

# SELF

FREE!  
Prizes  
on Every  
Page!



## The Simplest Slim-Down

Tiny Tweaks to Shape Up  
Your Abs (And Your Attitude)

LESS STRESS,  
MORE CREATIVITY  
Brainpower Special

BEAUTY TRICKS  
FOR BUSY CHICKS  
Genius Shortcuts to  
Clear Skin, Glossy Hair

20 UNEXPECTED  
SEX BOOSTERS  
Our Favorite: #14

COMFORT FOOD  
MAKEOVER  
6 Easy, Healthy  
Recipes

EAT UP  
AND LOSE  
WEIGHT  
4 Women  
Did It. Next,  
Your Turn!

# Look casually sexy

Elizabeth Banks  
Of 30 Rock Shares Her No-Gym Secrets

Cozy, Chic  
Fall Clothes  
for Any Body

## Fashion

**Blue-tank cover**  
Trina Turk tank, \$148; TrinaTurk.com. Work Custom jeans, \$175; SatineBoutique.com. Gurhan earrings, \$1,080; Saks Fifth Avenue, 561-393-9100.  
**White-sweater cover**  
Michael Kors sweater, \$1,395; Saks Fifth Avenue, 212-753-4000. Dana Rebecca Designs ring, \$2,860; DanaRebeccaDesigns.com. Earrings, \$31,900; DeBeers.com. Bedat & Co watch, \$4,950; Tourneau.com.  
**Page 8** United Colors of Benetton sweater, \$109; 800-535-4491. Victoria's Secret Catalogue vest, \$98; VictoriasSecret.com. Kombi hat, \$20; KombiSports.com.  
**Page 12** The T by Joe's shirt, \$88; JoesJeans.com. Socks, \$10; AmericanApparel.net. Cleats, \$65; Nike.com.  
**Page 26** On woman at left: Karma sports bra, \$43; KarmaWear.com. Shorts, \$48; Body LanguageSportswear.com. Helen Ficalora chain, \$70, and charm, \$135; 877-754-2676. Sneakers, \$100; Asics.com. On woman at right: tank, \$50; Body LanguageSportswear.com. Shorts, \$38; Lucy.com. Sneakers, \$130; NewBalance.com.  
**Page 32** Dress, \$193; AmandaUprichard.com. Ada Collection belt, \$55; AdaHandbags.com. Borgioni earrings, \$5,425; Roseark, 323-822-3600. Alberian & Alulde

sapphire bracelet, \$3,915; Roseark, 323-822-3600. Sydney Evan pyramid-stud bracelet, \$5,925; HoltRenfrew.com.  
**Page 38** Tank, \$52; Zobha.com. Pants, \$55; NewBalance.com. Sneakers, \$100; Nike.com.  
**Page 75** Elisabetta Rogiani sports bra, \$60, and shorts, \$65; Rogiani.com. Sneakers, \$80; NewBalance.com for similar styles.  
**Page 76** Gap tank, \$17, and shorts, \$15; Gap.com.  
**Pages 106-107** Bikini top, \$165, and bottoms, \$175; EresParis.com. Speedo goggles, \$17; SpeedoUSA.com. On men: Speedo bathing suits, \$33 each, and goggles, \$20 each; SpeedoUSA.com.  
**Pages 108-109** Shirt, \$55, and sports bra, \$28; Nike.com. Shorts, \$28; KosUSA.com. Timex watch, \$50; Nordstrom, 888-282-6060. Sneakers, \$125; Asics.com. On men, from left: dark gray shorts, \$30, sneakers, \$100, and light-gray shorts, \$30; Nike.com. Watch, \$150; Bulova.com. Sneakers, \$100; Asics.com. Adidas shirt, \$35; ShopAdidas.com. Champion shorts, \$22; ChampionUSA.com. Sneakers, \$100; Nike.com. Champion shirt, \$15; ChampionUSA.com. Shorts, \$35; UnderArmour.com. Adidas sneakers, \$85; ShopAdidas.com.  
**Page 110** Sports bra, \$38; Lucy.com. RLX Ralph Lauren pants, \$98; Bloomingdale's,

