

FAB ABS! WITHOUT A SINGLE CRUNCH

# SELF

YOU  
AT YOUR  
BEST

## 1-Min Beauty flash

**Wash-on SPF** If the shorter days have made you lax about sun protection, listen up: People who apply sunscreen 75 percent of the time or less experience skin and DNA damage, the *Journal of the American Academy of Dermatology* reports. Clean and protect your skin in one step by swapping your morning cleanser for Freeze 24-7 Ice Shield, \$48; it leaves behind a layer of SPF 18.

**Get Slim!** YES, EVEN IF YOU SIT ALL DAY P. 214

**Sexual Chemistry** GET IT AND KEEP IT P. 224

**Stressed?** MAKE YOUR HOME A HAPPIER PLACE

**Breast Cancer News** AN ALERT FOR YOUNG WOMEN

Side\*



LOOK-GREAT SPECIAL

# The Beauty Diet

Have Clear, Glowing Skin  
PLUS 77 Ways To Be More Gorgeous

\*See Heidi's Video at Self.com

OCTOBER 2005 \$3.50  
CANADA/FOREIGN \$4.50

