

SELF

Freebies
For You
Inside!



THE DROP 10 PLAN

WEIGHT LOSS STICK

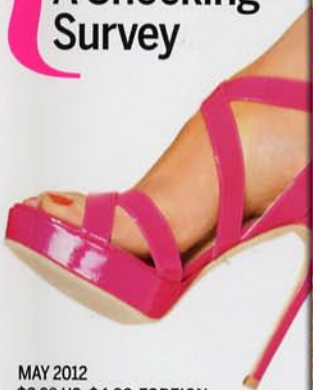
A Delicious Diet
Plus: Fun Calorie

#1 TRICK TO SOUNDLY T

READERS' CHOICE AW

Bargain Be Must-Have Save Money, Look A

SEX, LIES & SHOPPING A Shocking Survey



MAY 2012
\$3.99 US \$4.99 FOREIGN



Easy Beauty

flash

Deep treat

Using a face mask with benefits? To get the most out of your treatment, exfoliate first. It will unclog pores and allow skin to better absorb the healthy helpers, says David Bank, M.D., a dermatologist in Mount Kisco, New York. All clear!

Pay it forward

Nudge your friends to shop chic brands such as By Terry and Bliss at BeautyBar.com. For each new purchase, the site will send \$5 to Feed, a foundation that provides food for people in need. Look good, feel great!

Arm yourself

You're ready for spaghetti strap season, but if you have keratosis pilaris, your arms might not be. Help ditch the telltale skin bumps with honey extract. It's anti-inflammatory and calms redness. DermaDoctor KP Duty Intensive Priming Serum, \$42, delivers the goods.

Feed your face

Probiotics aren't good only for your gut. On skin, the healthy bacteria form a barrier that helps prevent acne-causing bugs from colonizing, says Joshua Zeichner, M.D., of New York City. Got zits? Rub on a probiotic cream such as Dairyface Nourishing Facial Refresher, \$20.

Status update

Forty-four percent of women would forgo Facebook to have no wrinkles, an Olay poll shows. Luckily, you can stay social and youthful if you avoid squinting at the screen. It can stop lines from forming around eyes, says Susan Stuart, M.D., a dermatologist in La Jolla, California.

Better brushing Clean brushes are key for flawless makeup application. Banish grime and germs with this combo: Swirl brushes in a mix of 1 cup warm water, 1/2 teaspoon tea tree oil and a dollop of baby shampoo. Rinse and let air-dry for soft brushes that will be free of residue, says Joey Healy, a makeup artist in NYC.