

fitness

WIN \$15,000 in the Ultimate Kitchen Sweepstakes, p. 20

**BLAST
MEGA
FAT**

**in 24
Minutes**

*Without Even
Leaving Your Couch!*

**SUPERFOODS
TO HELP YOU
LOOK YOUNGER**

Reader Tested

**New Detox Diets
That Really Work
and Won't Make
You Gag**

**Guilt-Free Desserts
SO OMG GOOD!**

**A-LIST
ABS!**
*Secrets
of Hollywood's
Hottest
Bodies*

**Beat
Exercise
Boredom**
*Smart Tweaks,
Faster Results*

*Reader
cover-contest
winner
Caroline
Seymour*

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Soothe Stressed Skin

A spa facial might not fit into your holiday budget, but you can give your skin TLC with an at-home mask. "Put it on just before you shower; the steam enhances the penetration of the ingredients," says Marta I. Rendon, M.D., founder of the Rendon Center for Dermatology & Aesthetic Medicine in Boca Raton, Florida. Follow her tips below to choose the right mask for you.

Skin type: OILY

Best formula: Clay, which pulls out impurities and minimizes oil

Our pick: **Olay Professional Pro-X Clear Intensive Refining Sulfur Mask Sulfur Acne Treatment** (\$30, drugstores), made with 10 percent sulfur, which fights acne

Skin type: COMBO

Best formula: Gel, with exfoliators, like retinol and gentle acids, to help rejuvenate skin

Our pick: **Dr. Dennis Gross Skincare Age Erase Recovery Mask** (\$48, Nordstrom stores), a two-step self-heating treatment with retinol and ascorbic acid

Skin type: DRY

Best formula: Cream, infused with hydrators like shea butter, hyaluronic acid and natural oils

Our pick: **Caudalie Vinosource Moisturizing Cream-Mask** (\$40, Sephora stores), which contains nourishing grapeseed oil and hyaluronic acid



Lighten your load! Customizable magnetic makeup palettes allow you to pop the pans of pigments out of cosmetics and stick them into a single slim compact. The **Z Palette** (\$14, zpalette.com) has a clear window, so you can see what's in it, and the **Unii Palette** (pictured; \$29, uniicosmetics.com) comes with a large mirror.

Style Refreshers

A sweat session can do a number on your do. Apply these light revivers, tested by FITNESS staffers, to dry hair to create texture and reset your style.

FLAT → VOLUMINOUS

KMS California Hairplay Dry Touch-Up (\$17, kmscalifornia.com for salons) "I use this before going out at the end of a long day, and it gives me body without any buildup." —*Bethany Gumper, senior editor*



MESSY → SEXY

Samy Dry Icing Instant Re-Style (\$5, Walgreens stores) "When I had no time to wash my hair after a run, this cream accentuated my curls for a beachy look." —*Jenna Autuori, fitness editor*



FRIZZY → DEFINED

Living Proof No Frizz Restyling Spray (\$26, Sephora stores) "This spritz smoothed fly-aways after a Spinning class but didn't weigh down my strands." —*Samantha Shelton, editorial assistant*



SWEATY → FRESH

Free Your Mane Reviving Spray (\$15, freeyourmane.com) "It eliminates the oiliness I get at my roots, making my hair feel like it was just washed." —*Amanda Downs, beauty intern*



SAVE YOUR SKIN stat!

Power pill: Taking an aspirin daily for at least five years cuts your risk of melanoma almost in half, perhaps due to the drug's anti-inflammatory effect, according to a study in the *Journal of Investigative Dermatology*.