


The Sweet-Tooth Diet

Prevention



Beat Stress
In Just
20 Seconds!

JUNE | 2012

look-your-best
+beauty

Return Of The Perm

Leave the frizzy poodle 'dos in the '80s—there are healthy new perms in town. **Arrojo American Wave** (\$400; arrojoamericanwave.com for salons) and **Redken Urban Curls Shape Control System** (\$150 and up; available only in June; redken.com for salons) offer the good stuff—body, wave, bounce—without the bad: dry hair, fried ends. The formaldehyde-free treatments last 3 months or more.

—Jennifer Goldstein

