

SPECIAL SUMMER EATING ISSUE!

Fergie's

Happy Life
Makeover:
We Promise
You'll Be
Inspired!
p. 38

YOU
AT YOUR
BEST

SELF

BE SLIMMER BY SATURDAY

Melt Off The Pounds

Shrink in 6 Days! Moves That
Practically Do the Work for You

Gratifying Sex!
Have It Tonight p.142

The Feel-Full Diet
No Cravings,
No Cooking,
No Confusion!

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For Under \$100

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AND BLOATING...GONE

All-Natural Beauty Secrets

15 Tips to Help You Look Amazing



FLASH

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SELF's summer beauty secrets

Sail through the season looking gorgeous with these quick, easy tips.

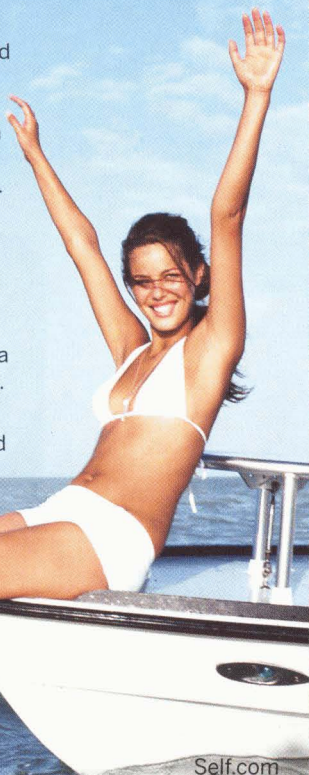
Soothe sunburned skin



1 To minimize the redness of damaged cells, pop two anti-inflammatory pain tablets (such as Advil), says Kenneth Beer, M.D., a dermatologist in West Palm Beach, Florida. Take one or two every eight hours for the next day.

2 Rest a cool, wet compress on your skin for five minutes. Rub on a lotion spiked with antioxidants (green tea is a potent one) to zap free radicals. A post-treatment balm (look for that term on the label), used after a cosmetic procedure, prevents peeling.

3 Burned skin is sensitive. You can protect and conceal it with a tinted sunblock made with the mineral zinc. (Chemicals can irritate.) Result: a pain-free, pretty you.



Self.com

Calm frizzy hair

1 Clip up top layers of dry hair. With your fingers, rake a quarter-sized dollop of styling lotion through the sections underneath, where bulk begins, to flatten, says Erin Anderson, style consultant for Alberto VO5 in Brooklyn, New York.

2 Let down top strands, and apply the styling lotion that's still on your hands. Section by section, pull a round brush tautly through hair, followed by your blow-dryer's nozzle. (High heat and speed work best to flatten frizz.)

3 Distribute a drop of shine serum over outer layers to seal in sleekness. Check the ingredient label to make sure it's free of water, which, like humidity in the air, can cause frizz.



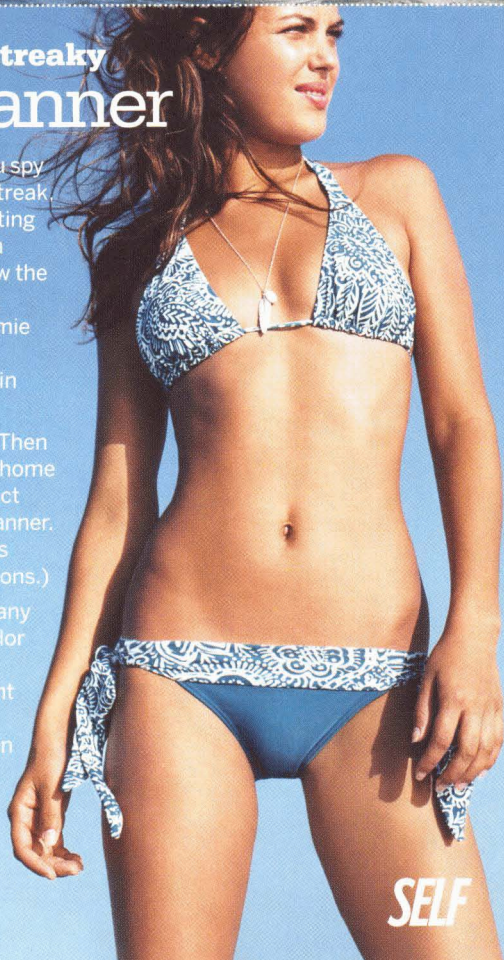
SELF

Even out streaky self-tanner

1 As soon as you spy a splotch or streak, rub on an exfoliating bodywash with a washcloth to slow the pigment-making process, says Jamie Ahn, owner of Townhouse Spa in New York City.

2 Dry the skin. Then dab on an at-home facial-peel product to dissolve self-tanner. (Follow the peel's removal instructions.)

3 Camouflage any remaining color or unevenness with a pearlescent concealer in a shade lighter than the streak; it will reflect light and blur the edges.



SELF

Soften rough feet

1 Use a foot file to slough dead cells right before the end of your shower, when skin is softest, says Julie Serquinia, owner of Paint Shop nail salon in Los Angeles.

2 Slather feet and toes with a cream made with exfoliating alpha hydroxy acids. Then top cracked heels with a thin layer of petrolatum balm. (Try Aquaphor Healing Ointment, \$6.)

3 Put on socks to press moisture into skin. Leave them on for a half hour or, even better, overnight. Now you're beautiful from head to toe!



Self.com