

MORE THAN A PRETTY FACE

September 2009

marie claire

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EASY TIPS FOR SEXY, GLOWING SKIN

THE NEW TROPHY WIVES

Win a \$100,000 designer makeover

Ashley Olsen spills her secrets

Look thinner,



Beauty Scoop

THE CLAIM: Get healthier-looking skin, shinier hair, and stronger nails by mixing these soy protein and safflower- and canola-oil-infused packets with a glass of water once a day.

THE COST: \$95 for 21 packets

Our tester did not like the chemical aftertaste of this powdered drink, but she loved how her typically brittle nails grew long and strong. She didn't see a change in her hair or skin texture, though.

“The safflower and canola oils provide essential fatty acids that are important for the hair and skin. Extra protein significantly improves the health of our skin, hair, and nails, but you could get the same amount offered here in a slice of turkey.”

FALL FASHION ISSUE!

HOTTEST LOOKS FOR EVERY SHAPE AND BUDGET

The leather jacket you need is on p. 28

PROJECT RUNWAY IS BACK!
Nina and Michael talk shop, p. 74

KIDNAPPED
“HOW I SURVIVED SIX YEARS IN THE JUNGLE”

\$3.99

