

* SPECIAL WEIGHT-LOSS ISSUE

fitness

Mind, Body + Spirit

BONUS SECTION

Drop 10 lbs This Month!

- * No-Fail Diet Foods
- * Stick-With-It Strategies
- * Fat-Melting Moves

Great Skin All Winter
9 Best Beauty Buys

Get Your Dream Body

With the Cheapest
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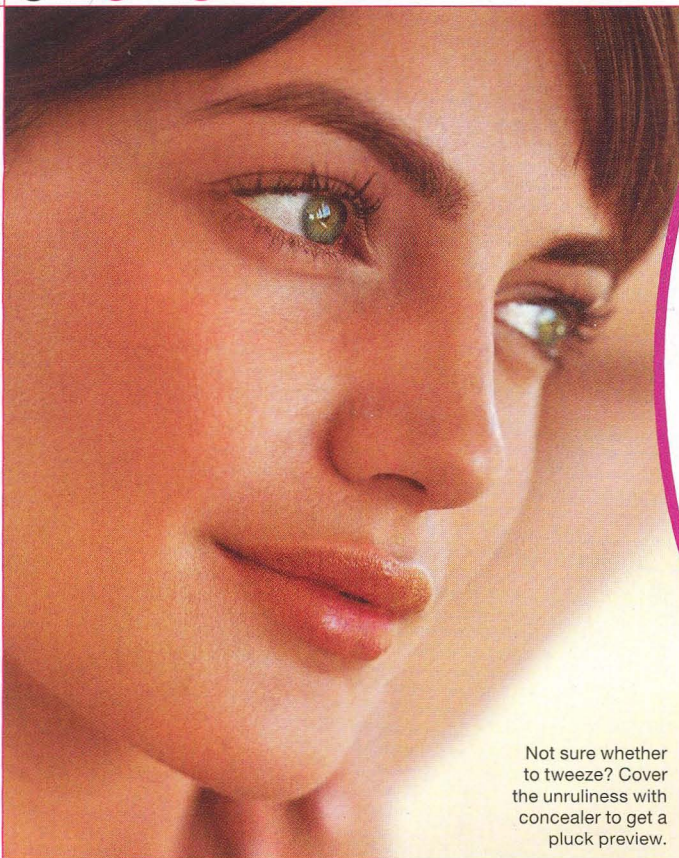
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Healthy Meals for Less

Recipes p.115

FLAT
ABS
FAST
WITHOUT
CRUNCHES!

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Not sure whether to tweeze? Cover the unruliness with concealer to get a pluck preview.

brow wow!

Get grooming with these pro tips.

ARCH NEMESIS

an overgrown shape

PLUCKER UP Bushy brows should be tamed by a pro first, says Jason Willard-Sparrow, a brow expert in New York City. To maintain results, place a stencil (like the one in Paula Dorf's Brow Stencil Kit, \$25, ulta.com) over arches and color in your desired look with a pencil that's darker than brows. Tweeze hairs that fall outside the lines.

ARCH NEMESIS

a too-slender line

PLUCKER UP Put away the tweezers for eight weeks, which is the time it takes hairs to grow back, Willard-Sparrow says. Fill in bare areas and blend new growth with tiny, hairlike strokes of a brow pencil that's the same color as your arches. Blend with brow gel in an up-and-out motion to lengthen hairs so they look fuller, he adds.

ASK LEAH, FITNESS'S BEAUTY DIRECTOR

Q I apply heavy cream morning and night, but I'm still dry from head to toe. What's the deal?

A Frosting-thick moisturizer may seem like the *crème de la crème*, but its texture can prevent softening ingredients from penetrating. (Who knew?) Instead, try a lighter lotion with dimethicone. "It creates a glove-like layer that locks in your natural moisture as well as hydrating ingredients in the formula," says New York City dermatologist Macrene Alexiades, M.D. The barrier is also water-resistant—perfect in winter, when you're washing your hands more often.

I scoured some of the newest lotions and discovered that 24-hour formulas (check the label) usually contain the ingredient.

E-mail your burning beauty questions to getgorgeous@fitness.com.



Less Is More

You don't need as much product as you think. Look great—and save money—with our size-it-right guide.

eye cream	one M&M mini per eye	"Anything more can clog pores," says Miami dermatologist Kenneth Beer, M.D.
foundation	an Altoid	"Use only where needed," says L.A. makeup artist Nalo Jones.
face or hair serum	a nickel	Too much can irritate skin. And "hair will look greasy," says New York stylist Valery Joseph.
conditioner	one marble for short hair; two for long	"A palmful of conditioner flattens hair, particularly fine types," Joseph explains.
mousse	a golf ball	"Mousse may feel light, but it's concentrated. Too much can stiffen strands," Joseph says.

save your skin STAT!

Get close Doing a monthly skin cancer check with your honey makes you three times more likely to catch a suspicious spot early. The key is a strong bond with your partner, so you're comfortable with the once-over, new research shows. Not in sync with your other half? Go solo or recruit a good pal.