



COOL COCKTAIL

“ I didn’t realize watermelon has more of the antioxidant lycopene than tomatoes do until I worked on ‘Shed Years & Pounds in 7 Days.’ Now I’m even more devoted to sipping my favorite watermelon cocktail. No more bloody marys for me! ”

Lauren Purcell, deputy editor. Score our list of superfoods on page 146, and try Purcell’s recipe for a Watermelon Quencher at Self.com/search/recipe.

Love Your August

22 Ideas for a Relaxing, Joyful (and Healthy!) Month 29
Nab three ways to carve out more freedom in your frantic schedule; pick up a pair of flattering pants for \$60 or less; grab great deals on a wine tasting, yoga classes and more; satisfy an ice cream craving for only 140 calories.

Beauty

Beauty Update 44
Proven strategies for a pretty, more sparkling smile
Hair Bliss 101: Learn to Style Like a Pro 50
Achieve frizz-free curls or a sleek blowout, minus the salon. SELF readers show you how.
Look Younger in 28 Days 58
Our plan will make your skin glow now and forever.



ON THE COVER

Cover photograph by Robert Erdmann. Creative director, Cynthia Searight; fashion director, Evyann Metzner; hair, Richard Marin for Cloutier Remix; makeup, Amy Oresman for J. Artist Management; manicure, Candace Kason; prop styling, Andrew Trosmans. Shirt, Young, Fabulous & Broke; shorts, J.Crew. See Get-It Guide.



EDITOR'S PICK

“ I am loving this timeless gemstone ring to dress up jeans and a tee or make me shine at night. It looks expensive, but at \$16, it’s a steal! ”

Hedy Gold, accessories director. Add another bold statement piece to your wardrobe, page 82.

Beauty Flash 64
Your Kind of Beautiful 132
Discover the most flattering hair, makeup and skin trends to reveal a more gorgeous you.

Fitness

Game Changers 68
The best new sneakers of the season: Find your perfect pair before your next sweat session.

Body Bonus 70
Working out should be fun, doggone it! Try six Fido-friendly toning ideas that will help you trim down happily.
Fitness Flash 76
Slim in a Splash 122
Forget the gym. Beat the heat with seven firming moves you can do in the pool. You’ll have a blast while you sculpt. Bikini-ready? You betcha!

SLIMMING SECRET

“ The pooch I adopted from the ASPCA is the best trainer ever. When I got him, I lost 10 pounds almost immediately. He loves to play, so I run with him in the neighborhood, or I’ll throw the ball and then do 10 push-ups using a park bench. ”

Wendy Gimán, research editor. Clever ways to bond with your pet, page 70



CLOCKWISE FROM TOP LEFT: BILL BOCH/FOODPIX/GETTY IMAGES. ERICKA MCCONNELL. STILL LIFE: LUCAS VISSER. SEE GET-IT GUIDE.