

MARCH 2009

# Good Housekeeper

## Look & Feel 7 YEARS YOUNGER

- \* Anti-aging diet & recipes
- \* Get fit guide
- \* Quiz: What's your skin's age?

How to **SAVE**  
**\$1500** this year

### The New FOOD LABELS

What's healthy,  
what's hype

**40** Beauty  
Bargains  
All under \$20

### Gifts of Life

A true story of  
embryo donation

## SALLY FIELD

Honest talk about  
love, aging—and  
the parenting secret  
she wishes she'd  
learned sooner

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0 74851 08345 1

\$2.50



**Head & Shoulders Ocean Lift Shampoo and Conditioner** | (\$4.74 each, drugstores)  
 "Great for anything from a dry, itchy scalp to dandruff." **Tip: Use the pair; the antidandruff ingredient is in both.**  
 —Nicole Lynn, Studio Two, Allentown, PA



**Suave Naturals Juicy Green Apple Shampoo** | (\$1.29, drugstores)  
 "It's so gentle—very good for daily use."  
 —Lea Journo, creative director, Lea Journo Salon, Beverly Hills, CA



**Nexxus Heat Protexx Heat Protection Styling Spray** | (\$12, drugstores)  
 "Prevents styling damage." **Tip: Let it sink in.** —Nicholas Penna Jr., Salon Capri, Newton, MA



**Essence of Beauty TST Tourmaline Silver Technology Round Brush** | (\$11, CVS)  
 "Hot air moves through this vented brush, so hair dries faster."  
 —David John



**Dove Extra Hold Hairspray** | (\$4, drugstores)  
 "Calms frizz without leaving a stiff hold."  
 —Nicholas Penna Jr.

# The Top Hair Helpers



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 "Prevents styling damage." **Tip: Let it sink in.** —Nicholas Penna Jr., Salon Capri, Newton, MA



**Cristophe Deep Thermal Reconstructor** | (\$15, CVS)  
 "The mask heats up, so ingredients really penetrate."  
 —William George, James Joseph Salon, Boston



**Face Management Medium Styling Gel** | (Whole Foods)  
 "Controls frizz without feeling sticky."  
 —David John, Serge Normant at John Frieda, L.A.



**Marc Anthony Strictly Curls Curl Defining Lotion** | (\$8, drugstores)  
 "Controls frizz without feeling sticky."  
 —David John, Serge Normant at John Frieda, L.A.

- 1 Philosophy Bare Your Soul 3-in-1** | (\$16, sephora.com) "Super-creamy shampoo, shower gel, and bubble bath."  
 —Arielle N.B. Kauvar, M.D., dermatologist, N.Y.C.
- 2 Borghese Delicato Exfoliating Cleanser** | (\$15, Ulta) "This hand wash also moisturizes."  
 —Jin Soon Choi, Jin Soon Natural Hand and Foot Spas, N.Y.C.
- 3 La Roche-Posay Anthelios 40 Sunscreen** | (\$29.50, drugstores)

- ...st sun protection from now sold in the U.S." —Anne M.D., dermatologist, N.Y.C.
- 4 Addict High-Shine Lipstick in Pink** | (\$26, department stores)  
 "It's a great way to show off your fashion sense without spending tons of money."  
 —Troy Surratt, makeup artist, N.Y.C.
- 5 Shu Uemura Eyelash Curler** | (\$19, Sephora) "Easy on lashes and gives the most natural curl."  
 —Vanessa Scali, makeup artist, L.A.

