

JULY 2010

Prevention

FAST-RESULTS PLAN

LOSE INCHES All Over!

- Foods That Slim
- Moves That Blast Fat
- Best Belly Flattener
- Look Thinner Now!

Save on
Healthy
Groceries

Toned Arms
IN 60 SECONDS!

**Your Body
Worries
SOLVED!**

**Radiant
Energy!**

13 NEW WAYS TO
GET IT, KEEP IT

**LOOK
and FEEL
15 YEARS
YOUNGER!**

*Dara
Torres*

How the busy
mom and
Olympic
swimmer
finds balance

\$3.59 US



Prevention.com

JUST CURIOUS

Q Does hair grow back thicker after shaving?

A: No. It just seems that way because shaving cuts hair at its thicker base (versus its naturally finer tip). When that blunt edge emerges, it can feel stiffer and denser than normal, says Ranella Hirsch, MD, a derm in Cambridge, MA. For less-stubbly regrowth, try waxing, which allows hair to grow in tapered at the tip. —Katie Becker

HEALTHIER HAIR COLOR

Permanent dye—the only surefire way to uniformly cover gray—is getting a welcome health makeover. **L'Oréal Professionnel INOA (an acronym for Innovation No Ammonia)** nixes ammonia, a pungent and irritating chemical that pries open the hair's cuticle to deposit pigment; with continued use, it weakens locks. INOA suspends color molecules

in an oil-based formula that opens the cuticle more gently. **Color is just as vibrant, and it even lasts a bit longer (healthier hair holds on to dye molecules better).** INOA comes in 49 shades and costs about 20% more than conventional color. For now it's salon-only (check inoa-us.com for info). —KB



Maximize Your Mascara

NYC-based makeup artist Kimara Ahnert shares tips to get more out of the mascara you already own:

- 1 Quick-clean your brush.** Wipe off the wand completely with a dry paper towel every other week. This keeps it acting like new by eliminating buildup.
- 2 Never "pump" the wand.** It won't improve how much product you get but will push air into the tube, causing mascara to dry out.
- 3 Prevent clumps.** Most wands collect too much mascara, so scrape the tip and lightly roll the brush on a tissue. Apply two thin coats.
- 4 Make it last longer.** Hold the closed tube under warm water for 30 seconds to soften the formula and eke out a few more smooth swipes. —KB