

New Secret to Lasting Weight Loss • #1 Gorgeous-Skin Trick

# Health

## GET A FLAT BELLY

### Fast!

Drop 2 Lbs of Flab in 7 Days

New Natural Headache Cure

## YOUR BEST BODY EVER!

Total Firm-Up Plan p.98

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**INSTANT ENERGY BOOSTERS**  
*These Work All Day!*

**CURB CRAVINGS**  
Ultimate Fix p.50

**Just a Mole... Or Cancer?**  
Check Photos, Inside

*Jaime Pressly*  
Her top fat-burning move

Health.com JUNE 2010



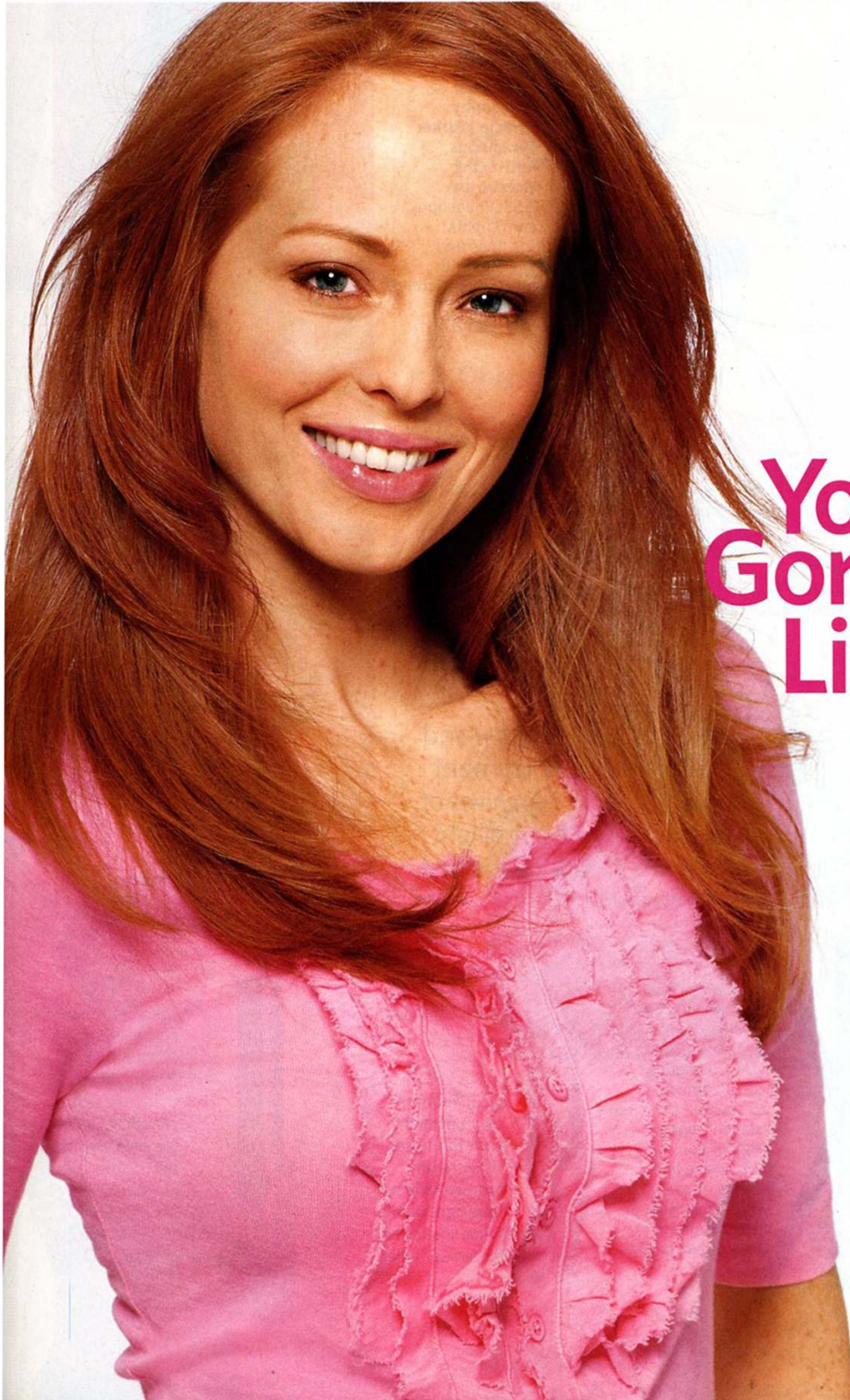
# 78

## AMAZING BUYS!

\$6 Anti-Ager • \$2 Superfoods  
• Free Spa Treat

# Healthy Beauty

**Health Promise:** ALL BEAUTY PRODUCTS FEATURED HAVE BEEN TESTED AND APPROVED BY OUR HEALTH AND BEAUTY EXPERTS.



## Your Gorgeous List!

*By Jennifer Goldstein*

### HEALTHIER HAIR COLOR

Salon hair color is getting a whole lot better thanks to a new L'Oréal Professionnel dye called INOA, which stands for Innovation No Ammonia. The permanent color can do everything you'd expect (change your hue, cover gray, lighten strands), but it doesn't contain ammonia (the smelly stuff that can dry out hair). "The formula is also great for women with sensitive skin and those who are allergic to regular dye," says colorist Nicholas Penna Jr., owner of SalonCapri in Boston. Go to [Inoa-US.com](http://Inoa-US.com) for salon locations near you (prices vary depending on location). ●▶

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