

MARCH 2009

New! Larger Size

# Good Housekeeping

## Look & Feel 7 YEARS YOUNGER

- \* Anti-aging diet & recipes
- \* Get fit guide
- \* Quiz: What's your skin's age?

How to **SAVE**  
**\$1500** this year

### The New FOOD LABELS

What's healthy,  
what's hype

**40** Beauty  
Bargains  
All under \$20

### Gifts of Life

A true story of  
embryo donation

## SALLY FIELD

Honest talk about  
love, aging—and  
the parenting secret  
she wishes she'd  
learned sooner

goodhousekeeping.com



\$2.99







**Head & Shoulders Ocean Lift Shampoo and Conditioner** | (\$4.74 each, drugstores)  
 "Great for anything from a dry, itchy scalp to dandruff." **Tip: Use the pair; the antidandruff ingredient is in both.**  
 —Nicole Lynn, Studio Two, Allentown, PA

# The Top Hair Helpers



**Garnier Fructis Sleek & Shine Weightless Anti-Frizz Serum** (\$6, drugstores)  
 "Creates a beautiful, shiny finish." **Tip: Work through dry hair from ends up.**  
 —Nicole Lynn



**Götz2b Playful Texturizing Crème Pomade** (\$6, drugstores)  
 "Gives short hair a sleek look."  
 —Valery Joseph, Valery Joseph Salon, N.Y.C.



**VO5 Detangle & Shine Daily Leave-In Conditioner** (\$3.49, drugstores)  
 "Replenishes moisture that styling aids have stripped away."  
 —Valery Joseph



**Cristophe Deep Thermal Reconstructor** (\$15, CVS)  
 "The mask heats up, so ingredients really penetrate."  
 —William George, James Joseph Salon, Boston



**Suave Naturals Juicy Green Apple Shampoo** (\$1.29, drugstores)  
 "It's so gentle—very good for daily use."  
 —Lea Journo, creative director, Lea Journo Salon, Beverly Hills, CA



**Nexxus Heat Protexx Heat Protection Styling Spray** (\$12, drugstores)  
 "Prevents styling damage." **Tip: Let it sink in.**  
 —Nicholas Penna Jr., Salon Capri, Newton, MA



**Burt's Bees Very Volumizing Pomegranate & Soy Shampoo and Conditioner** (\$8 each, drugstores)  
 "Makes my fine hair fat!" —Jet Rhys, Jet Rhys Salon, San Diego



**Pantene Pro-V Volume Mousse** (\$4, drugstores)  
 "The lightweight formula gives big style and healthy shine."  
 —Adrian De Berardinis, De Berardinis Salon, N.Y.C.



**Kiss My Face Upper Management Medium Hold Styling Gel** (\$9, Whole Foods)  
 "Your hair moves, yet still manages to hold its shape."  
 —Jet Rhys



**Marc Anthony Strictly Curls Curl Defining Lotion** (\$8, drugstores)  
 "Controls frizz without feeling sticky."  
 —David John, Serge Normant at John Frieda, L.A.



**Essence of Beauty TST Tourmaline Silver Technology Round Brush** (\$11, CVS)  
 "Hot air moves through this vented brush, so hair dries faster."  
 —David John



**Dove Extra Hold Hairspray** (\$4, drugstores)  
 "Calms frizz without leaving a stiff hold."  
 —Nicholas Penna Jr.

## 5 Little Luxuries

Yes, they cost more, but for \$15 to \$30 they also pay huge dividends, say our sources

**1 Philosophy Bare Your Soul 3-in-1** (\$16, sephora.com) "Super-creamy shampoo, shower gel, and bubble bath."  
 —Arielle N.B. Kauvar, M.D., dermatologist, N.Y.C.

**2 Borghese Delicato Exfoliating Cleanser** (\$15, Ulta) "This hand wash also moisturizes."  
 —Jin Soon Choi, Jin Soon Natural Hand and Foot Spas, N.Y.C.

**3 La Roche-Posay Anthelios 40 Sunscreen** (\$29.50, drugstores)

"The best sun protection from Europe, now sold in the U.S."  
 —Anne Chapas, M.D., dermatologist, N.Y.C.

**4 Dior Addict High-Shine Lipstick in Couture Pink** (\$26, department stores)  
 "It's a great way to show off your fashion sense without spending tons of money."  
 —Troy Surratt, makeup artist, N.Y.C.

**5 Shu Uemura Eyelash Curler** (\$19, Sephora) "Easy on lashes and gives the most natural curl."  
 —Vanessa Scali, makeup artist, L.A.

