

OCTOBER 2008

# Good Housekeeping

Enter to **WIN!**  
**\$4,500**  
Washer  
& Dryer  
p. 30



## Our **18** All-Time Easiest Recipes

### Your Secret Cash Source

(It's on the nightstand)

### Prevent Breast Cancer

What to know now

### Finally! An Organized Kitchen

7 Simple Steps

### Prevent Breast Cancer

What to know now

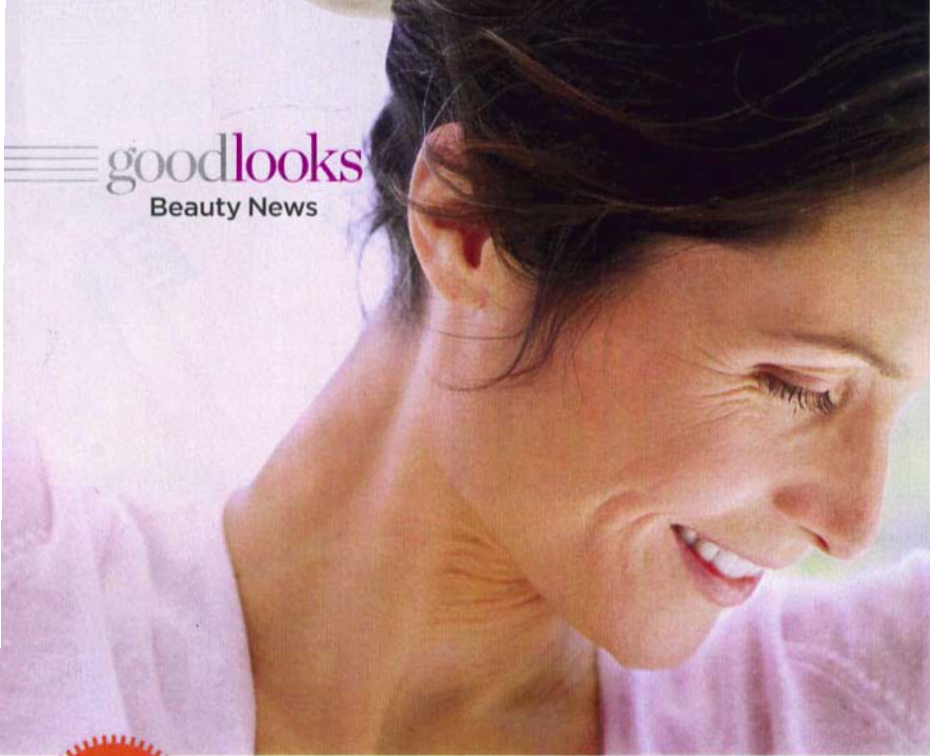
### Super Simple Halloween

No-carve pumpkins, quick treats & more

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## Instant Wrinkle Fighters

**Anti-aging creams** have always been an exercise in patience: It usually takes weeks of diligent use to reduce wrinkles. But now new potions are also touting instant (albeit temporary) gratification, thanks to fast-acting ingredients that work topically to relax or fill in lines in mere minutes. To find out if these quick fixers deliver, the Good Housekeeping Research Institute put them to the test. Volunteers applied each product in our lab, then recorded any changes after 10 minutes and again after one hour. While none of the creams were miracle workers, most testers did see a subtle



Winner



Runners-Up

but noticeable softening of their wrinkles. **Patricia Wexler M.D., Dermatologist** (above left) rated highest, with improvements—most notably in forehead lines—appearing in just 10 minutes. Close runners-up: **Peter Thomas Roth Clinical Skin Care Un-Wrinkle** (\$120, Sephora; above right), which testers liked for its plumping effect, and **FusionBeauty LiftFusion Face Lift** (\$140, Sephora; above middle), for its skin tightening and firming.



## Shinier-Hair Solution

You may be used to exfoliating your body and face, but it turns out there's another spot that could use some sloughing—your scalp. It, too, can suffer from dead-skin and product buildup. “When that happens, hair can lose its sheen and manageability,” says Carla Gentile, owner of Steam Salon in West Hollywood, CA. To the rescue: new scalp treatments specifically designed to remove skin and product residues. Gentile recommends scrubbing before you shampoo once or twice a week if your scalp is dry and flaky; once or twice a month if it's in good condition. Bonus: It feels great. Our picks (above, from left): Carita Revitalizing Scrub for the Scalp (\$45, carita.com) and Bain de Terre Sugar & Fig Scalp Massage Scrub (\$18, Ulta).



**ROCK STARS** Minerals have become the makeup ingredients du jour. What explains their star power? It starts with weightless coverage: They go on light and sheer, creating a luminous, soft-focus finish that doesn't feel heavy or cakey. Minerals are also a boon for sensitive skin, as they lie on the skin's surface without reacting, says New York City dermatologist Arielle N. B. Kauvar, M.D. The makeup can also be formulated without preservatives or fragrance, both common skin irritants. Two popular choices: Bare Escentuals BareMinerals SPF 15 Foundation (\$25, Sephora; left, top) or Pür Minerals 4-in-1 Pressed Mineral Makeup Foundation SPF 15 (\$24.50, purminerals.com; left).