

December
Holiday 2005

healthwise

looking good • feeling good

**BEAUTY
IN & OUT**

**treating
pain**

**holiday
survival
guide**

LOOK GOOD

STAY FIT

EAT RIGHT

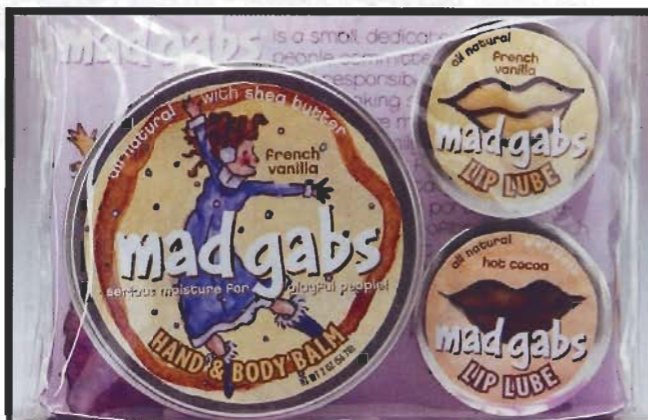
GIVE GREAT GIFTS

lorraine bracco

BEATING DEPRESSION

inside job

Ideal for moisturizing and nourishing the body throughout the chilly fall and winter, Mango Butter Buns from Malie Kauai is a solid butter you take IN the shower and rub all over your body, sealing in the water and steam to lock in moisture on the skin. When you step out of the shower and pat dry, you are fully moisturized and radiant from the butter's subtle golden glow, smelling lusciously like fresh mango, and with no need to apply lotion! Available at maliekauai.com, or by calling 866-767-5727.



winter wonders

Nothing soothes the senses in winter like the delicious aroma of hot cocoa, coffee bean or French vanilla, and nothing soothes your winter skin like Mad Gabs™ all-natural Café Lip Lubes and Winter Hand & Body Balms in your favorite coffeehouse flavors. Packaging products in an environmentally sensible way, working with adults with developmental disabilities, and recycling everything under the sun are just a few of the ways Mad Gabs makes a difference in the business world and the beauty world. To learn more, visit madgabs.com.



painful reminder of winter

When holiday stress triggers socially embarrassing and miserably painful cold sores, you need quick relief to get back into the spirit of the season. Novitra™ is a breakthrough, non-prescription cream that uses a proprietary active zinc to immediately reduce the tingling, blistering, itching, soreness and pain associated with cold sores. Visit novitra.com.

staying power

If the holiday season means marathon sessions of working, shopping and partying, with days running right into nights, you need Model in a Bottle®, a one-of-a-kind matte finish make-up setting spray. The product formulation holds foundation and eye make-up in place throughout the day and night, locking in the perfect look without the need for periodic touch-ups and re-applications. Available at modelinabottle.com



beauty superstore

Taking better care of your skin, grooming your eyebrows and buying some new make-up can do wonders to update your look, and now you don't even have to leave your home to get a makeover. Shop CosmeticMall.com for 15,000 top make-up, skin care, hair care, fragrance, and bath & body products to fulfill all your beauty needs. CosmeticMall.com also features expert beauty advice, free gifts with purchase, contests, promotions and sales.



fix for beauty

Skin care products aren't one size fits all, but your skin isn't simply dry, normal or oily either. Prescribedsolutions® is the only skin care line that enables physicians to use their professional knowledge to customize products for patients, especially those with specific skin conditions and concerns. From cleansers and moisturizers to anti-aging serums, the line includes a full range of products that can be individualized with active ingredients to address multiple skin care needs. For a list of physicians carrying the products, visit prescribedsolutions.com.