

LOOK 100% SEXIER IN 7 MINUTES, P.148

Giada!

How Your Favorite TV Chef Stays So Sleek

YOU AT YOUR BEST

SELF

Shed a Size Naturally

Fast! Easy! Effective!

SIMPLE WAYS TO TRIM EVERY TROUBLE SPOT

THE #1 HAPPINESS SECRET YOU MIGHT BE MISSING P.32

FEEL CLOSER TONIGHT!
GREAT SEX GUARANTEED

STASH MORE CASH
WANT TO SHARPEN YOUR MONEY SMARTS? SEE p.172

HOLIDAY SURVIVAL GUIDE

Save Time And End

50 Ideas to Get Gorgeous Tone All Over, Stress Less...and Find Extra Hours



Learn the smart way to experiment on your skin.

Q I like to try lots of different skin-care regimes. Can one cancel out another?

Janet Estep, Laguna Hills, California

A No, but if you're a true beauty junkie, the sheer amount of stuff you use may make a skin issue worse! Applying several products that have the same goal can overwhelm your skin, says Robert Guida, M.D., a facial plastic surgeon in New York City. This is particularly true with antiaging formulas. Using retinol (for fine lines) or hydroquinone (to lessen dark spots) on top of something else with

strong exfoliating effects (like glycolic acid) can cause irritation, dryness or even a mild burn, Dr. Guida warns. (Overdoing the acne fighters can be bad for skin, too, he says.) Committing to one brand's line is an easy way to play it safe. The system is developed to work together. Devoted to diversification? Leave three days between doses of creams that exfoliate, lighten pigment or combat pimples. That way, you can play the field productwise but be loyal to the cause of good skin.

ASK SELF'S BEAUTY EXPERT



Have a question for our beauty director, Elaine D'Farley?

Send your makeup mysteries, skin dilemmas and other beauty bafflers to beauty@self.com.