

The stay-slim food that costs pennies • A proven immune booster

SHAPE
YOUR
LIFE

5
**SNEAKY
HABITS
THAT ARE
MAKING
YOU FAT**
P. 96

BYE-BYE BELLY FLAB!

SHAPES

FOUR WEEK AB

MAKEOVER

Firm up your middle
for good in just
10 minutes a day

BLAST
400+
CALORIES

before breakfast

***Makeup
your skin
will love, p. 80**

JENNIFER
LOVE
HEWITT

"My #1
weight-loss
trick:
Burn the scale!"

BEAT THE JIGGLE

TAKE AN
INCH OFF
YOUR HIPS

3 moves that get
results FAST

Trust
your gut
This crash course
may save
your life, p. 146

BONUS!

Lead a happier, healthier life
35-page special section (flip this issue over)>

HOME
HEALTH
REMEDIES
THAT REALLY
WORK



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October 2009 Shape.com
Display until October 19, 2009



'Screen queen

"It's a myth that African-Americans don't need SPF. UV rays give everyone wrinkles and cancer."

WHAT SHE USES

Downie turns back time with these good-for-your-skin picks.

* **Vivité Exfoliating Facial Cleanser** (\$39; viviteskincare.com) for physicians)

"I still get pimples, so I wash with a cleanser that contains glycolic acid to help keep my skin clear. And then I slather on SPF, because glycolics make your skin sun-sensitive."

* **SkinMedica TNS Essential Serum** (\$250; skinmedica.com) "I smooth this on at night after cleansing. It has natural growth factors, which help repair environmental damage while you sleep."

* **Alyria Corrective Protection Sunscreen SPF 30 Oil Free Lotion** (\$40; alyria-med.com for physicians) "A lot of people forget the skin under their eyes, but I have dark circles that look worse when I don't apply SPF. I spread this all the way up to my lower lids—with no irritation."

* **RevaléSkin Intense Recovery Treatment** (\$130; revaléskin.com for physicians) "This serum contains the highest concentration of coffeeberry on the market. Coffeeberry is a new, highly potent antioxidant researchers discovered when they realized workers

who were harvesting the fruit had amazing, young-looking hands."

* **Theraplex Clearlotion** (\$19; theraplex.com) "My skin tends to get flaky in the winter, so I put this oil on when I get out of the shower, while I'm still wet, to lock in moisture."

* **Aveeno Positively Ageless Sunblock Spray SPF 50** (\$11; at drugstores) "In addition to UVA and UVB protection, this formula has free radical-fighting antioxidants, which help boost its effectiveness."

* **Latisse** (\$120; latisse.com for physicians) "I've never liked my eyelashes because they're short and stubby. But three months of applying this prescription treatment to my eyelids once a day made my lashes long and fluttery!"

* **Aveda Dry Remedy Moisturizing Shampoo and Conditioner** (\$24 each; aveda.com) "In the fall and winter, I can't hydrate my hair and scalp enough. This combination helps draw moisture into the cuticle and fend off dryness that can lead to itch."

"I rub baby oil right onto rough spots."

THE DERMATOLOGIST jeanine downie, m.d.

Downie is never swayed by pretty packaging, sky-high price tags, or youth-in-a-bottle promises. In fact, all the products on her bathroom counter have one thing in common: "They have scientific evidence to back up their claims," she says. "If something isn't legit, I'm not going to put it on my skin—let alone recommend it to my patients." While the 44-year-old mom, who has a practice in Montclair, New Jersey, does admit to injections of Botox to smooth the lines on her forehead and the occasional in-office peel to even out her complexion, she credits her carefully chosen regime and generous amounts of sunscreen for keeping her skin healthy. "It's a huge myth that African-Americans don't need to wear SPF," she says. "UV rays cause wrinkles and skin cancer no matter what skin tone you have—and I don't want anything to do with either of those!"

