

Gorgeous Skin & Sexy Hair at 20, 30, 40+

It's Good to Be You™

Women's Health

The No-Diet Solution!

**FLATTEN
YOUR
BELLY
IN TWO WEEKS!**

**The Best Sex
in the World**

192 Countries—
One Satisfied You!

**LESS STRESS,
MORE MONEY**

**Flat Abs!
Firm Butt!
Lean Thighs!**

Fit in Just 7 Minutes a Day

1,249

**Best New Health, Sex,
Beauty & Nutrition Tips!**

25

**INSTANT
BEAUTY
TRICKS**

DISCOVER YOUR
PRETTIEST SELF!

**YOUR
HOLIDAY
LOVE
PLAN!**

**Our Perfect
Gift Guide**

Music Sensation

**TAYLOR
SWIFT**

"What I do makes
a difference. That's
the best part."
p.106

December
2008

\$4.99 US DISPLAY
UNTIL DECEMBER 23





If you're scheduled for a bikini wax

Scent strategy Spritz on a sweet fragrance to reduce the sting.

Why A Canadian study showed that women who wore sugary scents before immersing their hands in uncomfortably hot water felt less pain than they did when they dunked au naturel. The theory: Our brain produces opioids (natural pleasure-releasing, pain-dulling chemicals) when sweet odors hit our olfactory centers. Dab a dessert-inspired scent on your wrists and breathe deep before Olga lets 'er rip.

Try Bond No. 9 Andy Warhol Lexington Avenue (shown), \$195 for 3.4 oz, bondno9.com; Caswell-Massey Pomegranate, \$30 for 1.7 oz, caswellmassey.com; Lush American Cream, \$12.50 for 0.35 oz, usa.lush.com

If you're planning a romantic night