

# SELF

## LOSE 10, 15, 20 POUNDS

- ✓ 21 Quick, Delicious Meals
- ✓ 400-Calorie Workouts

### EASY MONEY

Save \$1,200 with tips so good, you'll want to tweet them now

#### SPECIAL REPORT

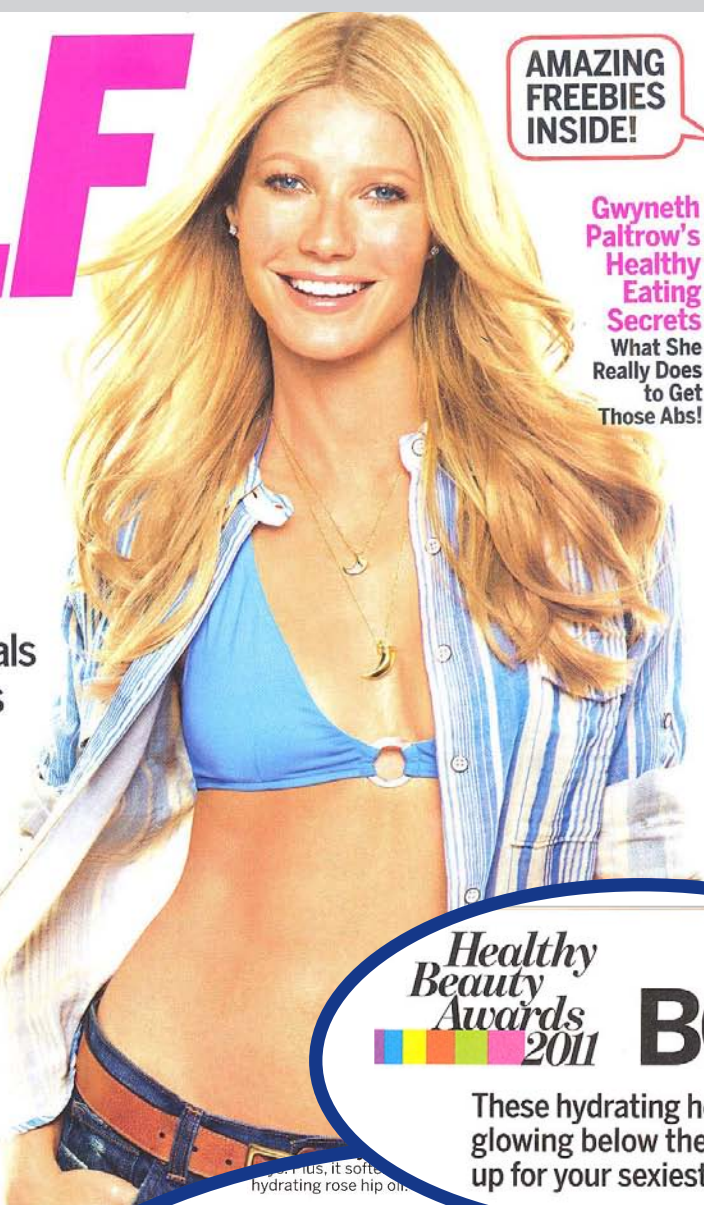
How Water Helps You **STAY SLIM & ENERGIZED!**

Find Happiness Where You Least Expect It p.186

**87** BEST BEAUTY B...  
Gorgeous Hair for \$3...

AMAZING FREEBIES INSIDE!

Gwyneth Paltrow's Healthy Eating Secrets  
What She Really Does to Get Those Abs!



Healthy Beauty Awards 2011 **BODY**

These hydrating heroes get you glowing below the neck. Stock up for your sexiest skin yet!

**SUN**  
The latest ray blockers have skin benefits built right in. Toss them in your tote and hit the beach!



- 1 BEST SUNSCREEN FOR FACE, SPF 50+** Obagi Nu-Derm Sun Shield SPF 50, \$45 This firming wonder "felt exactly like a really nice moisturizer, not a thick sunscreen. And it's SPF 50! What more could I want?" a pleased tester asks.
- 2 BEST SELF-TANNER** Lancaster Shimmering Bronze Creamy Gel for Legs, \$25 Apply this faux glow for a quick tan. It has a specially formulated fast-acting type of dihydroxyacetone acid (DHA, the stuff that makes you look sunkissed). Our tester says, "It's easy to apply and dries fast."

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