

BONUS! FREE WORKOUT CARDS • FAST FOOD THAT MAKES YOU THIN

Health

**WALK
OFF
10 LBS**

**Amazing Results
In Just Days!**

**CURB ANY
CRAVING**

**The Brilliant
New Secret**
p.73

MUST READ!

Stop Cancer
With This Simple Move

**FLAT
BELLY
FOODS!**

**These 3 Treats
Burn Fat**

Look fab!

- Gorgeous Skin
- Pretty Haircuts
- Slimming Clothes

Molly Sims
Her #1
Healthy-Life
Rule

LIVE GREAT FOR LESS

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Health.com

\$3.99US \$5.50CAN



SEPTEMBER 2010

The Big O ... *olive oil*

Want a radiant complexion? Just add olive oil—to your beauty routine *and* your diet. By *Diana Cerqueira*

Master cleanser

Supernourishing **L'Occitane En Provence Olive Tree Cleansing Milk** (\$22; usa.loccitane.com) contains antioxidant-rich water that is squeezed out of olives during processing.

BEAUTIFUL SKIN FROM WITHIN

Women whose diets are rich in olive oil have less skin damage and wrinkling, says Lisa Drayer, RD, author of *The Beauty Diet: Looking Great Has Never Been So Delicious*. For big beauty benefits, “cook with it instead of vegetable oil and use it on bread instead of butter,” she advises.

Mild moisturizer

Finely ground corn in **DHC Olive-Corn Body Scrub and Polish** (\$17; dhccare.com) makes an amazing body exfoliator in the shower. But the special ingredient—you guessed it, olive oil!—soothes and moisturizes so irritation isn't an issue.

Skin softener

Thymes Olive Leaf Triple-Milled Bar Soap (\$13; thymes.com) creates a creamy lather infused with olive oil and olive-leaf extract. The result: Clean skin that feels silky-soft, not stripped.

Gentle anti-ager

Does your skin react to harsh anti-aging ingredients? Rich but gentle olive oil-based **Crème d'Olives** (\$135; cosbar.com) is loaded with free radical-fighting vitamins and pea extract to improve elasticity.

Eye reviver

Dab on **Serious Skin Care Olive Oil Moisture Replenishing Eye Balm** (\$20; hsn.com) before bed and wake up looking well-rested thanks to the anti-inflammatory power of extra-virgin olive oil.

Photo: Todd Huffman, Prop styling: Sara Foldenauer/Kate Ryan Inc.; Top left photo: Jonathan Kantor/Getty Images