

March 28, 2016

God Bless America

Woman's World

More
for your
money!
\$1.89

Gentle herbal remedy
**BLOCKS
SPRING
ALLERGIES!**

**GET MORE
DONE**
by looking
at kittens!

CURE JOINT PAIN

with the spice more powerful than Rx meds!

Light *this* scented candle to

BEAT STRESS
in two minutes flat!

Christie Brinkley's amazing

YOUNG-FOREVER

DIET! She looks *this* great at 62!
You can **LOSE 8 LBS A WEEK!**

Clever new ways to

SAVE ON GROCERIES!

✓ Try her favorite weight-loss supplements!

✓ Sip hot metabolism tea!

✓ Make your hair look thicker!

Easter Magic!



Easter
Yum in
a Jar!



Bunny
Fudge!



Easy Cupcakes!



Stay Young with WW

Secrets to Fuller, younger-looking lashes!



Noticed your eyelashes getting sparser with age? Here's the fix!

1 Using moisturizing mascara! It'll condition your lashes, preventing breakage! Choose one with keratin, "a protein that hair is made of," advises dermatologist Joshua Zeichner, M.D. One option: L'Oreal Paris Double Extend Lash Boosting Mascara (\$12, Amazon.com).

2 Breakfasting on biotin-rich foods! Morning favorites like whole-grain cereal (such as Cheerios and Total), yogurt and eggs are rich in biotin, a vitamin that's essential for developing lashes. Prefer a supplement? Take 2,500 mcg. daily (such as Nature Made for Hair/Skin/Nails Softgels, \$8.63, Amazon.com), Dr. Zeichner says. Important: If your lashes went from full and lush to ultra-thin in just weeks, ask your doctor to check your thyroid hormone levels.

3 Lengthening with a serum! "They provide essential oils and vitamins like panthenol and biotin," Dr. Zeichner says. Those are hydrating and promote new growth, resulting in stronger, fuller lashes in eight weeks. One option: Rimmel Lash Accelerator Serum (\$6, Drugstore.com).

4 Using oil to remove eye makeup! Olive or coconut oil, dabbed gently onto your closed lids with a cottonball, removes the makeup that can clog the delicate pores on your eyelids, stunting growth—and delivers natural essential fatty acids to your lash line, says dermatologist Maria Peredo, M.D.

Skip eyelash extensions!

The American Academy of Ophthalmology cautions that the glue used to apply lash extensions can cause infections, swelling and permanent lash loss! The better way to longer lashes? "Latisse," says Dr. Peredo. "It's the gold standard." This Rx treatment makes lashes up to 25% longer and 100% thicker in two to four months. (Cost: about \$120.) "Like all prescriptions, Latisse can cause some side effects, so ask your dermatologist if it's right for you," she says.

—C. Pagan