

Health Magazine, January/February 2010
Ultimate Beauty Kit

YOUR SPECIAL GET-BACK-IN-SHAPE ISSUE

Health

MELT 10 LBS FAST!
Drop Your First Pound Today p.45

7 SUPER FOODS That Stop Cancer

Flat Belly
Slim Thighs
Great Butt
They're Yours In One Easy Workout

FREE NATURAL HEALTH CURES

CURB ANY CRAVING
The Brilliant New Trick

#1 ENERGY SECRET
p.71

Want More PLEASURE?
Find It Now On Page 124

Kristen Bell
*The fun way she burns extra calories

Fabulous New You!
157 Instant Makeovers for Hair, Skin & Body

43 9786 81 0004 022
1 JAN/FEB 2010

Ultimate Beauty Kit

Color corrector
Ditch dry, powdery foundations and hide imperfections with L'Oréal Paris Age Perfect Pro-Calcium Radiance Perfector Sheer Tint Moisturizer (\$19.99; drug-stores). Bonus: It contains calcium to firm up skin.



Good grains
Mix Fix Malibu Wish Wash Powder Exfoliant (\$40; FixMalibu.com) with water for a foaming cleanser that sloughs off dry skin (secret ingredient: citric acid).



Pop of pink
A quick way to add life to your face? Pink cheeks! Apply cheery Urban Decay Afterglow Powder Blush in Quickie (\$17; Sephora) to your apples—it blends right in, giving you a natural-looking flush.



Winter Wake-up

Need a cold-weather beauty boost? Look healthy and energized with these great finds. *By Melanie Rud*



Lip treat
Clinique Vitamin C Lip Smoothie Antioxidant Lip Colour in Pink Me Up (\$17.50; Clinique counters) protects lips with açai berry, and the sheer candy-pink color lights up your face on dreary days.

EYE-BRIGHTENING EATS

To look rested, add black currants to your next trail mix. Women who eat the tiny fruit have less-noticeable dark circles, according to a Japanese study. Black currants may increase blood flow to veins under the eyes, reducing the shadows they create beneath your skin. Who knew?

Hair healer
Smooth a few drops of Biolage Delicate Care Organic Certified Oil Treatment (\$24; Matrix.com) onto dry hair to tame flyaways and add shine. The organic olive and argan oils make dry, coarse hair softer over time.



Instant highlighter
Swipe Vapour Trick Stick in Luster (\$18; VapourBeauty.com) along brow bones and cheekbones, then blend. The sheer, pearly-pink highlighting cream perks up your whole face.

Skin soother
Premoisturizer, apply SleekSkin Skin Treat Calm (\$78.95; Sleek MedSpa.com), a serum that hydrates with green tea.



Eye fix
Per-fekt Eye Perfection Gel in Refreshed (\$45; Sephora.com) conceals dark circles and eases puffiness (thanks to cucumber extract). And the light-reflecting tint gives your eye area an extra burst of brightness. **D**

GOT A BEAUTY QUESTION? E-mail our editors for makeup, skin, and hair advice at HealthyBeauty@Health.com