



Fast beautiful for pennies!

Now a crowd!
Daytona 500
Super Bowl

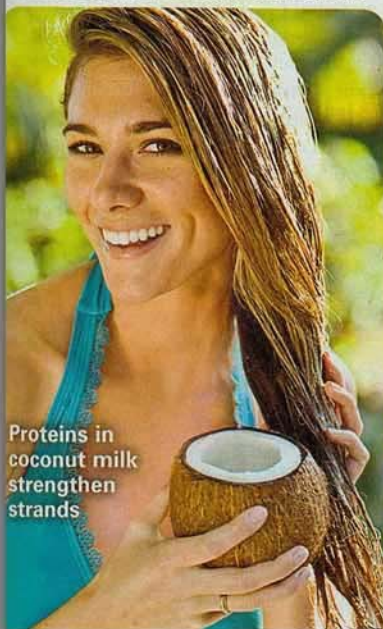
February 4, 2007

SUPER-SHINY HAIR!

Coconut milk is the ingredient of choice for hair treatments at tropical spas, and not just because of its calming scent. A study in the *International Journal of Cosmetic Science* found that coconut milk reduces hair damage 62 percent better than other types of milk used in hair products. Researchers credit coconut milk's ability to bind to strands and tighten hair's protein bonds so locks better maintain their strength—and shine.

Spa how-to: Place a towel in a bowl of hot water, then place the bowl and $\frac{1}{2}$ cup of coconut milk next to your tub before settling into a warm bath. Pour the milk over your head; using your fingers, comb it down the length of your strands and massage it into your scalp and along your hairline. Next, wring out the hot towel and wrap it around your head. The towel's heat dilates pores so the milk is better absorbed. Remove the towel after 20 minutes and rinse hair.

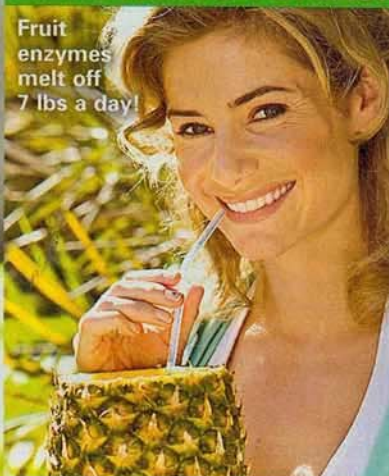
SOURCE: Brigitte Ciceron, spa director, Maru Spa, Bora Bora Lagoon Resort & Spa, French Polynesia



Proteins in coconut milk strengthen strands

NO MORE FAT-ATTRACTING TOXINS!

Fruit enzymes melt off 7 lbs a day!



To shed holiday-celebration pounds—up to seven in just one day!—consider a tropical-fruit cleanse featuring fiber-rich pineapple or papaya. Pineapple's *bromelain* and papaya's *papain* are specialized enzymes that fight fat on many fronts: In addition to breaking down protein to reduce abdominal bloat, they dissolve fat-trapping waste in the circulatory system and the lymphatic system for prompt elimination. These enzymes also rev fat-burning liver function and neutralize inflammatory compounds, reducing fat-storing gut inflammation (triggered by hidden allergies to dairy or gluten).

Spa how-to: For a one-day cleanse, cut at least 2 peeled pineapples or 4 peeled papayas into small chunks; place in a bowl and keep chilled. Fill up on the fruit whenever hunger strikes. Also, consume at least 2 liters of water throughout the day.

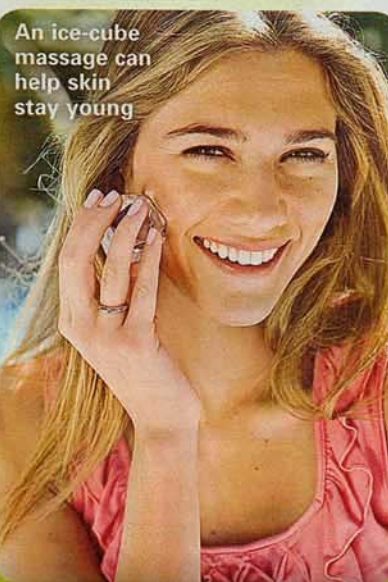
SOURCE: Susan Ciminelli, owner, Susan Ciminelli Day Spa, New York City and Montecito, CA, and author, *The Ciminelli Solution: A 7-Day Plan for Radiant Skin* (Collins, 2006)

SAG-FREE SKIN!

Aestheticians have long maintained that a nightly facial-massaging and cleansing ritual is the key to youthful skin. Now studies prove it: Swedish researchers recently found that facial massage can reduce sagging by 62 percent after 8 to 12 sessions.

Spa how-to: Using the index and middle fingers of both hands, massage your forehead with small circular motions, working your way out toward the temples. Then place fingers at the bridge of the nose and again work out toward the temples. Next, place your fingers at the corners of the nose and work your way across the cheeks and out toward the ears, then around the jawline and down the throat. Repeat these steps twice for a total of two minutes. Then rinse your face before rubbing an ice cube over it. Finally, apply moisturizer to the face, throat and décolleté.

SOURCE: Elaine Sauer, corporate spa director, Elizabeth Arden Red Door Spas



An ice-cube massage can help skin stay young

FL SOURCE: Susan Ciminelli, owner, Susan Ciminelli Day Spa, New York City and Montecito, CA, and author, *The Ciminelli Solution: A 7-Day Plan for Radiant Skin* (Collins, 2006)