

YOU  
AT YOUR  
BEST

# SELF

## Get Slim Without The Gym

A Fast and Easy  
Fat-Melting Plan!

HAVE THE BEST SEX  
OF YOUR LIFE p.164

26 Shockingly Simple  
Health Helpers

BE A  
NATURAL  
BEAUTY  
Plus: Rebecca  
Romijn's  
Look-Great  
Routine



DS

## stant Ab keover Tummy, ed!

All Terrain Herbal  
Armor Insect  
Repellent

Citronella oil (10%)  
and soybean oil  
(5.6%)

up to 3 hours

\$8 (4 ounces);  
AllTerrainCo  
.com

"The pump applicator makes it easy to  
spritz on the foam. It's nongreasy, but the  
scent lasts so long you feel like a candle."