800-555-SHOP. Sneakers, \$55; NewBalance.com.  
**Page 118** Dress, \$900; PeterHidalgo.com.  
**Page 121** Ellelauri by Liz & Laura Rymar romper, \$115; Ellelauri.com.  
**Page 124** Sonia by Sonia Rykiel dress, \$390; Nordstrom, 503-224-6666. 1717 Olive hat, \$40; The New York Look, 212-362-8650. Fraas scarf, \$36; 212-575-0191. Boots, \$995; CarShoe.com. On him: Kenneth Cole sweater, \$149; 800-KEN-COLE. Polo Ralph Lauren pants, \$145; Ralph Lauren.com. Belt, \$98; ColeHaan.com. Kenneth Cole boots, \$148; Macy's, 800-925-4848. **Page 125** Dress, \$575; ChristopherFischer.com. Club Monaco hat, \$79; 212-459-9863. Mulberry scarf, \$475; 212-209-8956.  
**Page 126** Rebecca Taylor dress, \$550; 212-966-0406. Marc by Marc Jacobs cardigan, \$278; 212-924-0026. Scarf, \$375; SprattersAndJayne.com. Boots, \$169; NineWest.com.  
**Page 127** Gaultier sweater, \$695; Ikram, 312-587-1000. Isabel Marant pants, \$470; 212-219-2284. Leatherock belt, \$126; 800-466-6667. Janis by Janis Savitt bracelet, \$400; Bergdorf Goodman, 800-558-1855. Flutter by Jill Golden bracelet, \$220; P45.com. **Page 128** Michael Kors shirt, \$795, skirt, \$995, and

hat, \$495; 866-709-KORS. Topshop Unique jacket, \$750; Topshop.com. What Goes Around Comes Around belt, \$128; WhatGoesAroundNYC.com. Socks, \$12; Hue.com. Boots, \$395; ToryBurch.com. Bag, \$1,850; Louis Vuitton.com. Duffel, \$125; TheNorthFace.com. On him: Ray-Ban sunglasses, \$140; SunglassHut.com. **Page 129** Marc Jacobs sweater, \$820, and skirt, \$1,400; 212-343-1490. Socks, \$6; Hue.com. Boots, \$225; J.Crew.com. On him: French Connection sweater, \$158; Zappos.com. Jeans, \$189; 7ForAllMankind.com.

## Beauty

Unless otherwise noted, all products are available at select department stores or mass retailers.  
**Page 54** Avon.com. Stila, StilaCosmetics.com. Super by Dr. Nicholas Perricone, PerriconeMD.com.  
**Page 58** KevinMurphy.com.au for locations. KellyVanGogh.com.  
**Page 59** Sebastian, SebastianProfessional.com for locations. Rene Furterer, Beauty.com. Davines.com for locations.  
**Page 60** Joico.com for locations. CHI Organics, Ulta.com. Care of Ken Paves, QVC.com.  
**Page 116** Tweezerman, Sephora.com. **Page 119** OliviaGarden.com.

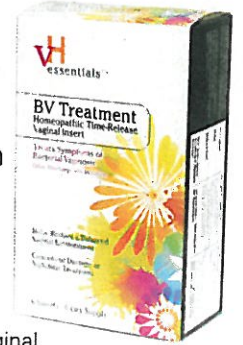
## get-it guide



Promotion  
autumn diary  
style, health & beauty

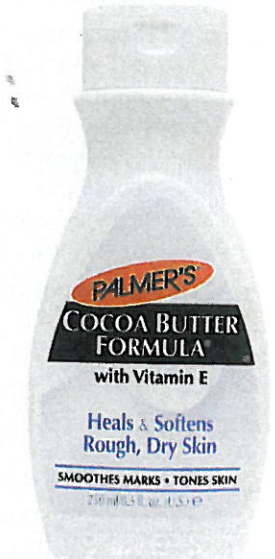
All-Natural  
Solution  
for Common  
Infection

vH essentials®  
BV Treatment  
is the first and  
only widely  
available OTC vaginal  
tablet that provides rapid relief from  
Bacterial Vaginosis (BV) symptoms.  
[www.vHessentials.com](http://www.vHessentials.com)



