

# ELEVATE

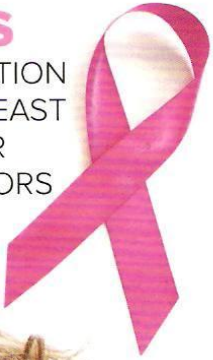
ANTI-AGING • ENHANCEMENT • WELLNESS

## HOW TO LOOK HOT FROM HEAD TO TOE

GREAT BREASTS  
GORGEOUS SKIN  
LASH OUT AND LOOK YOUNGER

**KATIE HOLMES'**  
BEAUTY SECRETS

**PLUS**  
INSPIRATION FOR BREAST CANCER SURVIVORS



PURR-FECT THE CAT EYE  
This season's sultriest make-up trend

SEPTEMBER+OCTOBER 12 \$5.00CDN

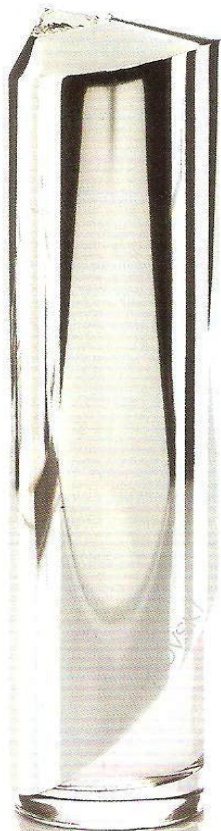


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# NEWS BODY

## 3 WAYS TO DRESS UP YOUR DRESSER

These perfume bottles look like *objets d'art*, perfect for adding style to your personal space.



sophisticated

**1. If you're sophisticated,** try Aura by Swarovski (\$76). The crystal will refract gorgeous light fragments around the room; the scent will attract only the most suitable of men.  
**TOP NOTES:** Amber.  
**HEART OF THE SCENT:** Vanilla.  
**LASTING IMPRESSION:** White musk.

**2. If you're flirty,** try Dot by Marc Jacobs (\$105). Playful and unexpected, there's nothing girlish about this scent.

**TOP NOTES:** Red berries, dragonfruit and honeysuckle.  
**HEART OF THE SCENT:** Jasmine, coconut water, orange blossom.  
**LASTING IMPRESSION:** Vanilla and driftwood.



flirty

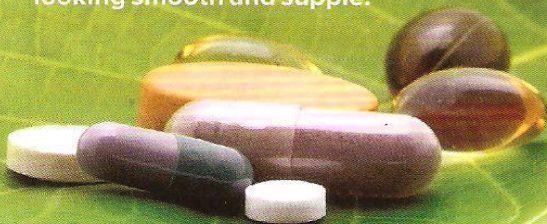


feminine

**3. If you're feminine** try Vera Wang's Lovestruck Floral Rush (eau de parfum spray, \$105). The fragrance matches the floral bouquet the bottle depicts.

**TOP NOTES:** Champagne and apricot flower.  
**HEART OF THE SCENT:** Pink passion flower.  
**LASTING IMPRESSION:** Musk and amber.

**THE ABC'S OF GLOWING SKIN**  
 According to the American Skin Association, eating foods rich in vitamins A, B1, B6, C and D can help keep the skin on your body looking smooth and supple.



### POLISH UP ON SOFTER SKIN

The best way to get smooth skin is to exfoliate regularly. Our favourite way to grant our skin some renewal time? Live Clean's Spa Therapy Body Scrub. Soy protein and organic aloe soothe and protect, and finely ground corn cob meal and walnuts exfoliate. Plus, it smells of lemon and ginger and is 98 percent plant derived, with no parabens, phthalate and phosphate free. (\$9.97, at Walmart).



live clean  
 (spa therapy)



polishing  
 BODY SCRUB  
 GOMMAGE CORPOREL  
 polissant

enriched with soothing essential oils  
 98% plant derived - phthalate free - parabens free  
 sans ingrédients nocifs - sans parabènes - sans phtalates

200 g/7 U.S. oz.

