

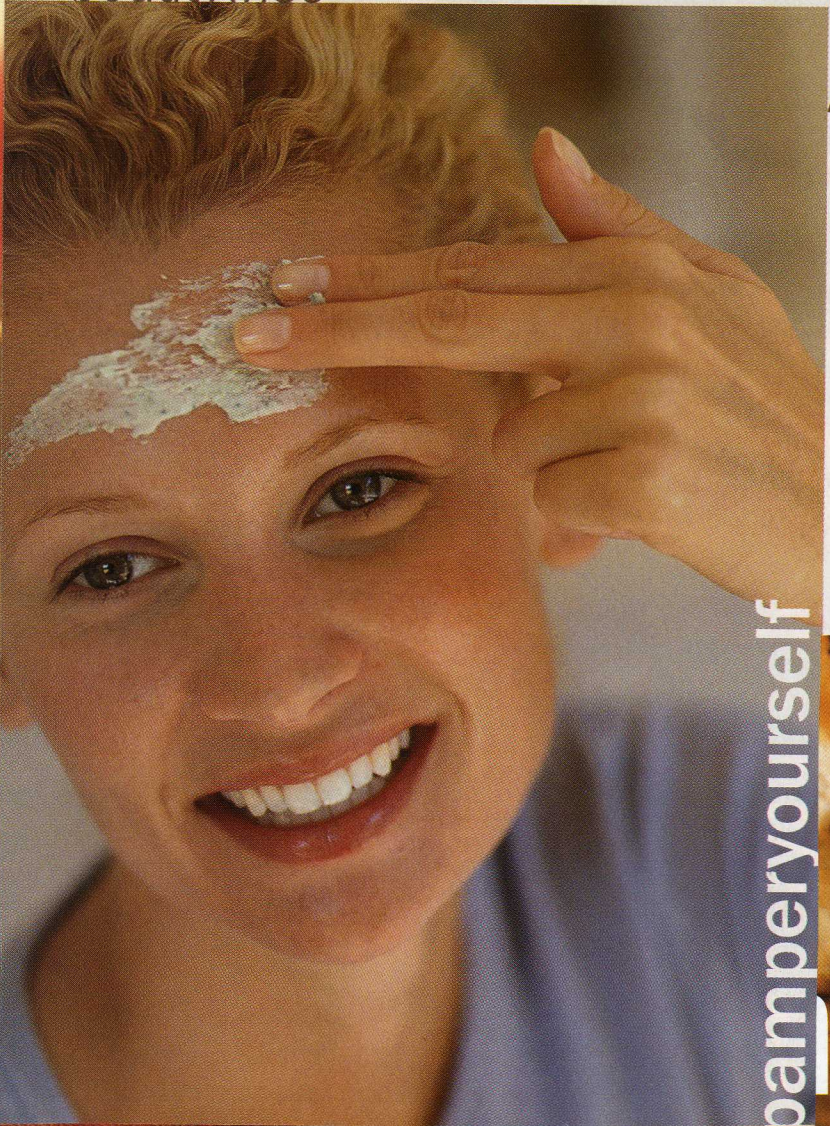
# Cooking Light

EAT SMART BELT LINE WELL

125

JUNE 2004

beautywise



## At-Home Spa Therapy

Feeling frazzled? Take a half-hour out of your day to indulge in at-home spa treatments that can make you feel better—and look better, too. Treat yourself to one (or several) of these head-to-toe beauty treatments that are both pampering *and* therapeutic.

- Philosophy's Head Trip (\$13) is a weekly conditioning mask that nourishes chemically abused hair back to health while aromatherapy oils indulge the senses.

- Astaro Repair Kit (\$65, left) contains three travel-size jars that claim to restore, refresh, and retexturize skin in a snap. Start with the Activated Sea Mineral Mask for a deep cleansing. Then try the Golden Flame Hydration Mask to smooth and refine, and finish with a touch of the Antioxidant Rich Moisturizer for long-lasting hydration.

pamperyourself



## Our best sandwiches

hot, crusty & ready in a flash

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The secret to perfect grilling | 22 superfast suppers  
10 quick dinners from rotisserie chicken

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