

LIVE WELL EVERY DAY

# Woman's Day

## 372 Big Ideas for 2009

### Low-Cost Slow-Cooker Recipes

Come Home to Dinner

### Too Many Bills!

How to Pay Them Off

### Save or Toss? Clear Out The Clutter

### Get Over Your Cold Faster

+ 32 Other Winter  
Health Tips

### Start Walking Now, Get Thin By Spring



JANUARY 1, 2009

Visit the new [WomansDay.com](http://WomansDay.com) for recipes, health news, videos & more!



# 52 beauty resolutions

Put a little beauty back into your life, one week at a time

WINTER

**1** Get the most out of a deep-conditioning treatment by squeezing excess water from your hair before applying. This allows it to effectively penetrate the hair shaft.



**2** Exfoliate at least once a week. Stash a sugar body scrub in your shower now—when you see it later, you'll remember to use it on legs and arms.

◀ Soap & Glory Sugar Crush Body Scrub gets skin super-smooth and has a zesty lemon-lime scent that lingers long after you step out of the shower. (\$17; at Target)



**3** Lather up with a hydrating shampoo to protect your hair all winter.

◀ Here's a sneak peek at three new shampoos from the Herbal Essences Hydralicious line. Each has custom hydration levels, so there's bound to be one that's just right for your hair. (\$3.25; available February in drugstores)

**4** Lock in moisture Turn the water temp in the shower to warm, not hot (yes, even in the winter!) to prevent stripping the skin of its natural oils.

**5** Take better care of your teeth Brush once a week with Crest's Intensive Clearing Paste. (\$4; [drugstore.com](http://drugstore.com))

**6** Find a good dermatologist and get a full body scan. Then set up an appointment for six months later.

**7** Wear SPF 30 or higher year-round, even during the middle of January, to defend your skin against harmful UVA/UVB rays.

**8** Recruit a beauty buddy and make monthly mani/pedi appointments together to catch up.

**9** Get a glowing complexion by eating more salmon (it's packed with skin-boosting omega-3s).

**10** Make nail polish last longer and avoid staining nails with dark colors by adding a base coat to a DIY manicure routine.

**11** Quit smoking (or convince a friend to). Besides the many health hazards, smoking accelerates the presence of fine lines and wrinkles that pop up as we age—and really, who needs that?

**12** Choose beauty products that do more than just one thing for you. You'll save time and get maximum results.

▶ c.booth Skin Below the Chin Repair and Replenish Body Moisturizer contains alpha hydroxy acids (AHAs) to naturally exfoliate your skin. (\$7; at Rite Aid)

