

BE SUPER HEALTHY

- Stay flu-free
- Zap breakouts
- Stop breast pain
- Prevent bone loss
- End migraines

November 19, 2001

Packing on pounds?
Maybe it's your medication

First

for women

Sensational quick-change

Glowing skin all winter!

Colder weather means drier skin, so use these strategies to bring back that glow!

If your skin's...

Oily "It can look dull and flaky," says LA-based dermatologist Dr. Debra Luftman. She recommends using a gritty, gel-based scrub once a week and a gentle, nonalkaline cleanser and water-based moisturizer daily.

TO TRY: (scrub) Freeman Deep Impact Lathering Facial Scrub; (cleanser) Sundari Gentle Gel Cleanser; (moisturizer) Uhma Nagri Skin Moisturizer SPF 15

Sensitive "It tends to be prone to 'patchy' dryness, and needs extra TLC," says Luftman. Wash face daily with a gentle, moisturizing cleansing cloth, then apply a 1% cortizone cream, like Cortaid, to control dryness and itching.

TO TRY: Pond's Age Defying Cleansing Towelettes or Olay Daily Facials Cleansing Cloths

Combination

Going from the indoor heat to the cold outside exacerbates both dullness and patchiness. Use an oil-free cleanser, then a retinol-based moisturizer on dry areas; use an alpha hydroxy acid-based moisturizing gel on oily spots.

TO TRY: (oil-free cleanser) Camo-care Gold Foaming Oil Free Cleanser; (retinol moisturizer) RoC Retinol Actif Pur SPF 15; (AHA moisturizer) Palmer's Cocoa Butter Skin Smoothing Lotion



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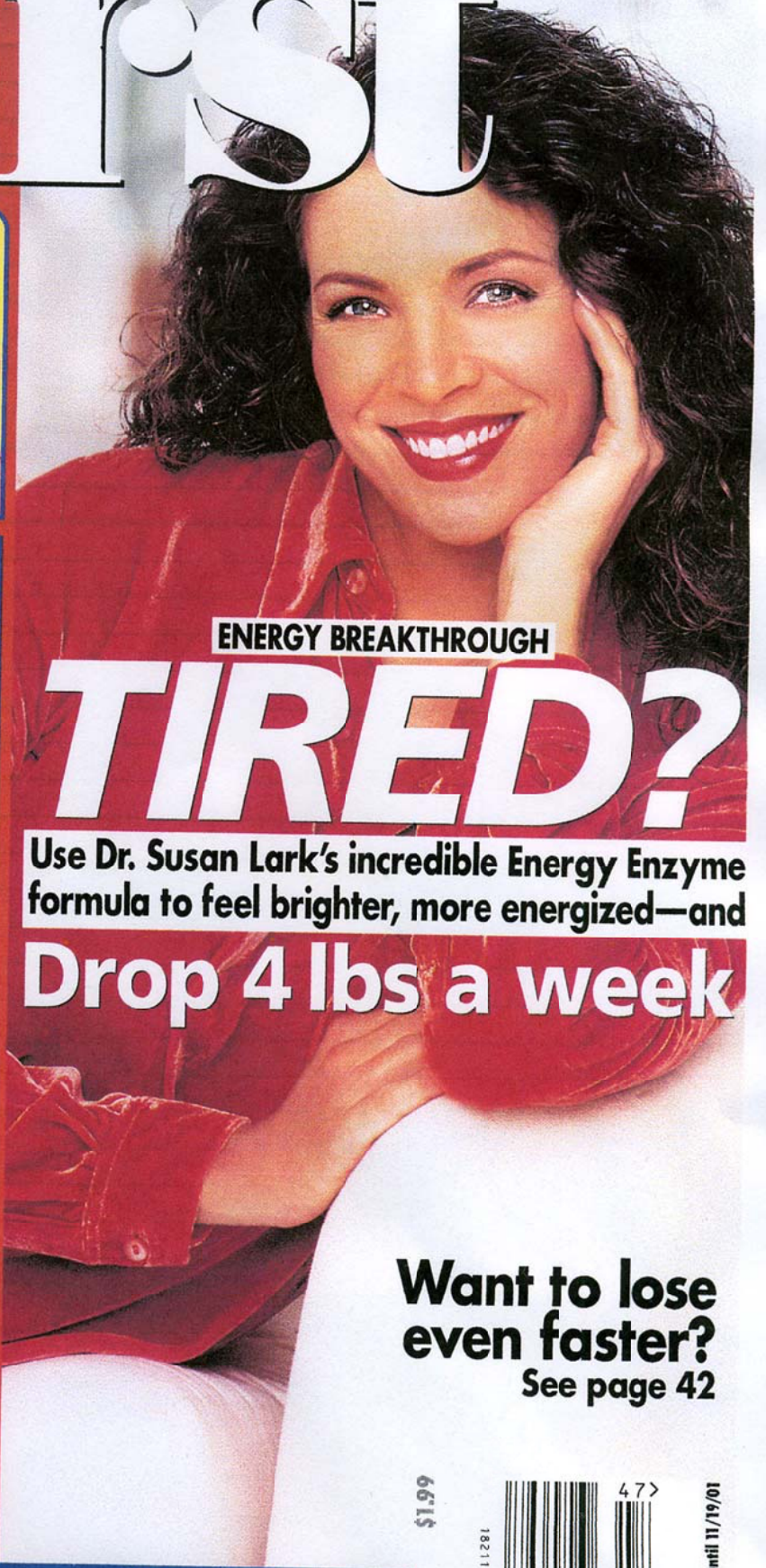
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