

OUTSMART CRAVINGS! DIET-FRIENDLY TREATS, P. 120

**MARISKA HARGITAY**

On Standing Up for Yourself

# SELF

YOU AT YOUR BEST

SPECIAL WEEKEND ISSUE

## Easy 2-Day Makeovers

- **Sculpt Sexy Curves**  
Tone Your Abs, Butt and Thighs
- **Shop Once, Eat Healthy All Week** And Slim Down, Too!
- **Look Naturally Radiant**  
(Even When You're Exhausted)
- **Fight Less, Kiss More**  
Relationship Help for Everyone

**The Hidden Health Crisis That Threatens All Women** P. 190

*Yes, you can!*

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## BRUSH OFF DRYNESS

An easy way to fight the flake factor: Before you bathe, try sweeping dry skin with a natural brush such as Paris Presents Luxury Wood Bristle Brush, \$6. Brushing skin before it's damp helps to whisk away dead, flaky skin cells. Plus, it increases your circulation about as much as a good massage or even 10 minutes of jogging will do, leaving skin feeling toned and tightened, Chin says. Next, use a scrub (a new one SELF likes is Rodan + Fields Body Micro-Dermabrasion, \$30) on your roughest spots before you step into the shower to further loosen dead skin cells.