

SHEKNOWS Diet & Fitness

20
HEALTHY DIET
RECIPES

4 Free RECIPE CARDS

**Pilates for
Beginners**

**LIGHT SUMMER
RECIPES ON THE
GRILL**

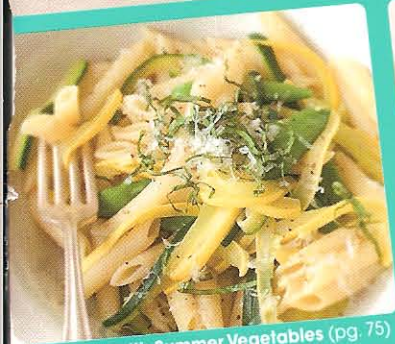
**BEST EXERCISES
FOR GREAT
Glutes**

Diet Spotlight
ATKINS

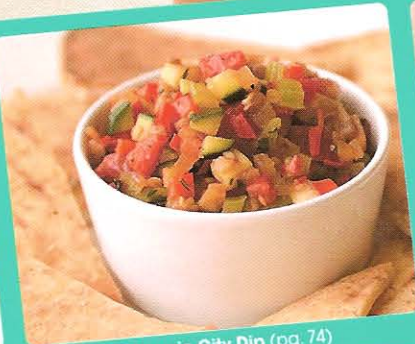
Gym Spotlight
24 Hour Fitness

**The Miracle
of Mineral
Makeup**

**YOGA FOR
KIDS AND
FAMILY**



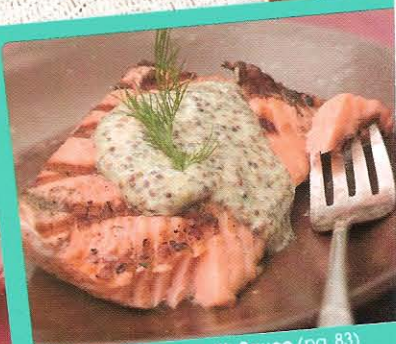
Penne with Summer Vegetables (pg. 75)



Veggie City Dip (pg. 74)



Melon Compote with Sauce (pg. 81)



Grilled Salmon with Sauce (pg. 83)

5 Wacky Workouts

Display Until 7/25/06

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NETWORK



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What if there was a lightweight foundation that covered like cream but applied like powder?

What if there was a make-up so pure that you could sleep in it?

What if your daily make-up included anti-aging ingredients?

What if it could also protect your skin from sun damage?

Sounds like a miracle? It is!

Mineral Make-Up

BY RACHELL HALL, LIFESTYLE EDITOR



Quality make-ups produced from pure crushed minerals apply like powder, cover like cream, protect skin from the sun and can be anti-aging.

More and more people are reading food labels to select healthier food with fewer chemicals. Now it's time to start reading cosmetic labels to select the healthiest choice for beautiful skin. We spend billions of dollars each year on beautifying skin treatments. Why would you spend your money on pore clogging make-up that contains irritating chemicals on your face or body? You wouldn't, of course, and you don't have to.

Read the cosmetic labels and you'll discover that many traditional cosmetics have ingredient lists as long your arm. The lists include unpronounceable ingredients like methoxycinnamate and cyclopentasiloxane. Most also contain inexpensive ingredients like talc (which can dry the skin and clog your pores) as well as other irritating ingredients like perfume, alcohol and chemical dyes.

Alternative solutions are quality make-ups produced from pure crushed minerals. They contain no fillers or binders, such as talc and mineral oil, so they won't clog your pores. They also contain minerals that protect your skin from the damaging effects of sun and free radicals. Some ingredients even help calm and sooth the skin. All this adds up to make-ups that do more than just improve your looks temporarily. They can actually improve your skin as well.

mineral foundation

Each brush by True Cosmetics is designed for a specific use and is created by careful choices in material, design, balance and function.

PHOTO BY RACHELL HALL

...me of the helpful
...redients you should
...nk for.