The Good  
Stuff From  
Yogurt!  
Take  
AccuFlora®  
Advanced CD  
every day for  
a naturally  
healthy  
digestive  
system. It

helps replenish beneficial bacteria and  
provides up to 12 hours of pro-biotic  
support. Available at fine retailers.  
[nwnaturalproducts.com](http://nwnaturalproducts.com)



Make Your Skin Top Priority  
Give dry, uncomfortable skin a treat  
with Palmer's Cocoa Butter Formula.  
Enriched with Vitamin E in a soothing  
emollient base, this unique moisturizer  
heals and softens rough, dry skin. Use  
over any dry area for smooth and silky  
skin results. An excellent all-over-body  
moisturizer and after tanning butter.  
Visit [www.palmers.com](http://www.palmers.com).

Produced by WMI 203.256.4102 womensmarketing.com

SELF IS A REGISTERED TRADEMARK OF ADVANCE MAGAZINE PUBLISHERS INC. COPYRIGHT ©2010 CONDÉ NAST. ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. VOLUME 32, NO. 11. SELF (ISSN 0149-0699) is published monthly by Condé Nast, which is a division of Advance Magazine Publishers Inc. PRINCIPAL OFFICE: The Condé Nast Building, 4 Times Square, New York, NY 10036. S. J. Newhouse, Jr., Chairman; Charles H. Townsend, Chief Executive Officer; Robert A. Sauerberg, Jr., President; John W. Bellando, Chief Operating Officer/Chief Financial Officer; Jill Bright, Executive Vice President/Human Resources. Periodicals postage paid at New York, NY, and at additional mailing offices. Canada Post Publications Mail Agreement No. 40644503. Canadian Goods and Services Tax Registration No. 123242885-RT0001. Canada post: Return undeliverable Canadian addresses to P.O. Box 874, Station Main, Markham, ON L3P 8L4.  
POSTMASTER: SEND ADDRESS CHANGES TO SELF, P.O. Box 37662, Boone, IA 50037-0662. FOR SUBSCRIPTIONS, ADDRESS CHANGES, ADJUSTMENTS OR BACK-ISSUE INQUIRIES: Please write to SELF, P.O. Box 37662, Boone, IA 50037-0662, call 800-274-6111 or email [subscriptions@self.com](mailto:subscriptions@self.com). Please give both new and old addresses as printed on most recent label. Subscribers: If the U.S. Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. If during your subscription term or up to one year after the magazine becomes undeliverable, you are ever dissatisfied with your subscription, let us know. You will receive a full refund on all unmailed issues. First copy of new subscription will be mailed within eight weeks after receipt of order. Address all editorial, business and production correspondence to SELF Magazine, 4 Times Square, New York, NY 10036. For permissions and reprint requests, please call 212-630-5656 or fax requests to 212-630-5883. Visit us online at [Self.com](http://Self.com). To subscribe to other Condé Nast magazines on the World Wide Web, visit [CondeNet.com](http://CondeNet.com). Occasionally, we make our subscriber list available to carefully screened companies that offer products and services that we believe would interest our readers. If you do not want to receive these offers and/or information, please advise us at P.O. Box 37662, Boone, IA 50037-0662 or call 800-274-6111.  
SELF IS NOT RESPONSIBLE FOR THE RETURN OR LOSS OF, OR FOR DAMAGE OR ANY OTHER INJURY TO, UNSOLICITED MANUSCRIPTS, UNSOLICITED ARTWORK (INCLUDING, BUT NOT LIMITED TO, DRAWINGS, PHOTOGRAPHS AND TRANSPARENCIES) OR ANY OTHER UNSOLICITED MATERIALS. THOSE SUBMITTING MANUSCRIPTS, PHOTOGRAPHS, ARTWORK OR OTHER MATERIALS FOR CONSIDERATION SHOULD NOT SEND ORIGINALS, UNLESS SPECIFICALLY REQUESTED TO DO SO BY SELF IN WRITING. MANUSCRIPTS, PHOTOGRAPHS AND OTHER MATERIALS SUBMITTED MUST BE ACCOMPANIED BY A SELF-ADDRESSED STAMPED ENVELOPE.

WIN! One personalized Candle Garden (\$70) and one Wish Tree (\$60) from Red Envelope. Go to [Self.com](http://Self.com).