



Memorial Day mmm...

May 16, 2016

for women

First



Grill up some fun!

HAPPY ENERGY! 5 NATURAL SECRETS

SUZANNE SOMERS, 69, REVEALS INEXPENSIVE DIGESTIVE HELPERS THAT REVERSE AGING

NEW THYROID CURE

**TIRED?
BLOATED?**

90% OF WOMEN WITH THIS INTERNAL INFECTION GO UNDIAGNOSED. EASY FIX!

YOU, BODY BEAUTIFUL

- ✓ STRETCH MARKS
- ✓ SPIDER VEINS
- ✓ CELLULITE
- ✓ ARM WOBBLER
- ✓ CHICKEN SKIN

ALL-NATURAL REMEDIES

REVERSE THINNING HAIR
TURN OFF STRESS
BOOST FAT LOSS BY 109%
SHRINK A DOUBLE CHIN

NEWS FROM HARVARD

80% of women over 40 lack a compound that speeds the thyroid

The healthy fats that replace what's lacking

Drop 35 lbs by Memorial Day

"It's crazy that I did what no doctor could do: I healed myself...naturally!"

—Cindy, who lost 53 lbs on the plan

FREEDOM FROM WORRY!

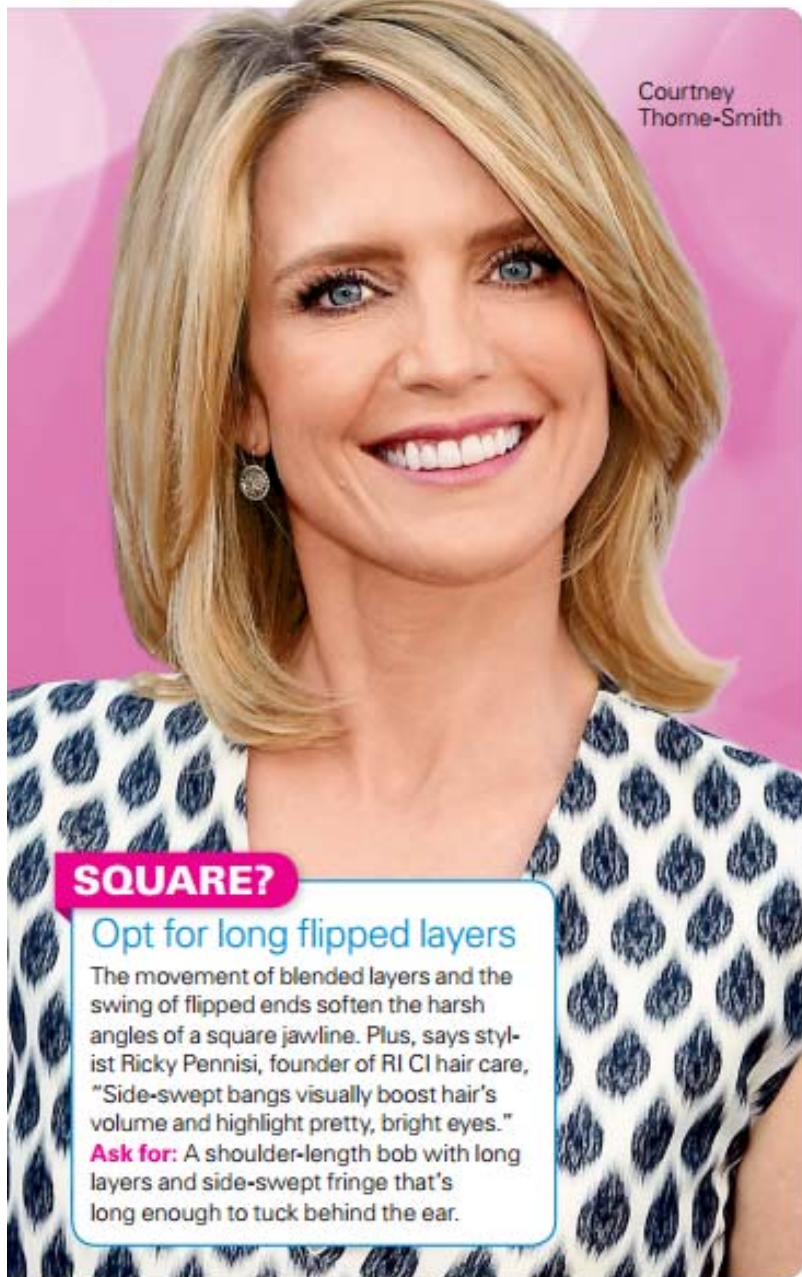
EXTRA CASH

THE GENIUS WAY TO MAKE \$30 AN HOUR—AT HOME!



Your best bob *found!*

This spring, A-listers are trading their long locks for chic crops that are a cinch to style and offer beautifying bonuses. The key to wow: choosing the cut that flatters your face shape



Courtney Thorne-Smith

SQUARE?

Opt for long flipped layers

The movement of blended layers and the swing of flipped ends soften the harsh angles of a square jawline. Plus, says stylist Ricky Pennisi, founder of RI CI hair care, "Side-swept bangs visually boost hair's volume and highlight pretty, bright eyes."

Ask for: A shoulder-length bob with long layers and side-swept fringe that's long enough to tuck behind the ear.



Jennifer Lopez

HEART?

Try a wispy lob

A long bob ("lob") with feathery layers that fan out at mid-cheek and around the jawline works to "fill in" a smaller chin, says Pennisi. Bonus: Parting hair in the middle helps conceal a wider forehead to give the face a more symmetrical look overall.

Ask for: A collarbone-length cut with razored and graduated layers.

PHOTOS, PROMILPT: GETTY; SPLASH NEWS (2); GETTY; TEXT: LAUREN GATCOMBE



Taraji P.
Henson

ROUND?

Go blunt and asymmetrical

"Because round faces lack angular features, they can handle a bolder cut," says Pennisi. "The blunt ends on this edgy style counteract the fullness of a round face by drawing the eye down to the clavicle, optically 'stretching' the face. The angled ends also help create the illusion of structured cheekbones." Another plus: Sleek, shiny strands put the spotlight on beautiful facial features like a bright smile.

Ask for: A blunt asymmetrical bob that's shorter in the back and slightly longer in the front with "spiky" ends that curve inward.

Bette
Midler



OVAL?

Snip in shortie waves

Springy layers of waves that frame the face direct the eye up to visually "shorten" a long face. Plus, the bounce adds body to thin locks. (For an added touch of youthful flair, follow Bette's lead and add a few strategically placed pale-pink highlights.)

Ask for: A cut that rests right above the shoulders with side bangs and face-framing layers.