

SELF

FREE!
5,203
Goodies
Inside

**BURN 300
CALORIES
IN 15 MINUTES**
EASY METABOLISM MAKEOVER

**GREAT SEX
GUARANTEED**
Feel more confident tonight!



62 Ways to Get

easy beauty

Have a more beautiful year!

Forget your old resolutions. (Eat more veggies!) Instead, try our save-it-now-and-use-it-all-year guide to being gorgeous in every season. By Mariel Pittenhouse Goodson



JANUARY

Nibble for healthy skin
Whether you're wanting a skin that glows (hey, you!) or just looking through your skin, you can be top-notch. Moisturize frequently but also know your complexion from the inside out. Top eating foods high in omega-3 fatty acids, such as walnuts, salmon and flaxseed. Omega-3 fatty acids boost skin elasticity and may speed collagen production. Ask Elaine Hirshman, M.D., an integrative medicine specialist in New York City.



FEBRUARY

Make him crave you
To sniff out a sexy Valentine's Day fragrance that you'll both get excited by, think about the mood and your heavy scents over. Because scents and taste are closely connected, if you have a sweet tooth, try a fragrance featuring vanilla, or one that's as spicy as shrimp. If you're a sour thing, go for scents infused with lemongrass or ginger.



MARCH

Get smooth all over
Considering laser hair removal? It's most effective when skin is pale, so now's the time! But if you're leery of the cost (about \$1,800 for a full Brazilian), try the Depilar System. The new technique uses a gel spiked with enzymes called trypsin and chymotrypsin to destroy hair at the cellular level. The gel is applied to skin after waxing. In about 12 sessions (about \$70 each), you'll be free of hair for good. Find a salon near you at DepilarSystem.com.



APRIL

Commune with Mother Nature
Reveal all Earth Day April 22. Green your daily routine. www.earthday.org

MAY

Prep your paws
What if—instead of boots and tights—you get your feet ready for fall? Instead of tanning, avoid sun-bling with tanning lamps by tanning with a tanning bed. Or, use a tanning bed with a tanning bed cream. After tanning, use a tanning bed cream. After tanning, use a tanning bed cream. After tanning, use a tanning bed cream.



JUNE

Beat the burn
The best that you can do when you're in the sun is to use a tanning bed. The best that you can do when you're in the sun is to use a tanning bed. The best that you can do when you're in the sun is to use a tanning bed.



SEPTEMBER

Preserve your glow
To keep skin looking like a glow, use a tanning bed. The best that you can do when you're in the sun is to use a tanning bed. The best that you can do when you're in the sun is to use a tanning bed.



OCTOBER

Hung loose all fall
The best that you can do when you're in the sun is to use a tanning bed. The best that you can do when you're in the sun is to use a tanning bed. The best that you can do when you're in the sun is to use a tanning bed.



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