

GLAMOUR'S DIET MAKEOVER! EAT WHAT YOU WANT & LOOK BETTER BY AUG. 31

GLAMOUR

AUGUST 2004

Men's 50 most erotic

Ultimate
summer
**DOS &
DON'TS**
See-through

We're not saying your life would be incomplete without any of these goodies. But if you're in the mood for a luxe-y beauty treat, here are the 18 that insiders swear are truly worth it.

René Furterer Karité Nourishing Conditioning Cream (\$35 for 8.6 oz., sephora.com) Supermoisturizing shea butter is everywhere in hair care products, but this one is less oily than most, so it softens without the usual heaviness—one reason high-end salons swear by it.



SECRET
BETTER
PERSON

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A Glamour staffer
heals and finds love

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