

FAB ABS! WITHOUT A SINGLE CRUNCH

SELF

YOU
AT YOUR
BEST

1-Minute Body Toners

Easy At-Home Moves
For Every Trouble Zone

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IF YOU SIT ALL DAY P. 214

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▶ **Stressed?** MAKE YOUR
HOME A HAPPIER PLACE

▶ **Breast Cancer News**
AN ALERT FOR YOUNG WOMEN

**Heidi
Klum**
Bring
Out Your
Creative
Side*

LOOK-GREAT
SPECIAL

The Beauty Diet

Have Clear, Glowing Skin
PLUS 77 Ways To Be More Gorgeous

*See Heidi's
Video at
Self.com

OCTOBER 2006 \$3.50
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SELF
SPECIAL
look
great!

10 surprising products

SELF editors can't live without!

hair helpers

Do-it-all tools

Velcro rollers, \$3 a pack
Create carefree waves, add oomph to roots or help long bangs stay put with these multitaskers. Let them work their magic, or speed up the process with your blow-dryer.



Hue brightener

Ted Gibson Individual Color Shampoo, \$36
This dual-chambered bottle houses shampoo and pigment, which is controlled with a dial. A little makes your hue pop; a lot buys time between highlights.

Speedy styler

Remington Wet 2 Straight Compact Straightener, \$25
This vented ceramic iron releases moisture, so you can dry and smooth strands. It also folds in half for easy storage.

all-time stars

Steadfast standby

Vaseline 100% Pure Petroleum Jelly, \$2
If it's not a staple in your medicine cabinet, make it one. It heals dry lips, deep-treats dry skin, removes mascara (and the list goes on).



Lash saver

Shu Uemura Eyelash Curler, \$17 Maybe it's the handmade quality or the easy-squeeze design—whatever the reason, it creates an ideal curl every time.

Streak-free self-tanner

Jergens Natural Glow Daily Moisturizer, \$6
More than a year of hype has passed, but this bronze-imparting lotion (now available in three shades) is still the one product that's consistently swiped from SELF's beauty closet. Luckily, there's no longer a waiting list!

tub treats

A soap to stockpile

Sweet Spot Labs Gentle Wash, \$12
This cleanser has a just-right-for-down-there pH, good news for those who equate body washes with itchy infections.



Your legs' best friend

Schick Quattro for Women Go!, \$9
Four-blade razors are nothing new, but this one let SELF's beauty editors skip a day between shaves. And it's virtually nickproof.

Buff and hydrate

Thymes Whipped Body Scrub, \$28
This exfoliator looks like Cool Whip but smooths your roughest areas (even feet) effectively. And it's so hydrating, you can skip lotion.

cool cosmetics

Color sticks

Mark Hook Ups, \$5 each
Choose two shades of lipstick, gloss, eyeliner or shadow, connect them and you have a customized color combo—no bigger than a Sharpie.



Face wake-up call

Jane Multishade bronzing powder, \$6
Bronzing palettes were once limited to department stores. You can buy this eyes-cheek-face combo, though, at the drugstore.

A truly magic wand

Chanel Inimitable Mascara, \$27
Forget lengthening or curling or thickening—this wand does it all. Plus, the iridescent formula acts like a shine spray for lashes.