

GLAMOUR

*Jen, Demi
& Alicia*

The Health
Wake-Up
Call That
Brought
Them
Together

1,000+
GUYS
CONFESS

What They're Secretly
Thinking About Dating,
Sex, Commitment—
Everything!

Your Style

Amazing
Fall Outfit
Ideas Inside
(Under \$50, Too!)

Love Your Looks!

The **300** Best Beauty Tricks Ever

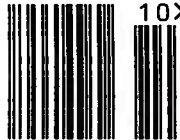
Your Body

How to Cook
for a Flat Belly
Plus The Easy

\$3.99US \$4.99FOR

10>

08437



10

Foods That Make You Gorgeous

1. Chicken

It helps you produce hair-boosting keratin, says Tanya Zuckerbrot, R.D.

2. Salmon

Its omega-3 acids maintain oils that keep your scalp and hair healthier.

3. Strawberries

They're packed with vitamin C, which has antiwrinkle power.

4. Tomatoes

Their lycopene helps protect skin from the sun; lutein helps hydrate.

5. Oysters

The zinc in them boosts hair growth and may prevent breakouts.

6. Water

The best hydrator—for your whole system.

7. Low-fat yogurt

Its calcium is essential for healthy bones and teeth.

8. Dark chocolate

Its flavonoids fight skin-damaging free radicals.

9. Green tea...

Its antioxidants reduce the effects of environmental skin damage.

10. ...or horsetail grass tea

It contains nail-strengthening silica.



10 Other Uses for a Scrunchie

Hillary Clinton may still tie her hair up with one, but we've got some other ideas...

1. Beer cozy
2. Froufy collar for a tiny dog
3. Decor for an ankle monitor
4. Jewelry-cleaning chamois
5. Baby headband
6. Jar lid opener
7. Faux garter
8. Napkin ring for an eighties-themed dinner party
9. Signal on door to roommate that you're, ahem, busy
10. Bedroom trick. Google it.



The Top 10 Ways to Wake Up Prettier

Before bed... 1 Braid wet hair for nice waves. 2 Use Frownies Facial Patches (\$20 per box, frownies.com) to reduce movement during sleep so you're less likely to crease skin, says dermatologist Francesca Fusco, M.D. 3 Moisturize. Everywhere. 4 Protect your blowout: Flip hair upside-down, pull into a high pony and secure with a terry hair tie. 5 Swipe on nourishing essential oils. "When you wake up, you'll look like you've had a facial," says Chanel makeup artist Rachel Goodwin. 6 Wear primer over skin care products. Yes, at night! "It allows them to sink in," says makeup artist Mally Roncal. 7 Apply a hair mask. 8 Use an electronic complexion brush; your makeup will look better in the A.M. 9 Self-tan; let dry. 10 Sleep on a satin pillowcase for smoother hair.

Our Top 10 Favorite Help-the-World Products



1. Sonia Kashuk Proudly Pink Five-Piece Brush Set gives to the Breast Cancer Research Foundation (BCRF) (\$15, target.com)
2. Bond No. 9 I Love New York for Her gives to the job-boosting Empire State Development Corporation (\$175, bondno9.com)
3. Origins Make A Difference Skin Rejuvenating Treatment gives to BCRF (\$28, origins.com)
4. Chantecaille Tiger in the Wild Palette gives to wildlife conservation group TRAFFIC (\$78, chantecaille.com)
5. Clarin Beauty Flash Balm, part of the Feed 25 Bag, gives to Feed Projects (\$90 for whole bag, bloomingdales.com)
6. Aquage Silkening Oil Treatment gives to Susan G. Komen for the Cure (\$35, aquage.com for salons)
7. Lancôme Génifique Youth Activating Concentrate bought on October 21 gives to St. Jude Children's Research Hospital (\$78 for 1 oz., lancome.com)
8. Essie Nail Color in Raise Awareness gives to Living Beyond Breast Cancer (\$8, ulta.com)
9. Estée Lauder Pure Color Lipstick in Wildly Pink, part of the Evelyn Lauder Pink Ribbon Collection, gives to BCRF (\$24, esteelauder.com)
10. L'Oréal Paris Color of Hope Collection Eye Quad in Sentimental Splendor gives to the Ovarian Cancer Research Fund (\$9, Walmart)