

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

# NEW BEAUTY

## WRINKLE ERASERS

We reveal ten innovations

Top beauty doctors share  
**ANTI-AGING BREAKTHROUGHS**

# MAKE IT SO OVER IS SO OVER



**THE CELLULITE TREATMENT OF THE FUTURE**

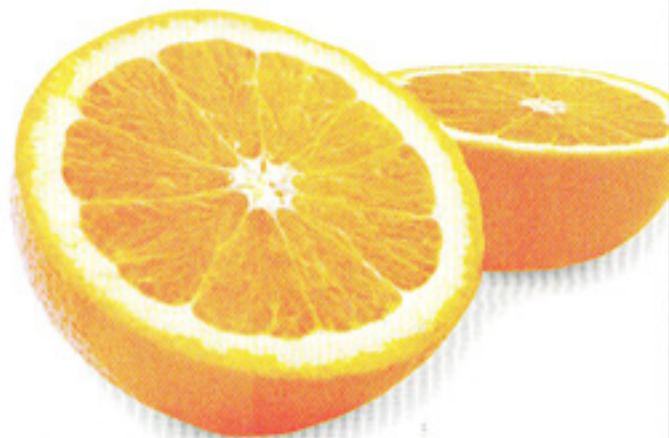
**OUR BIGGEST BEFORE-AND-AFTER ISSUE EVER!**

\$9.95US A SANDOW MEDIA PUBLICATION



250 NEW must-have beauty products and treatments of 2008

04



## BANISH BREAKOUTS

- > **Vitamin C** keeps blemishes at bay by removing toxins from the body. By stimulating collagen production, new skin cells are created and scarring is reduced.
- > **Vitamin E**, a tissue-repairing antioxidant found in oils, nuts and green vegetables, has been observed to prevent trapped oil in the pores from hardening and leading to breakouts, according to a study in the *Journal of Investigative Dermatology*.

### FIND THESE INGREDIENTS IN

The **Pure Skin Clarifying Supplement** from **Murad** packs a powerful punch of vitamins A and B and zinc to reduce inflammation and aid in tissue repair. Clinically proven to reduce blemishes by 55 percent in just six weeks, this daily supplement heals acneic and problematic skin from the inside out. \$42, [spalook.com](http://spalook.com)



**DOSAGE**  
Take two tablets in the morning and two in the evening.

05



## GET HEALTHY HAIR, SKIN AND NAILS

- > **Biotin** is a B vitamin shown to promote healthy hair, skin and nails due to its role in fat synthesis, which is essential for cell growth. More specifically, a Swiss study indicates that individuals who took biotin supplements for six months reported a 25 percent increase in nail thickness.
- > Insufficient **zinc** levels may result in hair loss, dull strands and premature discoloration, suggesting that supplementing the diet can lend sheen and strength to limp locks.

### FIND THESE INGREDIENTS IN

**BeautyScoop**, a dissolvable, vanilla-ice-cream-flavored formula containing nourishing peptides and lipids, is reinforced with key vitamins and minerals, like biotin, zinc, riboflavin and calcium. \$80, [beautyscoop.com](http://beautyscoop.com)



**DOSAGE**  
Just one packet a day with water for three weeks will yield shinier hair, stronger nails and more supple skin.