

October 21, 2002

for women on the go

First



Look amazing for less!

The stress buster that keeps Julia smiling



The 99¢ lip pencil Kelly loves to recommend

I WANT HER HAIR!

48 salon-proven tips



The new trend that flatters everyone

Look! J.Lo's new do

Lauren Graham on food, friends & fun

4 ways to outfox fall fatigue syndrome

Feel-good cheat sheet

- **Energy!** Say this to rev up in an instant
- **Happiness!** Drink this to feel great now
- **Health!** Think this to nix a bad habit
- **Bliss!** Wear this to say so long to stress

5 desserts that act like medicine pg. 36

More **boo** for your buck
20-page cookbook



880 recipes

Fast!



Fun!



Easy!

Too stressed to slim down?

melt fat 3x faster

by tapping into the latest mind-body breakthrough

Cheryl did — and lost **35 lbs.**



How much **nookie** is normal?
see pg. 102

\$1.99

4 2 >



Display until 10/21/02

Star tricks for foiling figure flaws

Think designers dictate the latest trends? Not a chance! Increasingly, celebrities are the deciding factor in whether a style will fly or die. Thank God they go for what makes them (and us) look fabulous! Here, *their* tricks at *your* prices.

style



NICOLE KIDMAN



GINA GERSHON

→ A long, loose scarf

Secret weapon

What it foils:

A ho-hum look

A long, breezy scarf wrapped around your neck will not only streamline your outfit but also distract the eye from anything you might want to hide—like,

say, not making a hit movie in years (sorry, Gina!). Another plus: wrapping yourself in velvet this season will keep you warm *and* fashionable!

Get the look for less: Ophelia velvet scarf, \$34, at J.Crew (jcrew.com).



ASHANTI



JENNIFER LOPEZ

→ The terry-cloth sweatsuit

Secret weapon

What it foils:

Arm & leg jiggles

From TV dinners to movie rentals, creature comforts have been big this year. So when Madonna sported Juicy Couture's pricey terry-cloth sweatsuit, half the entertainment industry

(including J.Lo—who has one in her clothing line—and hip-hop diva Ashanti) jumped on the bandwagon.

Get the look for less:

J.Lo velour sweatshirt, \$69, and J.Lo glam velour pants, \$59, at Macy's (macys.com).

→ Jennifer's jewelry faux pas

Actress Jennifer Love Hewitt might have the turquoise thing down, but she messes up royally with ropes and ropes of the stuff plus the oversize earrings, near right. One piece, not both, is fine. We like the simple yet elegant trio, far right, that gives her pretty shoulders the attention they deserve.





COURTENEY COX
ARQUETTE



CONSTANCE
MARIE

→ The peasant blouse

What it foils:

A not-so-trim tummy

Far be it for us to suggest that Courteney needs a little help in the ab department, but the truth is, this soft and romantic look—also worn regularly last season by *Friends* costar Jennifer Aniston—is both super-hip and

super-slimming. We figure that's why up-and-comer Constance Marie (love the necklace!) is smartly following suit.

Get the look for less:

White cotton shirt with delicate embroidery, \$68, and The Flare Jean, \$48, both at Victoria's Secret (victoriasecret.com).

Face it: You're gorgeous!

3 need-to-have basics that can make us all look like stars

Figure flatterer:

The black sheath dress

Why it works: It's loose enough to hide flaws yet formfitting enough to keep you from looking frumpy.

"The sheath doesn't have a waistband, so it won't constrict your body—it just skims the surface," says Elizabeth Gibbens, a stylist in Washington, D.C.

Bonus tip: Gibbens suggests a jewel neckline, since the simple, rounded shape complements a woman's collarbone.

First pick: Ruffle sheath dress, \$189 (Ouch! We know, but it's worth it!), from Nordstrom (nordstrom.com).



Figure flatterer:

Flat-front pants

Why it works: "Pleats can create an unattractive pouch near the midriff," says Gibbens. "Flat-front pants are tailored, so there's less fabric to bunch and bulge."

Bonus tip: For the slimmest look, find a pair with a back or side zipper.

First pick: Women's twill stretch pants, \$32, Old Navy (oldnavy.com).



Figure flatterer:

Knee-length skirt

Why it works: "A long skirt hides too much of the figure and can look sloppy if it doesn't fit perfectly," says Susan Graver, author of *It's the Fit!* (Q Publishing, 2000), "while a short skirt is rarely flattering unless you're stick thin—or 16 years old."

Bonus tip: Everything from a pair of flats to knee-high boots looks fabulous with this style.

First pick: Knee-length slit skirt, \$38, Gap (gap.com).

