

# SELF

COOL  
FREEBIES  
INSIDE

Zap 400  
Calories  
at Home

## Sexy Curves Ahead!

Keep the booty. Lose the belly.

Slimming  
Secrets from  
Revenge Star  
**EMILY  
VANCAMP**

## TASTY SNACKS

Burn Fat Just By Eating

## SEX TURN-ONS

New, Fun, Memorable!

## Anti-Cancer Guide

P. 107

# You: fearless!

Learn to do and say stuff that scares you

## LOOK IRRESISTIBLE

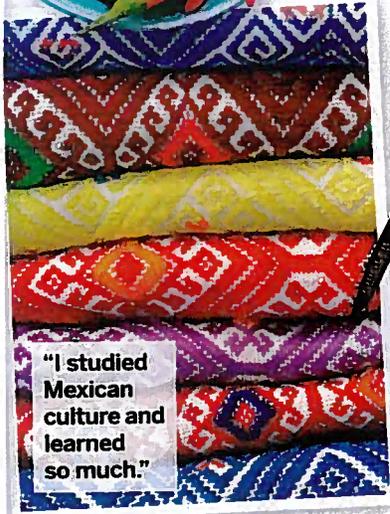


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107

“Mexican spices remind me of my month of self-discovery.”

Katie Lee, chef



“I studied Mexican culture and learned so much.”



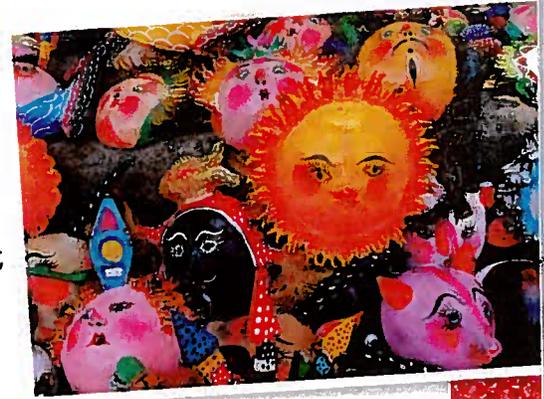
“After my divorce, I traveled to Sayulita and Punta Mita and wrote a novel,” Lee says.

Picks with some kick 1 Krigler Oud Azur 75212, \$325: pepper, ginger and leather 2 Diptyque Volutes, \$120: tobacco and pink pepper 3 Noche del Fuego by Spadaro Luxury Fragrances, \$155: paprika, saffron and pepper

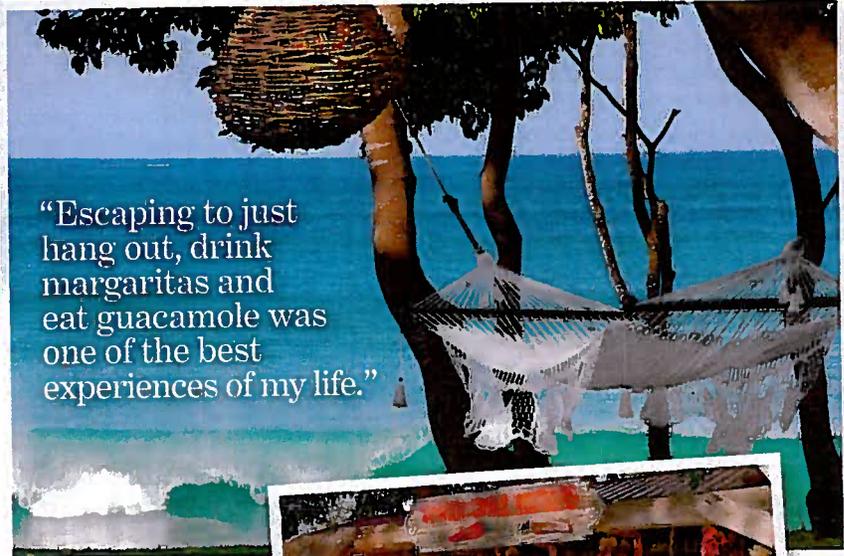
“I was afraid of the ocean, but I got up the guts to go surfing and was hooked.”



“Being out of my comfort zone helped me find another piece of myself.”



“Escaping to just hang out, drink margaritas and eat guacamole was one of the best experiences of my life.”



4 Lisa Hoffman Beauty French Clary Sage, \$65: sage and yellow freesia 5 Bond No. 9 Manhattan, \$270: nutmeg and gingerbread 6 L'Occitane Eau Captivante, \$47: mint, basil and lime



“Every day, I ate at the same food stand. The owner, Rosa, taught me how to make her salsa.”