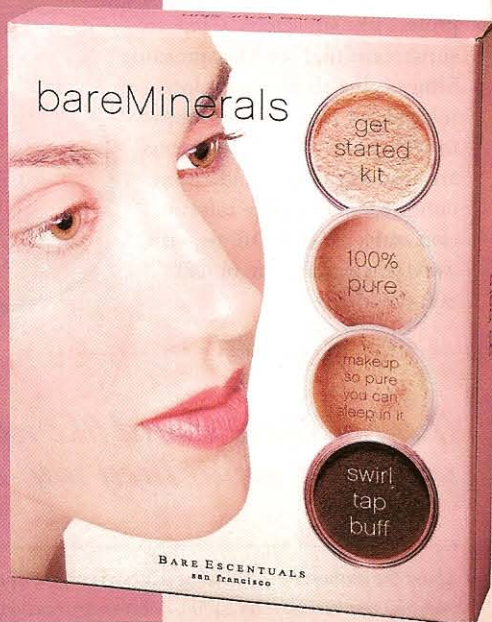
zinc oxide and titanium dioxide:
...ide essential protection from UVA and
...rays. These two ingredients are also
...ly known for their anti-inflammatory
...erties and the ability to help calm the
... . These are helpful in covering types of
...ess from acne to rosacea.

zinc: A transparent mineral mined from the
... with light reflecting properties. This
...edient creates the illusion of smoother
... and gives your skin that radiant "glow."

Iron Oxides: Are extensively used for color
... these non-irritating, micro minerals are per-
... for intense eye shadow and lip colors. >>

Get Started Kit
Bare Escentuals is the perfect
... if you have never used mineral make-up.
... is more than just mineral make-up. It is a
... little make-up event in a kit with a great
... make-up lesson. Leslie Blodgett, President
... CEO of Bare Escentuals, takes you through
... makeover, step-by-step. She teaches you
... easy it is to "swirl, tap and buff" your way
... to flawless make-up beauty.

... wonderful kit includes
... Vitamins Skin Rev-er-upper
... prepares your skin for flaw-
... make-up application; two
... Mineral foundations: SPF 15
... % pure minerals that buff nat-
... y into the skin; three face
... es for great mineral applica-
... (love the little kabuki brush);
... Mineral Veil, a soft translu-
... mineral powder that elimi-
... s shine and is great for after-
... touch ups. bareMinerals
... Started Kit is available exclu-
... y at Sephora stores nation-
... e for a modest \$60. Visit
... v.BareEscentuals.com or call
... 489-5000.



Make-up by True Cosmetics combines idebenone with the miracle of minerals to create a super protective line.

Emani Professional Cosmetics have a wonderful line of powdered mineral foundations, cheek colors and shadows. My favorite products in this line are their natural liquid foundations. Creamy but natural looking, they provide great coverage. Because they are in a titanium dioxide base mixed with a natural blend of jojoba, sesame and safflower oil, they hydrate and soften the skin while providing protection from free radicals. If you love to highlight your cheeks with sexy luminescence, get hooked on one of Emani's three natural liquid highlighters. Pink, gold or bronze can be used alone or mixed with liquid foundations. Experiment on your face and body — have some fun! Available in salons and beauty stores. Visit www.emani.com or call 800-340-4545.



Here's a new ingredient you must know about. It is an antioxidant called idebenone, which is great for your skin. It works a lot like Co-Enzyme Q10, yet when tested against other top anti-aging antioxidants like vitamin E, vitamin C and others, idebenone claims to be even more effective in its fight against skin damaging free radicals.

True Cosmetics, a forward thinking San Francisco-based company, combines this magic ingredient with the miracle of minerals into a super protective line of mineral make-up. The company believes in "embodying the best in ancient, future and current technologies, TRUE transcends momentary beauty to improve the skin and the soul." Finish your daily application with the must have True transforming mineral mist. This heavenly spray sets your mineral make-up beautifully and has an aromatherapy quality. TRUE mineral make-ups containing idebenone are available in fine spas and skincare centers nationwide. Visit www.truecosmetics.com or call 800-419-TRUE.

Jane Iredale's amazing foundations go on like powder but also help protect like sunscreen. Gone are the days of using goopy, titanium dioxide sunscreens that felt like spreading Elmer's glue all over your face. Instead, try Jane Iredale's amazing base with SPF 20. Her items are available at spas and salons nationwide. For more information and a list of locations, visit www.janeiredale.com or call 800-817-5665.



If all of these sound like natural wonders, you know what they say; expect a miracle.

About the author: Rachell Hall is a lifestyle expert who focuses on lavish, healthy living with beautiful results. She is an author, designer, gourmet and frequent radio and television guest. Visit her online at www.rhiflifestyle.com.