

April 28, 2003

for women on the go

# First

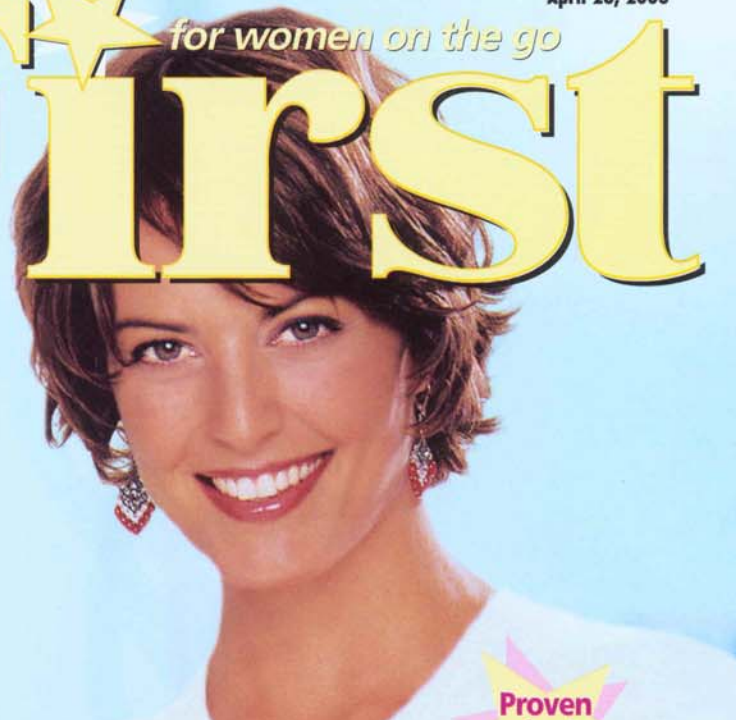


## 890 spring favorites

Blissfully good—in 20 minutes or less!

Alert: Your antibacterial soap could be making you fat! (See pg. 26)

## Bring out the star in you!



Proven

Indonesia

## Soothe soles with almonds

Blend 1 cup ground almonds with 2 tsp. coconut oil until a paste forms. Massage into feet, concentrating on rough heels. Almonds exfoliate, while coconut oil moisturizes.

**Time-saver:** Smooth rough feet with Reviva Honey & Almond Scrub (\$3.96; available at [nutritionblvd.com](http://nutritionblvd.com)).



## 134 IN

Wow-worthy



Psst...yard-sale success secrets  
Double your \$\$\$ the easy way



## Happy in a heartbeat

Turn off money worries!  
Tweaks that save \$1,200

Bye, bye arm jiggles!  
5 model-tested moves

Make extra time!  
SOS for overbooking

LOOK! →  
FREE  
BOOKLET!

