

LOSE EVERY EXTRA POUND! p. 194

# SELF

YOU  
AT YOUR  
BEST

**WIN!**  
17 Amazing  
Spa Trips at  
Self.com

## Slim Down, Tone Up, Show Off!

An Easy Plan Gets  
Results in 1 Month

**GLOWING SKIN!**  
No More Pimples,  
Lines or Concealer

Get the Paycheck  
You Deserve How, p. 212

**STOP CANCER  
BEFORE IT STARTS**

Have Vacation Sex  
Without Leaving Home

# Stress Less, Relax More!

24 Ahhh-Inspiring Ideas

American Idol's  
**Katharine  
McPhee**  
On Her New  
Body Attitude

### Should you see the dermatologist?

- If you have bad breakouts and signs of aging, a prescription retinoic acid such as Retin-A will shrink oil glands to control acne, plus exfoliate to help build collagen, says **Debra Luftman, M.D.**, a dermatologist in Beverly Hills, California. Nonprescription retinol doesn't have as big an impact on acne.
- If you have rosacea, prescription sulfur and antibacterial products calm redness, flushing and bumps better than anything over the counter.