

9 SNEAKY WAYS TO REACH YOUR DREAM WEIGHT

SELF


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2008
BEST
Beauty
TRENDS

This past year, SELF's beauty editors have gone to 842 events, received 26,954 e-mail messages and opened 14,040 bags and boxes containing the latest beauty products. Now we've singled out the best, easiest-to-adopt trends in hair, skin, makeup and more. Try a few and prepare to welcome a

gorgeous
new you!

3 trends we hope won't go away

NATURAL EVERYTHING Brands have been pulling chemicals from what seems like every formula. Huge news: Hair care saw the debut of the first USDA-certified organic line (Intelligent Nutrients).

MAKEOVERS MINUS COMMITMENT New websites make updating your look easier. Try Taaz.com, which uses makeup colors from real brands. You can buy exactly what you tried.

FULLER BROWS Gone are pencil-thin brows that look tattooed on. Instead, embrace healthy, fuller brows. Turn to page 78 to take yours from "brow how?" to "brow wow!"

3 trends we wish would

STICK-STRAIGHT HAIR Strands ironed into submission are hot, but not in a good way. Far sexier: playing up your natural texture. Unfussy hair will always be in style.

A FULL FACE OF MAKEUP Many brands are touting the return of high-octane makeup (think Joan Collins circa the '80s), but the subtle, less-is-more approach has much greater appeal.

THE PROMISE OF AN INSTANT FACE-LIFT Medi-spas are marketing quick-fix lunchtime cosmetic procedures. While we're all for beauty shortcuts, this one is just not realistic.