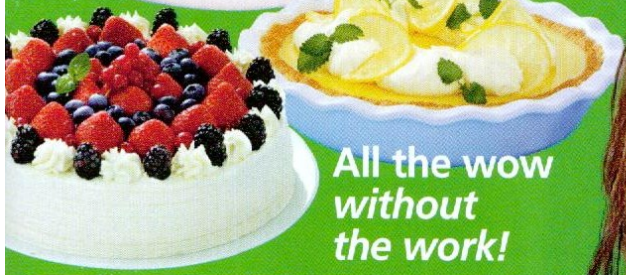


GRILL UP A GOOD TIME!



★ *for women* **First**

June 6, 2011



All the wow *without* the work!

FOOD ALLERGY DISCOVERY

TIRED? 70% of women can't absorb a kind of sugar in some fruit, honey and sweeteners. Yummy fix!

BODY WORRIES —SOLVED!

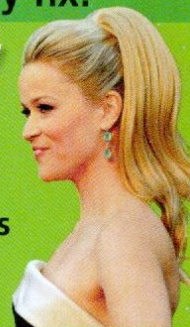
- Natural cellulite eraser
- Genius shapewear
- Foot fungus fix
- Belly shrinker

DROP 1 LB A DAY

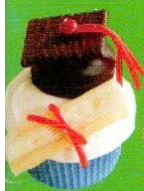
MARISKA'S 21-DAY DETOX

You, simply beautiful!

- Easy updos
- Pretty cover-ups
- Skin wins



The new swimming sickness: What you need to know *now*



Congratulate your grad with cute "cap-cakes"

Need more time?

101 shortcuts! Check off errands, drop 5 lbs, spiffy up the house faster than you can say "done!"

Triple your liver's fat-burning power with the "Clean" plan

"Clean has changed my life,"
Mariska Hargitay, 47

FEEL BETTER THAN EVER

Mind/body cures for neck pain, GI distress, anxiety, high blood pressure and more!

CELEBRATE FOR LESS!

Quick outdoor crate kitchen



Gorgeous bouquets



You deserve a break!

ONLY \$2.49

Jiggle-free in just 15 minutes a day: These little moves deliver BIG results



Display until 6/6/11

Top 10 body beauty



2 Cellulite

Smooth cellulite faster than you can say “jiggle,” with this Dr. Oz–approved scrub inspired by your morning cup of joe: Simply mix $\frac{1}{2}$ cup of brewed coffee grounds, $\frac{1}{4}$ cup of brown sugar and $\frac{1}{4}$ cup of olive oil. Before hitting the beach, gently massage it into dimpled areas for three minutes, then rinse. “The caffeine in the grounds draws excess water from the skin, helping it appear temporarily tighter,” explains Michele Green, M.D., a cosmetic dermatologist in New York City. “Plus, the gentle abrasiveness of the sugar increases blood flow and exfoliates dead skin cells, while the oil’s polyphenols hydrate and plump skin for fewer lumps.”



7 Ashy elbows

According to Jimmy Buffett, there isn't much a little salt and lime can't cure. And we agree...especially when it comes to smoothing rough elbows. Our margarita-inspired remedy: Slice a lime in half and sprinkle the fleshy end with salt (try sugar if skin is sensitive). Then bend your arm, hold the fruit against your elbow and twist (like you're juicing the lime) for one minute before rinsing. The lime's citric acid will help dissolve layers of hard dry skin while the rotating action will aid the salt in buffing away dead cells for soft fabulous-looking funny bones.