

1 WEEK TO A CALMER, LESS-STRESSED YOU!

**523**  
FREEBIES  
INSIDE

OUR  
BIGGEST  
ISSUE  
EVER!

# SELF

## BEAUTY BARGAINS

READER FAVES!  
28 UNDER \$10

**JENNIFER  
GARNER**  
SHARES HER  
HAPPY-LIFE  
SECRETS

■ **PILLOW TALK**  
A BLUSH-FACE  
TO SATISFY

■ **INSTANT**  
**CHECK** &  
TELL-TALE

■ **NO-HUNTS**  
**TO CRUSH**  
(AND WHEN)

**SLIM**  
**IN JUST**  
**30 MIN**

**EASY**  
**SHAVE**  
**EVER**

## hair

Whether your style needs volume, shine or defrizzing, you'll find your answer with the **26 superstars** below (and on the next page). If there were a hall of fame for hair products, we'd be happy to induct these!

### **Best All-Around Shampoo**

**Biologie Cooling Mint Shampoo, \$14**  
Fans liked this "deeply cleansing" shampoo for its herbal scent and oil-absorbing glycerin. "It put the kibosh on grease without stripping." **1**

### **Best Hydrating Shampoo**

**Redken All Soft Shampoo, \$12**  
With avocado oil and proteins, this "heavenly smelling" shampoo garnered applause from testers for its softening benefits. "I didn't need to follow with conditioner." **2**

### **Best Volumizing Shampoo**

**Giovanni Organic Hair Care Root 66 Max Volume Shampoo, \$8**  
Achieving sky-high body and lift doesn't have to take a kit of volumizers, round brushes and blow-dryers. Testers were thrilled to witness "a dramatic increase in overall volume" from this height-infusing shampoo. "It worked wonders. Even after the first time I sudsed up with it, it made my fine, limp hair look like it had natural, God-given body and a lot of bounce," one happy user said. **3**

### **Best Shampoo for Color-Treated Hair**

**Bain de Terre Passion Flower Color Preserving Shampoo, \$10**  
Scrubbing your hair until it feels like straw isn't the way to a squeaky-clean style. With UV protectants to prevent a glossy salon color from fading, this preserving shampoo "made my hair shine more than normal," a tester said. The rich lather gave one enthusiast "silky-soft strands you can easily run your fingers through." **4**

### **Best Smoothing Shampoo**

**Palmer's Olive Oil Formula Smoothing Shampoo, \$6**  
Credit this shampoo's olive oil and keratin for filling in the cracks in each strand, which adds shine to the texture and tames all hair types. "I'm an African-American woman, and this shampoo gave my hair shine and softness." **5**

### **Best Dry Shampoo**

**Ojon Rub-Out Dry Cleanser, \$24**  
Dry shampoos can be chalky and drying, but readers raved about the refreshing benefits of this easy-to-use spray. "It got the oiliness out of my hair and added some texture without a sticky or flaky feeling." Plus, the spray's bamboo aroma drew praise. "It took any unpleasant scents out of my hair." **6**

