

GET HAPPY! In 60 seconds or less

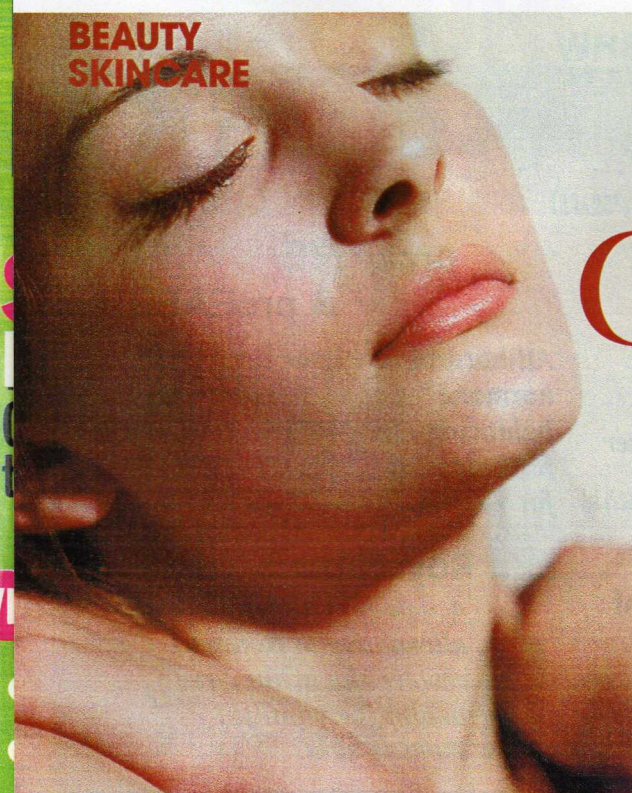
WOMEN'S

HEALTHY LIVING

Be healthy. Be fit. Be you.

23 ways to LIVE YOUR BEST

Editor's Pick
Beauty AWARDS
The best buys of 2005



BEAUTY SKINCARE

Get GLOWING skin

Put away the pan sticks and powders — this season skin is in! Gorgeous glowing skin was unadulterated on runways this season letting its natural beauty shine through. Here's how you can put your best face forward this spring.

By Kathleen A. Kelly

NO MORE EXCUSES

10 tips to beat your fitness rut

Once a week: Normal skin can sometimes suffer from dehydration, says Nistal. Give it a drink with a gel-based mask. We like Astara Golden Flame Hydration Mask to hydrate and soothe tired skin.