

SELF

FREEBIES
Rake 'em in!
\$50K worth

The #1 Way to Erase 8 Pounds

- Meals That Melt Fat Daily
- Moves for Your Personality

YOUR HAPPY LIFE PLAN

DO WHAT YOU LOVE AND GET PAID FOR IT!

The 2-Minute Trick to Have More (and Better!) Sex

GUILT-FREE BURGERS

Go Ahead, Say Yes to the Fries

FUN! Cool gym classes and cute clothes to wear to them!



\$3.99 US
SEPTEMBER 2011
\$4.99 FOREIGN



12 Best Foods for Glowing Skin

EXCLUSIVE

Jennifer Hudson's Weight Loss Diaries

- Personal Food Logs & Recipes
- Amazing 3-Move Workout
- Her Keep-It-Off Advice! p.46

Change your scent, change your outlook!

Find a sense of peace

1 My Life Blossom by Mary J. Blige, \$55, has incense and vanilla. **2** Michael Kors Gold, \$75, contains tonka bean, ylang-ylang and musk. **3** Lancôme Trésor, \$89, is laced with rose, musk and sandalwood. **4** Philosophy You Are Divine, \$55, smells of honeysuckle and vanilla. **5** Forbidden Euphoria Calvin Klein, \$80, has patchouli, mandarin and musk. **6** Gucci Guilty, \$75, mixes lilac with patchouli and pink pepper. **7** Dolce & Gabbana Light Blue, \$80, has bamboo, jasmine and musk. **8** Chloé Rose Edition, \$85, contains amber and rose notes.



Be a social butterfly

1 Celine Dion Signature, \$27, has notes of apple and jasmine. **2** True Religion Hippy Chic, \$79, evokes Fuji apple, hibiscus and raspberry. **3** Mariah Carey Lollipop Splash the Remix Inseparable, \$35, has jasmine, pear and raspberry notes. **4** Guess Seductive I'm Yours, \$62, features passion fruit and white lily. **5** Sean John Empress, \$74, fuses notes of caramel, peony, raspberry and vanilla. **6** Vera Wang Lovestruck, \$68, has pink guava, tuberose and musk. **7** Reveal by Halle Berry, \$35, has iris blossom, peach and red berries. **8** Reb'l Fleur by Rhianna, \$59, mixes berry, hibiscus and plum. **9** Coach Poppy Flower, \$65, has jasmine and sugared raspberry.



Score a rockin' body

1 DKNY Golden Delicious, \$75, contains Golden Delicious apple and orange-flower water. **2** Elizabeth Arden Green Tea Lavender, \$29, blends lemon, mandarin and spearmint. **3** Clean Outdoor Shower Fresh, \$69, mixes bergamot and muguet with musk and a tropical rain aroma. **4** PureDKNY Verbena, \$85, has verbena, plus bergamot and cucumber. **5** Issey Miyake L'Eau d'Issey Florale, \$66, contains ginger lily, mandarin and white wood notes. **6** Chanel No. 19 Poudre Eau de Parfum, \$115, evokes grass, green woods and mandarin. **7** Emillio Pucci Vivara Variazioni Verde 072, \$59, smells of bergamot and mint leaf.



Fire up your love life

1 Estée Lauder Sensuous Nude, \$90, features bergamot and black pepper. **2** Baby Phat Love Me, \$28, has jasmine petals, musk and tangerine. **3** Harajuku Lovers Super G, \$45, smells of musk and tangerine. **4** Kim Kardashian Gold, \$65, melds bergamot, jasmine and musk. **5** Eva by Eva Longoria, \$58, has amber, musk and neroli. **6** Jessica Simpson I Fancy You, \$59, blends bergamot and sandalwood. **7** Perry Ellis Love, \$35, has musk and white pepper. **8** Marc Jacobs Ginger Splash Cocktail, \$68, is a mélange of citrus notes with ginger and musk.



Conquer the corner office

1 Acqua di Parma Gelsomino Nobile, \$170, is a combo of mandarin and pink pepper notes. **2** Viktor & Rolf Flowerbomb La Vie en Rose Sparkling Eau de Toilette, \$80, has amber, pink peppercorn and tangerine. **3** Si Lolita by Lolita Lampicka, \$70, contains bergamot, pink peppercorn and spicy sweet pea. **4** Krigler Jazzy Riviera, \$185, blends coriander, freesia, lemon and mandarin. **5** Heidi Klum Shine, \$28, has lily of the valley, mandarin and pink peppercorn. **6** Bond No. 9 I Love NY, \$175, mixes mandarin zest, nutmeg and patchouli.

