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THE OPRAH
MAGAZINE

**Cheaters
beware!**
True stories of
betrayal and
cybersleuthing

**3 simple
questions that
solve every
dilemma**

**LET'S
SHOP!**

**Grab our
fall checklist
and go!**

**Find the perfect
bag, shoe,
saleslady**

**Save money,
time, sanity**

Come home happy

**9 ways to
heal the world
...by shopping!**

**Got a minute?
GET FIT FAST**

**Two foolish
habits of otherwise**

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Look What We Found!



Night Cap, Anyone?

Dermatologists Katie Rodan and Kathy Fields can't say enough wonderful things about Retin-A and its retinoid cousins: They stimulate collagen, smooth fine lines, diminish dark spots. But because the stuff can make the skin flaky at first, many women quickly chuck it (the pros call this noncompliance). So the doctors have concocted something easier to stick with. Rodan + Fields Anti-Age PM Serum (\$75 for 60 capsules) blends retinol (the next best, over-the-counter thing to a retinoid) and peptides (the new guard of collagen builders), and leaves skin feeling silky, not irritated. Each sustained-release nightly dose comes in a sparkly turquoise pop-open capsule that actually makes complying fun.



The Color Spectrum

We've been a bit wary of the proliferation of color-depositing shampoos in recent years. How can one "blonde," "brunette," or "red" formula be right for every iteration of those shades? And how do you know if it's adding too much color—or not enough? Hairstylist Ted Gibson has addressed our concerns with his Individual Color Shampoo and Conditioner (\$36 each). The dual-chamber bottle has pigment on one side, shampoo or conditioner (both infused with heavenly scented orchid extract and lavender) on the other. A dial on top of the bottle lets you add as much or as little color as you like. We advise treading carefully—but it's definitely a step in the right direction.



A Tale of Reinvention

Who said you can't teach an old dog new tricks? These cotton swabs, from the Japanese company DHC, have evolved way beyond their classic repertoire. Each individually wrapped swab (\$4 for a box of 50) is saturated with skin-softening olive oil, and we think they're so handy, we've started stowing them everywhere—in the bathroom, our desk drawer, our purse. We use them to erase eyeliner slipups and midday mascara smears, to moisturize our cuticles, even to smooth unruly brows. Now if they could only fetch our slippers.



The Royal Treatment

In the weeks leading up to her wedding this summer, Jenny often convened with her closest female relatives to engage in certain sacred rituals. They included haggling over the guest list, licking envelopes, and heatedly debating seating charts. A bride-to-be in the royal palaces of Indonesia, we recently learned, had a much better deal. For 40 days prior to her wedding, her family gathered around daily to exfoliate and massage her skin from head-to-toe, before drawing her a steamy, blossom-strewn bath. The Sanctuary Mande Set (\$20) is based on this ancient custom: It includes a scrub of ground rice and turmeric; a creamy bath gel infused with honey, coconut milk, and aloe; and a whipped, chamomile-spiked body lotion. Always happy to incorporate other traditions into her own, Jenny tried it and felt as radiant as any princess bride.

For details see Shop Guide.