

 SkinMedica® *as seen in...*

# SELF

## LOSE 10, 15, 20 POUNDS

- ✓ 21 Quick, Delicious Meals
- ✓ 400-Calorie Workouts

### EASY MONEY

Save \$1,200 with tips so good, you'll want to tweet them now

#### SPECIAL REPORT

How Water Helps You  
**STAY SLIM &  
ENERGIZED!**

Find Happiness Where  
You Least Expect It p.186

# 87 BEST\* BEAUTY BUYS

Gorgeous Hair for \$3? Yes!

\*Reader-Tested! All-New Products

AMAZING  
FREEBIES  
INSIDE!

Gwyneth  
Paltrow's  
Healthy  
Eating  
Secrets  
What She  
Really Does  
to Get  
Those Abs!

## Healthy Beauty Awards 2011

### 17 BEST ANTIAGING SERUM

**SkinMedica Tri-Retinol Complex ES**, \$75 A squirt of this überlight serum supplies a megadose of retinol to combat all three major signs of aging: wrinkles, pigmentation and loss of firmness. Our testers loved it! "I used it under a simple lotion at night. My skin looked amazing in the morning!"

