

RED BOOK

THE DEADLY
DISEASE
THAT STRIKES
WOMEN LIKE YOU

LOVE
YOURSELF
MORE!
34 EASY
WAYS

AHHH
SUMMER!
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GREAT
IDEAS
TO ENJOY
EVERY LAST
SECOND

Diane Lane
tells us who she really is

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THAT WORK**

we know—we tried 'em!
(see our butts, p. 139)

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AUGUST 2005

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Summer

one

walk barefoot on the beach

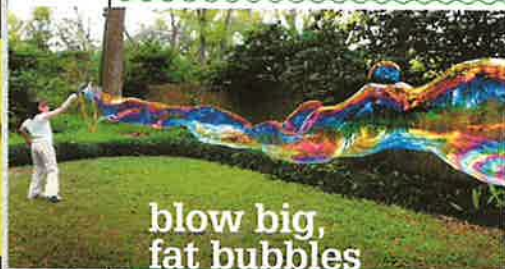
Whether you're strolling hand in hand or hunting for seashells, walking on the beach is a win-win pleasure: It's relaxing *and* you'll give your feet, ankles, and legs a good workout. "Most people walk only on even surfaces, like pavement and flooring, which weaken your feet and ankles," says Debbie Rosas, a fitness expert in Portland, OR. "When you walk on the beach, your feet sink into the sand, which strengthens the intrinsic muscles that help you balance."



2

chew on saltwater taffy

Once and for all, yes, there is salt water in the taffy. "But we don't run out to the ocean to grab a cup—we use a mixture of sea salt and water," says Lisa Whitley, marketing director for James' and Fralinger's Salt Water Taffy, made on the boardwalks of Atlantic City. The top flavors: chocolate, vanilla, and strawberry (just like ice cream!). Go to seashoretaffy.com for a retro-style box of your favorite flavor (\$7 for a box, \$14 for a tin).



blow big, fat bubbles

Mini bubbles are a quaint way to send off a bride and groom, but monster bubbles are what you want for a fun activity with the family. Klutz's bubble maker (\$17, klutz.com) comes complete with a book of tips, recipes, and bubble tricks. All you need is a bucket filled with soapy water. To make your own bubble solution, add 1 cup of soap (Klutz recommends Ultra Dawn dish soap) to 12 cups of water.

4



3

sleep on sun-kissed sheets

Pick a spot in your yard that gets direct sunlight to spread your sheets out on a clothesline. "Sun-dried sheets have a different feel than sheets you've put in the dryer," says Norma Keyes, director of fiber quality research at Cotton Inc. "There's a special crispness and an outdoor-fresh scent that can only be achieved from drying them outdoors." Note: Sunlight can fade colors, so enjoy this snugly treat with white sheets.

FIVE

sip fresh lemonade

Whatever your warm-weather uniform—grub-in-the-garden dungarees or crisp white linen—a tall, cool glass of lemonade is the ultimate accessory. "The key is using fresh ingredients," says Kamal Kouiri, beverage director at Molyvos restaurant in New York City. To sweeten, Kouiri prefers a mint-infused simple syrup to straight sugar: Make at home by combining equal parts water and sugar (2 pints of water and 2 pints of sugar for a batch of lemonade). Cook the mixture slowly over heat until the sugar has dissolved—about a pint will cook off. Let cool, then toss in a few mint leaves and remove after one or two minutes.

INGREDIENTS:

- 1 pint lemon juice (about 10–12 lemons)
- 1 pint orange juice
- 1 pint simple syrup
- 4 oz pineapple juice
- Lemon and lime wedges
- Mint leaves, shredded

Combine first 4 ingredients in a gallon pitcher with 4 pints of water. Add lemon and lime wedges and shredded mint leaves to taste. Serve over ice. Garnish each glass with one slice each lemon and lime, plus a sprig of mint.