

SIZZLING SEX MOVES—FOR YOU & HIM!

It's Good to Be You™

Women's Health

SHRINK YOUR BELLY!

Fast-Track Weight Loss

Easy Money

Outsmart Cash Traps and Double Your Dough!

Get Lean, Sexy Legs!

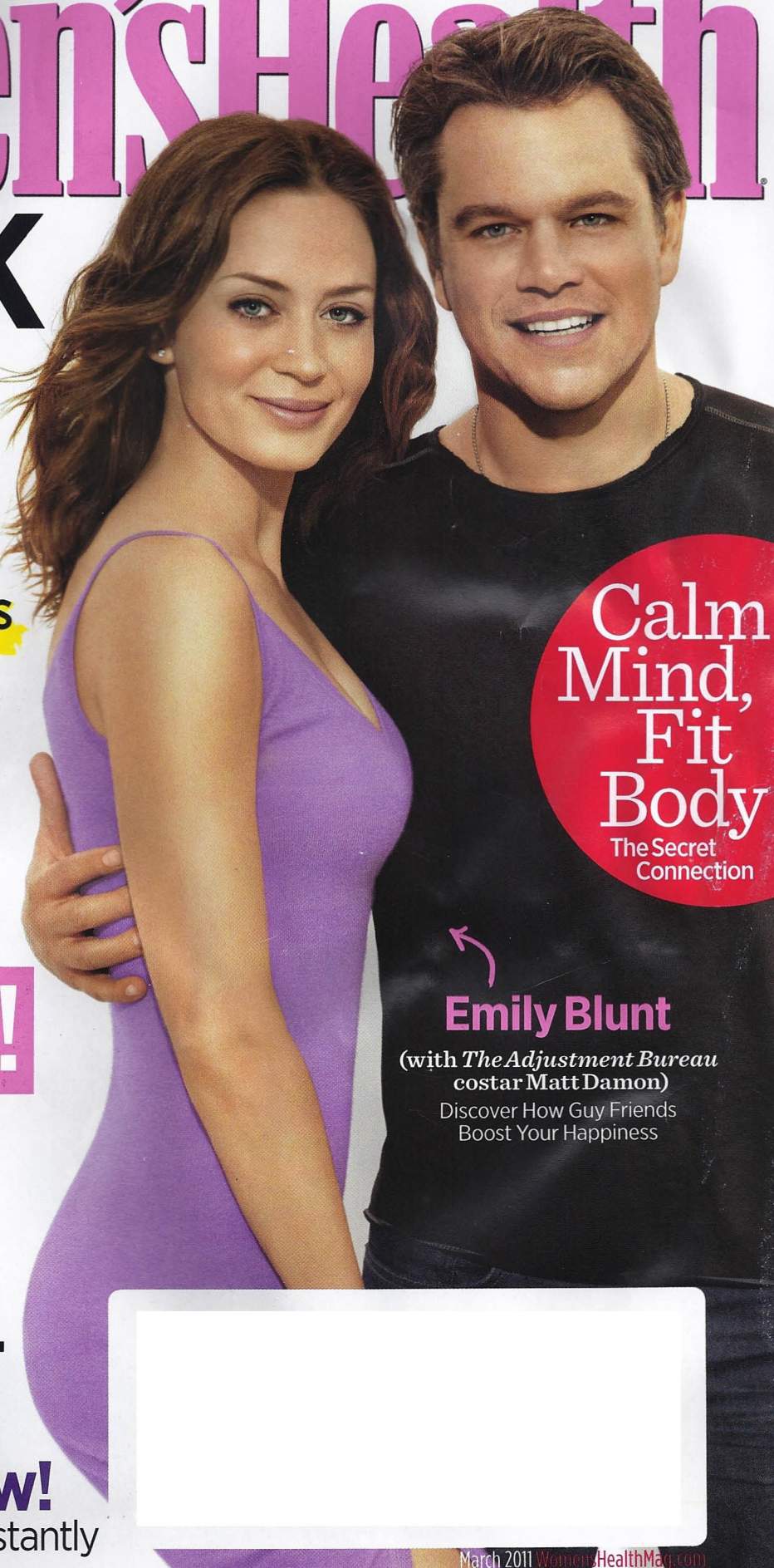
- ✓ Banish Stretch Marks
- ✓ Blast Cellulite
- ✓ Sculpt Gorgeous Muscle

SLEEP TIGHT EVERY NIGHT

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Look Thinner Now!

Styles That Shed Pounds—Instantly



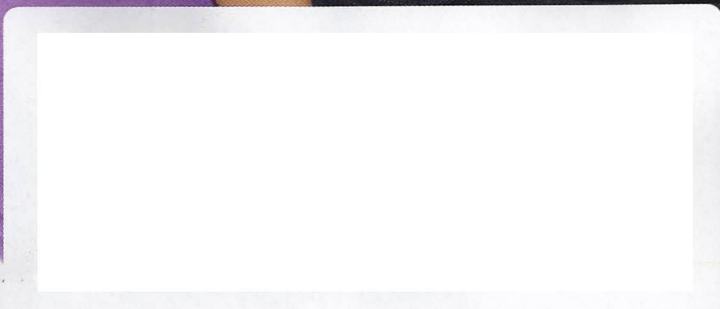
Calm Mind, Fit Body
The Secret Connection



Emily Blunt

(with *The Adjustment Bureau* costar Matt Damon)

Discover How Guy Friends Boost Your Happiness



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Women's Health

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ASK WH

I've heard that taking cold showers is good for your skin. True?

—*Chi Chi N., New York, NY*

False! The age-old idea that cold water shrinks pores (making skin look smoother) is unfounded, says dermatologist Kathy Fields, M.D., founder of the Rodan + Fields skin-care line. But cold water does have its perks: It constricts the hair cuticles so that they reflect light, which adds shine. Cool liquid also shocks your system, so a chilly shower can set off feel-good endorphins that boost your mood and energy level.