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THE OPRAH  
MAGAZINE

IVE YOUR BEST LIFE

## LOOKING FOR A GOOD BOOK?

We've got

# 27

terrific summer reads—  
for the plane  
porch, pool, bar, R,  
beach, bed...



### THE POWER OF NO

54 ways to get out  
of doing anything  
you don't want to do

### WHY MEN DO STUPID THINGS

Stunningly candid,  
vulnerable, charming—  
men as you've never  
heard them

### ADVICE THAT CAN SAVE YOUR LIFE

Why you need to be  
your own best doctor

### 10 MAKEOVERS HOW TO SEE YOURSELF IN A SEXIER LIGHT

(It's not about cleavage)

### THE WAY TO EAT

Foods that work for you  
(Paging Dr. Katz!)

### GOING FROM LOVERS TO FRIENDS

Step 1: Don't!  
Step 2: Reread Step 1  
Step 3: See page 161

### MOM DRIVES 2 HRS TO DO SON'S LAUNDRY!

The new superparents—  
are they crazy like a fox  
or just plain crazy?

# love that!

The What, Why, and How Guide to **FASHION** **BEAUTY** **FOOD**

After a beach run or a mountain hike, pour **Kneipp Herbal Bath Salts** (\$3.50) into a warm bath. Juniper, an anti-inflammatory, soothes tired muscles.

It's about as fun as floss gets: the tiny **Crest Glide Deep Clean To-Go** packet (\$4 for 30). Rip open at the middle and pull the two ends apart to reveal a perfect length of mint-flavored floss.

The saturated cloth in **MD Skincare 4-in-1 Facial Treatment** (\$35 for 30) removes dirt and excess oil while it fights free radicals with green tea and blueberry extracts.

Use the **Herban Essentials Lemon Towelette** (\$15 for 20) as a hand sanitizer, or dab it on your face and chest for an easy (and fresh-scented) way to cool off.

The sweet musk and citrus fragrance in **The Laundress Signature Detergent** (\$20 for eight) is so delicious that you'll almost hope for a ketchup stain.

If there's no time to shower and your hair needs a refresher, give it shine and scent with a wipe of **Victoria's Secret So Sexy High-Shine Hair Revivers** (\$12.50 for six).



It takes only a minute to rub the **Comodynes Convenient Cosmetics Self-Tanning Towelette** (\$40 for 20) over clean, dry skin. The light formula dries much faster than a lotion; golden color develops in a few hours.

**Be Fine Warming Clay Mask** (\$2) soaks up shine and calms the skin with cardamom and arnica—the perfect antidote to a day spent outside in the heat and humidity.

A long flight or an extreme climate can dry you out, especially around the delicate eye area. **Shiseido Benefiance Eye Treatment Mask** (\$37 for ten) has vitamins C and E and hyaluronic acid to help skin retain moisture.

Too much sun, wind, and chlorine may have you yearning for a deep-conditioning treatment midtrip. Massage **Ted Gibson Hair Sheet Treatment** (\$35 for five) through dry hair, starting at ends. No need to rinse it out.

There isn't any excuse to skip sunscreen when it's this easy to apply (and reapply): A quick swipe of **Shady Day Daily Sun Protection Wipes SPF 30+** (\$10 for five) keeps you covered. For details see *Shop Guide*.

## Leaders of the Pack

Wouldn't it be great to breeze through airport security with all the beauty products you'd possibly need for a long weekend away? Behold, the travel packet. We filled a quart-size clear plastic bag with 11 single-use sundries and still had room for more (including makeup).