

15 Delicious Foods That Fight Fat P.144

**Avatar  
Star**

Zoë Saldana  
on Letting  
Your Most  
Authentic  
You Shine  
Through

YOU  
AT YOUR  
BEST

# SELF

## Get Flat Abs And Shed 9 Pounds

Free!  
18,000+  
Goodies  
Inside

Rev Your Body's Natural  
Calorie-Burning Ability

READER TESTED!

## The Best New Beauty Buys

Starting at Only \$2

### 10 Symptoms Your Doctor Wants You to Take Seriously

### HAVE IT YOUR WAY (In Bed)

Great Sex, Tonight and Every Night!

Inner-You Special

# Stress Less, Enjoy Life More

12 Ideas to Banish the Blahs and Feel Happier!





Mimic skin's natural resilience by applying a cheek stain before foundation.

Number of products tested:  
**1,098**  
Number of winners:  
**88**

## 2010 HEALTHY BEAUTY AWARDS

An amazing 99 percent of you have made a beauty buy you regret, a Self.com poll finds. (What's the other 1 percent's secret?!) No more money-wasting mistakes! We recruited **1,108 SELF READERS** to select the **BEST PRODUCTS** launched from April 2009 to March 2010. Shop with confidence; look great every day.

Photographs by Troy Word

Sexy waves? Ultra-sleek polish? Tousled curls? Whatever look you're craving, these high-tech style savers make it happen without morning stress or a trip to the salon.

**15 BEST SURF SPRAY** Tigi Love Peace & The Planet Totally Beachin' Body & Waves Styling Mist, \$17 A spritz of this "divine-smelling" mist delivers sea salt and pineapple to add definition, while sea kelp and roselle hydrate for healthy, beachy texture anytime.

**16 BEST SHINE SPRAY** MoroccanOil Glimmer Shine Spray, \$24 "My husband said my hair was shiny and soft—and he never notices stuff like that," one tester confessed after giving this highlight-enhancing spray a whirl. ☺

**17 BEST VOLUMIZING SPRAY** Redken Body Full Volume Amplifier, \$16 "This spray really worked! It added a ton of volume that lasted all day, even after I wore a hat," one tester said of the soy-infused thickener, which uses texturizing wheat extract to enhance fullness.

**18 BEST DRY SHAMPOO** Tresemmé Fresh Start Waterless Foam Shampoo, \$5 Aloe and witch hazel in this unique foam remove oil and odors. "It doesn't turn my dark hair white like most sprays," one tester praised. ☺

**19 BEST APPLYING MOUSSE** Phyto Professional Intense Volume Mousse, \$22 Acacia-tree and hibiscus extract in this foam hydrate and protect. It left one tester's style "totally touchable."

**20 BEST FINISHING HAIRSPRAY** Garnier Fructis Style Sleek & Shine Anti-Humidity Hairspray, \$4 "It's the perfect finishing touch! It adds shine and hold without heaviness," one tester said of this humidity deflector. ☺

**21 BEST VOLUMIZING GEL** Nexxus Salon Hair Care Lavish Body Volumizing Spray Gel, \$11 The blueberry extracts in this "lightweight" spray gave our tester's do a "tousled bounciness."

**22 BEST HEAT PROTECTANT** Paul Mitchell Hot Off The Press Thermal Protection Spray, \$15 Rice extract in this "one-step styler" helps hair "stand up to heat," while wheat proteins shore up strands with each spritz.

**23 BEST SMOOTHING CREAM** Herbal Essences Toule Me Softly Finishing Touch Cream, \$5 Conditioning polymers in this anytime cream make damp hair "easy to comb" and help "light flyaways." ☺

**24 BEST CURL CREAM** Philip Kingsley Curl Activator, \$28 After using this powerhouse primer, one tester thought her curls "still looked good the next day," due to copolymer, which holds curls and eases styling. ➤

Priciest hair winner: \$60  
Least expensive: \$2



Mist hairspray onto fingertips and rub into roots for a quick hit of body.



#### NAB THE GOODS TO GO!

Snap this icon to get a shopping list of the winning products on your smartphone.

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