

Smart ways to live well

SEPTEMBER 2008

Prevention

Shrink ONE SIZE In 4 Weeks

- SPEED YOUR METABOLISM
- BREAK THAT PLATEAU

NATURAL CURES That Heal For Real

100 Studies Can't Prove
**HEALTHIER
SAME BUDGET**

Foot Candy!

SOFTEN SOLES Peppermint- and cocoa butter-packed **The Body Shop Peppermint Cooling Foot Lotion** (\$16; thebodyshop.com) refreshes, too.

GET RID OF CALLUSES Easy-to-grip **Microplane Foot Buffer** (\$20; microplane.com) reduces roughness. The orb catches dead skin.

WAKE UP TIRED FEET When dissolved in cool water, **Avon Watermelon Effervescent Foot Tablets** (\$5; avon.com) revitalize fatigued feet.

BLOCK BLISTERS The aloe- and vitamin E-based **Dr. Scholl's for Her Miracle Shield** (\$7; drugstores) dries to a powder finish that helps protect feet from rubbing that causes blisters.

FIGHT FLAKINESS Exfoliating white sand in **Olay Thermal Pedicure** (\$9; drugstores) smooths; the moisturizing formula heats up to relax feet.

HEAL HEELS The intensely hydrating shea butter, coconut oil, and beeswax in **Earth Therapeutics Cracked Heel Repair Push-Up Stick** (\$10; earththerapeutics.com) soothe painful dryness.



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