

SPECIAL DIET ISSUE

159 new fat-burning secrets

Health

Eat healthy for less
Page 164

LOSE
15 LBS
FAST!
NO HUNGER...
EVER

Instant
pain
cures
Page 130

Best
ways to
MELT
STRESS
Page 134

PLUS

- * A **FLAT BELLY** in 10 minutes
- * Snacks that **BOOST METABOLISM**
- * Complete plan for **LASTING WEIGHT LOSS**

Anti-aging tricks for skin, hair, legs

A GORGEOUS
NEW YOU

STOP
CANCER
with this
superfood
Page 104

\$3.99US \$5.50CAN



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ELAINE IRWIN-MELLENCAMP <<
The health scare that changed her life

Get silky hands at the sink “During the brutal winter months, I swap out my usual sink-side hand wash for a more nourishing shower gel to give my hands an extra dose of moisture. Then I lotion up—after every single washing—with a body cream packed with superhydrating humectants, such as glycerin and sodium hyaluronate.” —Ann Marie Ciimi, director of education and development at Bliss Spas

TWO TO TRY: Aveeno Intense Relief Repair Cream (\$12; drugstores) and Fruits & Passion Buriti Moisturizing Milk (\$18; Fruits-Passion.com).



PAMPER YOUR HANDS AND FEET

“Combine warm honey with leftover coffee grounds—two parts honey to one part coffee. Spoon the mixture onto an orange slice, and massage it over your hands and feet in the shower. Honey, a humectant, will soften, while the grounds and orange extracts buff away dull cells.” —Suzanne Holbrook, spa director at the Ritz-Carlton Spa, Orlando, Grande Lakes, Florida

FADE STRETCH MARKS “Collagen-plumping laser treatments reduce redness and tighten skin, making stretch marks less noticeable. The earlier you treat stretch marks, the better. Tackle them with prescription retinoid creams, which rebuild collagen and speed up cell turnover to cast off old discolored cells, bringing fresh ones to the surface.” —Marta I. Rendon, MD, clinical associate professor of dermatology at the University of Miami School of Medicine



Skip drying cleansers “Synthetic surfactants [detergents] can strip your skin of its natural oils, leaving it dry and tight. Look for body washes with natural surfactants, like those derived from apples or coconuts, which gently cleanse without removing moisture from your skin.”

—Kristy Goodger, founder of Elemental Herbology and practitioner of traditional Chinese medicine
TRY: Earthworks Pur-Essence Frangipani Shower and Bath Gel (\$18; EarthWorks Products.com).

Zap spider veins “Your dermatologist can erase spider veins with sclerotherapy—a process where saline is injected into the veins so they clot and disappear. Temporarily hide veins with a water-resistant concealer, like **Covermark Beauty Leg Magic in Almond** (\$18; CM-Beauty.com), which won’t rub off on clothes.” —Audrey Kunin, MD, assistant clinical instructor of dermatology at the University of Kansas School of Medicine

AIRBRUSH AWAY! “A shimmering self-tanner can obscure all sorts of flaws. Reflective particles work to blur any imperfections, while the darker shade masks them. But streaks attract unwanted attention, so apply creams carefully to exfoliated legs, using a circular motion to blend.” —Linda Hay, Victoria’s Secret makeup artist



TARGET SPOTS “Age spots are caused by the sun, so you absolutely must wear SPF every day of the year, whether inside or out. To treat existing spots, look for products containing natural brighteners, like licorice-root extract and resveratrol, which comes from the skin of red grapes.” —Barbara Close, founder of Naturopathica Spa in East Hampton, New York

GIVE A SHINE TO RAGGED CUTICLES “Instead of soaking hands in water before tending to nails, warm lotion in the microwave for about 6 seconds and submerge your fingertips in it to hydrate brittle nails and tattered cuticles. After a minute or two, hold a warm damp towel on the nail for another 5 to 10 seconds before wiping away the cream. Then dab a few drops of lemon juice on a cotton swab and sweep over nails to remove oil before polishing. Your hands will look and feel amazing.” —Monica Ozenbaugh, beauty department manager at Golden Door Spa in Escondido, California

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