wash, \$16, Aveda.com)! "Mint is an instant energizer!" says Stephanie Tourles, author of *Organic Body Care Recipes*.



Revive with the scent of citrus!

Bonus! The vitamin C in citrus astringents also helps brighten skin tone!

Citrus toners (such as Avalon Organics Vitamin C Balancing Facial Toner, \$11.99; Ole Henriksen Pick Me Up Face Tonic, \$30, Sephora.com) are naturally refreshing to the skin, and "because they're infused with the invigorating scent of orange and lemon, they're a natural pick-me-up!" says Janice Cox, author of *EcoBeauty*. Right after you take your shower, dampen a cotton pad with a citrus tonic. Breathe in deep, taking in the stimulating scent, and you'll be raring to go in seconds!

Make your own citrus toner!

- What you'll need:**
- 1/4 cup lemon juice
 - 3 Tbs. witch hazel
 - 2 Tbs. water

Mix all ingredients in a bottle with a tight-fitting lid. Shake and sweep over face with a cotton pad. "This toner is suitable for all skin types because the lemon juice is sufficiently diluted—but always follow up with a moisturizer to restore hydration!" says Cox. **Keeps for 1 month if stored in fridge.**

Energize your eyes in seconds!

Eyes need a quick pick-me-up? These tips combat eye troubles!

● **Puffy eyes?** Try one of the latest pulsating or rollerball eye treatments (such as L'Oréal Collagen Micro-Pulse Eye, \$16.99; Clinique All About Eye Serum De-Puffing Eye Massage, \$25.50, Clinique.com). The gentle massage stimulates circulation, unclogging the tiny blood vessels that cause puffiness. After treating your eyes to a soothing massage, you'll end up rolling away those puffy bags that can make you look tired!

● **Dark circles?** First tap on a few dots of concealer to hide the discoloration, then add shimmer powder to give much needed light to the area. Apply eye concealer (such as L'Oréal Infallible Concealer, \$10.28) where the darkness is concentrated (from the inner corner to directly under the iris). Then add a little light reflection! Dab a shimmer powder in the inner corner and lightly pull it over the concealer with a tiny makeup brush—this will add a little eye-brightening effect!



NEXT WEEK: Rejuvenating massage better than a facelift!

