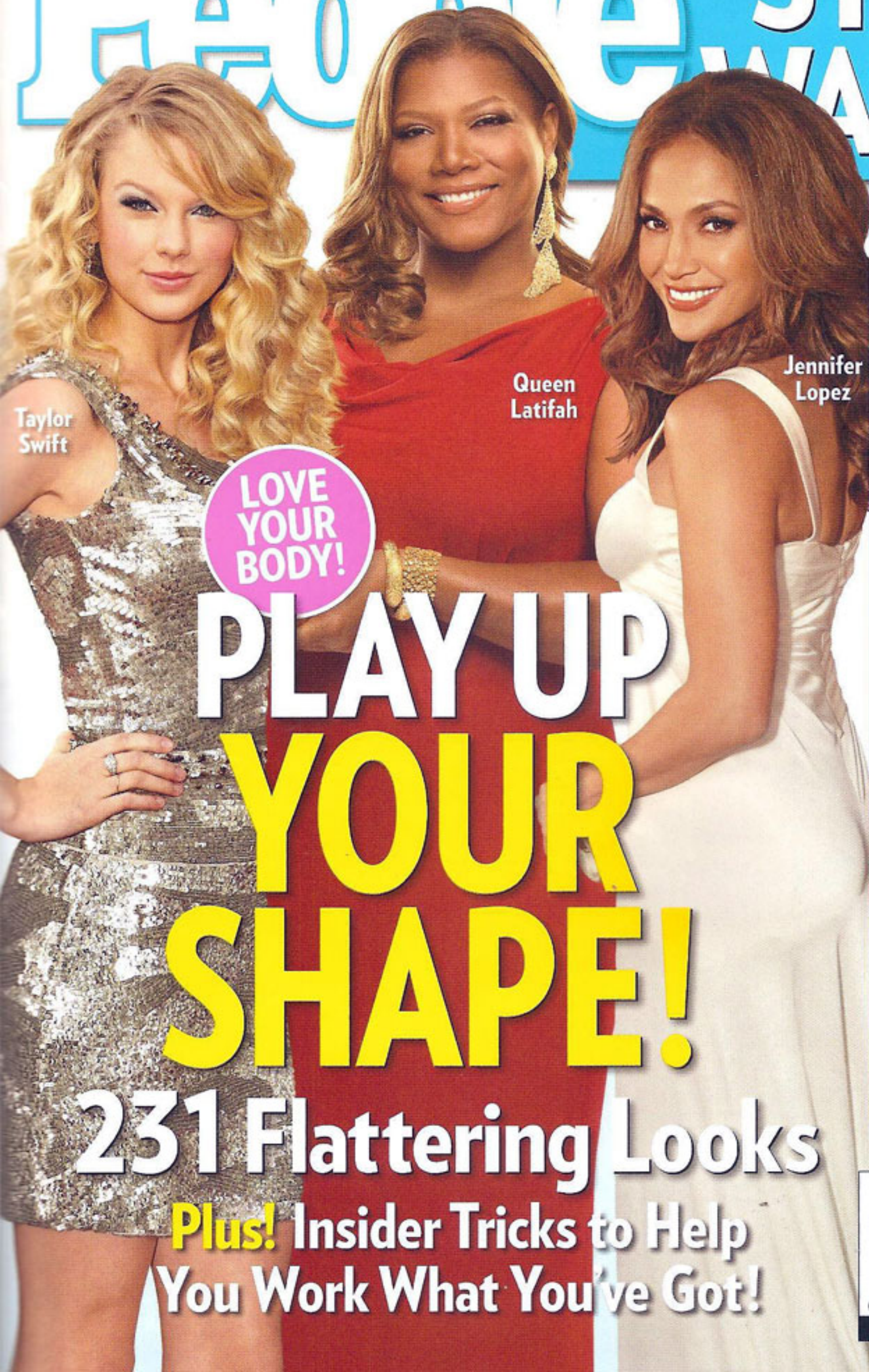


AUGUST 2009

People **STYLE** WATCH



Taylor Swift

Queen Latifah

Jennifer Lopez

LOVE YOUR BODY!

PLAY UP YOUR SHAPE!

231 Flattering Looks

Plus! Insider Tricks to Help You Work What You've Got!

GREAT BUYS UNDER \$100



THE BEST HAIRCUTS For Your Face!



Reese Witherspoon p. 92

\$3.99US \$4.99CAN 08>

DISPLAY UNTIL August 17, 2009

Drink Your Way to GORGEOUS!

Nutritionist **Lisa Drayer** picks her top beauty-boosting beverages for...

...strong hair

"Protein is the key to glossy, healthy locks. Try an iron-fortified shake

with yogurt or milk to help promote growth and prevent dry, brittle texture."



Protein shake

...bright eyes

"The beta-carotene in mangoes is converted into vitamin A, which helps your eyes adapt to darkness and brings out shine."



Mango smoothie

...a healthy smile

"Milk helps build up your enamel, making teeth sparkly. Horizon has an Omega 3-fortified milk that also helps keep skin soft."



Milk

to get results...

Drink your beverage of choice daily, but don't expect an overnight transformation: Changes can take anywhere from four weeks to three months.

Eva Mendes

...glowing skin

"Adding vitamin C-packed lemon to a glass of water can aid collagen synthesis, minimizing wrinkles and dryness."



Lemon water

Green tea

"Green tea hydrates like water but also contains polyphenols to protect skin against sun damage."



Açaí juice



"Ingesting the açaí berry's juice is the best way to absorb its skin-enhancing, anti-aging nutrients."

CLOCKWISE FROM CENTER: MICHAEL TRAMP/REUTERS; EVA MENDES: JEFFREY MATTAR/REUTERS; LEMON WATER: GETTY IMAGES; MANGO SMOOTHIE: GETTY IMAGES; GREEN TEA: GETTY IMAGES; AÇAÍ JUICE: SAMBAZON