

SELF

YOU AT YOUR BEST

300+ Totally Free Life Improvers Inside!

The Great 1-Month Slim-Down

Shed Pounds and Tone Up On Our Quick, Easy Plan

BONUS Track Your Progress Online

You: Radiant & Refreshed!
No Matter How Little Sleep You Got P. 82

The Funnest Sex You'll Ever Have P. 94

KATE BECKINSALE
Her Stay-in-Love Secret: "We're Insane Texters!"

Get Healthy Happy!

beautyflash

Big Ideas to Help You

Rock on You've got minerals in your makeup, and now the earthly delights are becoming a beauty mane-stay. Keune is one of the first hair-care lines to use zinc and copper in its stylers to balance sweat and oil on scalps. SELF likes Define Style Mineral Mousse, \$18, to detangle and add volume.

36 Self.com January 2009

Create Your Dream Life

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- ✓ Your Body...Thinner P. 39
- ✓ Your Tension...Lower P. 74

Plus: New Fitness Video at Self.com



JANUARY 2009
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