

God Bless America

# Woman's World

A great week made easy!

June 16, 2008

**Perfect health!**

- \* Detox your liver with root beer!
- \* Live longer with chocolate!

**Too tired to drive?**

Try the 'sunglass cure'!

Safe, natural  
**ENERGY PILLS!**

- Feel happier!
- Beat stress!
- Heal chronic fatigue!

# Katherine Heigl lost 14 lbs

Breakthrough cure!  
The fragrant tea that  
**Lowers blood pressure 65%!**

So easy!



Lemon-lime cupcakes

## Slim-down secrets!

- ✓ Burn 71 calories just by eating this food!
- ✓ Discover the drink that doubles your weight loss!
- ✓ Lose 18 lbs of belly fat in 10 minutes!

**CASH IN ON CLUTTER!**

Trade in your old stuff for clothes, iPods and laptops!

Insider secrets from her trainer!

## ON HOLLYWOOD'S HOTTEST DIET!

### You can lose 9 lbs this week

with our exclusive version of the 5-Factor plan celebs swear by!

- ✓ Super-easy!
- ✓ No-cook!
- ✓ Raises your metabolism 7%!

Surprise Dad!

Desserts he can't resist!



\$1.79



# Secrets for Gorgeous &

Get ready to sail through summer looking absolutely flawless! We've rounded up the best ways to dodge everything from a red, stinging sunburn to embarrassing body breakouts, guaranteeing you'll look and feel wonderful all season!

## Soothe a sunburn with iced green tea

The antioxidant EGCG in green tea quickly reduces inflammation and relieves soreness! **Get the benefit:** Brew a pitcher of green tea and chill it in the fridge. Dampen a soft washcloth with the tea and gently apply the cold compress to your skin.



## Banish body breakouts with bar soap

For clear skin, skip antibacterial body washes and reach for an antibacterial bar soap instead. "The active ingredients in bar soap are more effective because they're not diluted with water," explains dermatologist Kenneth Beer, M.D.

**Get the benefit:** Lather up and allow the foam to stay in contact with your skin for at least five minutes. **Our pick:** Dial Antibacterial Deodorant Bar Soap, \$0.69, in supermarkets.



**NEXT WEEK:** Hit the gym and stay cool and beautiful!

# kin all summer!

Smart ideas  
to make you  
**Beautiful!**

## 1 Erase stray mascara marks!

Annoyed by those little marks your mascara leaves on your brow after you apply and blink? Dip a swab in makeup remover and sweep over the tiny black dots—mistake instantly erased! (Tip: Try not to blink for 10 seconds, so you give the makeup remover time to dry!)



## 2 Scent your clothes with soap!

Have a decorative bar of soap that's just too gorgeous to use? Place it in a clothing drawer. You'll enjoy looking at it every time you slide it open, and your garments will be delicately scented!

## 3 Protect your hair from chlorine!

Before you dive into the pool, douse your hair with plain old tap water (keep some in a water bottle and pack it in your beach bag). By saturating your hair with the fresh water, you'll keep it from absorbing the chlorinated water that dries and damages hair!

## 4 "Iron" away a flyaway!

One or two hairs just won't lie down? Blast them with hairspray, then slowly roll the can over the spot. They'll smooth out and stay put!

## 5 Lighten up your lipstick for summer!

Matte lipstick can look heavy in the warm summer months. But if there's one color you love, you can easily lighten the texture. First sweep on a coat of Vaseline, then gently swipe your lipstick over it for the perfect sheer summer texture!

WV

Writer/producer: Andrea Dawn Clark.  
Photos: Robert Mikawa. Still: HBB.  
Makeup: Sylvia Rakovska. Hair: Davis Wright.  
Flowers: Caille & Pierpont.

## Smooth a peeling tan with yogurt!

The lactic acid in yogurt helps to slough away dead skin!

**Get the benefit:** Smooth a dollop of cool yogurt over the peeling area, then massage it in with a damp washcloth. "The nubby texture of the washcloth will lift peeling skin without removing the sensitive, new skin underneath," says Dr. Beer.



## Prevent chafing with deodorant!

Glide on deodorant anywhere your skin rubs together! It'll act as a barrier against the friction.

**Get the benefit:** Use a stick deodorant and allow the area to dry completely before getting dressed—that way you'll avoid embarrassing white marks on your clothing!



## Stop shiny skin with papaya and mango!

These colorful fruits are packed with vitamin A, an antioxidant that speeds cell turnover to remove dead, dry cells on the skin's surface that retain oil. These tropical gems are also rich in enzymes that tame oil production.

### How to do it:

Blend 2-3 cubes of mango and papaya until smooth. Spoon out and apply to a clean, dry face.

Leave on for five minutes; splash off with cool water. Repeat two to three times a week.



**Tip!**  
Sensitive skin? Be sure to "patch test" this mask on your arm before you apply it to your face.