

Woman's World

God Bless America

More
for your
money!
\$1.79A great
week
made easy!

So-easy Thanksgiving!



✓ Easier-than-ever
favorites!
✓ Almost-instant
treats!

Can't sleep?

The secret tummy trouble that may be
causing *your* insomnia!

SAVE ON HOLIDAY GIFTS!

Black Friday shopping secrets
to score *you* the biggest bargains!

Easy stress cures!

Beat headaches, tension
and the crankies!

Breakthrough new high-fiber shake
that shuts down hunger:

Alethea lost 47 pounds!

HEALTH NEWS! Ask your MD if you qualify for the new vaccine that
PREVENTS CANCER!

Herbal fixes
for holiday hangovers,
bloating, tiredness
and more!

Music that
**Makes women
slimmer**

HOW HALLE LOST THE WEIGHT!

Lose 8 lbs a week with the easy 3-2-1 diet
that helped Halle drop the baby weight!

Reach your goal weight on the plan celebs like
Jessica Biel, Jessica Alba and Anne Hathaway swear by



Can't
stop coughing?
How
chocolate can
help!

You Deserve The Best... Hand cream!



Whether you want to soothe eczema-prone skin or smooth fine lines, we have the lotions that'll keep your hands so happy, they might just give you a pat on the back for treating them so well!

If you want to:

✦ CHAP-PROOF YOUR HANDS:

Aquaphor Advanced Therapy Healing Ointment

Hand model Ellen Sirot can't afford to have chapped skin, so she uses this super-healing lotion. "It's very thick, so you have to use it judiciously. I like to put it on at bedtime to seal in moisture overnight." The result? Camera-ready hands that have doubled for stars like Sarah Jessica Parker and Hilary Swank!

✦ \$5.79 at drugstores

✦ KEEP HANDS LOOKING YOUNG:

Neutrogena Norwegian Formula Age Shield Hand Cream

"Just like our faces, our hands need year-round protection from the sun's aging UVA rays," says dermatologist Amy Derick. And this formula is her top pick. "It contains Helioplex, a substance invented by Neutrogena that keeps the sunscreen ingredient effective longer. You just put it on once and don't have to worry about it all day!"

✦ \$5.99 at drugstores

✦ STAY SUPER-SOFT FOR HOURS

L'Occitane En Provence Shea Butter Hand Cream

World-renowned skier Kit DesLauriers has finally found a cream that will last her a whole day on the slopes. "No other cream keeps my hands this soft."

And now it's part of her gear. "I was just on an all-women's ski trip, and we could each bring only one indulgence. You can guess what mine was!"

✦ \$25 at usa.loccitane.com

✦ PAMPER SENSITIVE SKIN:

CeraVe Moisturizing Cream

"This cream won't irritate your skin in any way, plus it has a cutting-edge ingredient—ceramides," says dermatologist Elizabeth Martin. "These molecules help the skin retain moisture. People with eczema have far fewer ceramides, so this cream is especially great for them. Plus, CeraVe has a patented time-release way of working, so your hands are soothed all day long."

✦ \$14.99 at Walgreens

✦ SMOOTH OUT WRINKLES:

Alpha Hydrox AHA Enhanced Lotion

Esteemed beauty expert and product researcher Jan Marini says, "I've tried every hand cream on the market." And she loves this cream for two magic words: glycolic acid. "Its molecules are so small that they penetrate more deeply, dislodging dead cells and lifting the skin, giving it a smoother appearance. And glycolic acid also helps get rid of age spots!"

✦ \$11.99 at drugstores

