

- get naked
- make the first move
- gain weight and more

STRESS AND YOUR HEALTH AT 20, 30, 40

129
ways
to
your
sexiest look

Hair, makeup, hair, clothes, hair, lingerie—did we mention hair?

beauty
FOR
dummies
Corporate
Gift-wrap
1992

DO YOU TAKE THE PILL?
See p. 200

Big relief!
6
"flaws" that
actually
make you
fabulous

2014	2013
2015	2014
2016	2015
2017	2016

Cell Line	cells/field
P	~100
T	~100
S	~100
L	~100
C	~20

The recipe

- 8 herbal peppermint tea bags: the menthol may boost circulation, easing aches and pains
- 1 cup Epsom or sea salt, both long

If you feel aches in muscles you didn't even know you had, try this soothing recipe from Gage Steirke, director of the

The response

- 2 cups apple-cider vinegar—that's it! Its crisp, acidic and semisweet scent is a real mood lifter (and unlike regular vinegar, it smells good).

"This
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my mood,"
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Ciminelli, founder
of Susan Ciminelli

The get-happy bath

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The recipe

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"This bath always lightens my mood," says Susan Ciminelli, founder of Susan Ciminelli Day Spa in New York.

City (Sigourney Weaver is a fan). "I recommend it whenever a client gets a case of the blahs."

Tub time! Pour in the vinegar and breathe in the fruity, tangy scent. Then turn on the faucet again and add a bit of liquid soap or shampoo (just for the bubbles—it's hard to stay cranky in them!).

Or just try... We Live Like This Cantaloupe Bath Cubes (\$13, 800-400-0692); the aroma's a real perker-upper.

scents instantly
revive and refresh

pound water-melon, "Think Acetü," says The

Gratjeak, president of Tera Spa Therapy. "The right scents help clear your head and stop that muzzy feeling."

Tub time! These citrus peel into a warm bath (hot water can make you more dehydrated). Roll up a towel as a pillow and repeat after us: Only two apple-thins next time.

Or just try... Repêchage VitaCura Seaweed Bath (\$40, 800-284-5044). Looks a little swampy, but all that nutrient-rich seaweed can brighten sallow skin.

or rev-up peaks by turning the shower into a mini spa. To relax, dab a washcloth with vanilla, place on the shower floor, aim the water at it and inhale deeply as you shower. To get energized, alternate bursts of hot and cold water.

Or just try... The Healing Garden Jasmintherapy Sensual Showers Body Cleanser—the aroma is soothing—or Green-teatherapy Soul Cleansing Bath & Shower Gel; its fresh scent wakes you right up (\$3 each, at drugstores).