



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE.

Too busy to live?

How to go from swamped to sane—now!*



**GET YOUR
LIFE ON
TRACK!**

How one
small
change
can turn
everything
around

**IF YOU
THINK
YOU'RE
TOO FAT,**

too old, too this,
too that to wear
the new
fall clothes,
think again!
(page 280)

O
Sweepstakes
ENTER TO WIN
\$250,000!
AND A
\$10,000 BONUS
(page 50)

* Is your diet soda
killing you?...

**25 BURNING
HEALTH
QUESTIONS
ANSWERED!**

* **48 SOLUTIONS:**
Love, money,
work—no problem!

* **12 WAYS TO
UNCLUTTER**
your home, car, mail,
even your mind

* **GOT 10 MINUTES?**
World's fastest
fitness plan—
it's over before
you sweat (page 196)

* **PLUS: Oprah's cure for being overwhelmed**

SEPTEMBER 2008 \$4.50

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shopping

BEAUTY



Skincare Classic Gets Brilliant Makeover

Break open one of these capsules—an update on Elizabeth Arden Ceramide Eyes Time Complex—for the perfect dose of serum for the eye area. Because this new formulation contains more essential fatty acids, it's even better at locking in line-plumping moisture and preventing puff-inducing irritation. (Elizabeth Arden Ceramide Gold Ultra Lift and Strengthening Eye Capsules, \$52 for 60; department stores)

A Gloss That Really Delivers...

...on several fronts: flattering color, subtle sheen, cushiony texture, and a hint of chocolaty flavor. (Estée Lauder Pure Color Swirl Gloss in Berry Swirl and Caramel Swirl, \$18 each; esteelauder.com)



The Latest Laser Innovations

These treatments aren't cheap, but they're getting rave reviews.

TOTALFX AND FRAXEL REPAIR

The fractionated CO₂ laser (under the brand names TotalFX and Fraxel Repair) is the newest skin resurfacer. The original CO₂ laser has been around almost 20 years and yields incredible results—but only after weeks of oozing, flaking, and redness. This new version of the technology splits the CO₂ energy into smaller, gentler pixels and offers "almost the same wrinkle smoothing and skin tightening with much less downtime," says David Goldberg, MD, director of laser research at the Mount Sinai School of Medicine. (In a study, the average downtime was five days.) Usually only one treatment is necessary. (\$2,500 to \$3,500)

ISOLAZ DEEP PORE LAZR THERAPY

This machine combines intense pulsed light (to kill acne-causing bacteria) with suction (to clean out pores). In a small clinical trial, patients had up to a 90 percent improvement in their acne after four treatments. Patients usually see improvement after just one treatment, says dermatologist Fredric Brandt, MD, who's been using it in his practice for the past year. (\$300 to \$500 per session)

Great Buy!



A Major Boost for Fine, Flat Hair

John Frieda says this volumizing shampoo contains "patented fruit acid technology." This means nothing to us, so we asked two volume-challenged friends to test it out. One reported an unsolicited "your hair looks fabulous!" from a colleague; the other said: "My hair feels young again!" (John Frieda Luxurious Volume Full Splendor Shampoo and Conditioner, \$6.50 each; drugstores)

The Polish Color of the Season

Chanel nail polishes have been known to inspire eBay bidding wars (remember Black Satin?). We predict that Gold Fiction, a glittery honey hue that flatters every skin tone, will be no exception. For a more affordable precious metal, try Creative Nail Design polish in Crowned. (\$30, department stores; \$6, cnd.com for stores)



The Makeup to Splurge on This Fall

Choose from Givenchy's new collection: The colors are sumptuous, and you'll smile (a brilliant beautifier) just looking at the packaging. (Givenchy Pop Glass Crystal Lip Gloss in Romantic Dandy and Fatal Dandy, Prisme Again Eyeshadow Quartet in Smoky Shimmer and Precious Shimmer, Rouge Interdit Satin Lipstick in Fatal Dandy, Captiv' Eyes Intense Volume Mascara, \$24 to \$50; sephora.com)

