

# SELF

YOU  
AT YOUR  
BEST

## Great Abs Made Easy

Guaranteed Results  
For Every Body Type!

The #1

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### Hidden treasures

This season, gems go from jewelry box to vanity drawer, so you can splurge without going broke. Rock on!

**MALACHITE** Aveda Inner Light Liquid Foundation SPF 12, \$21, evens out ruddy skin with the light-reflective properties of this stone.

**TOPAZ** Artemis Woman Healing Gems Topaz Power Facial Scrub, \$20, incorporates this crushed crystal for exfoliation, while lemon, tea-tree and bergamot essential oil lift your mood post-polishing.

**TOURMALINE** HairArt's T3 Tourmaline Hair Dryer, \$200, employs a powdered form of this mineral to produce negative ions that smooth a frizzy 'do.  
—Ilana Blitzer



52 Self.com November 2004

## Give Yourself A Stress Makeover

20 Ways to Lower Your Worry Level

IS WHERE YOU LIVE MAKING YOU SICK? P. 156

Alexander's  
**Rosario  
Dawson:**  
How she  
learned  
to relax.  
Try it, p.128

