

January 13, 2004

Woman's World

THE WOMAN'S WEEKLY

New tricks!
**Lose 5 lbs
of water
weight!**

Sneaky ways to
**Save \$700
today!**



**Yum! Chocolate!
Caramel! Pecans!**

Catching too many colds?
Try the surprising yoga cure!

**Amazing quiz tells if
you'll live to 100!**

Give yourself an
**Extreme
makeover!**

Insider secrets from the show



Look younger!



Prettier!



Sexier!

The 15-minute fat-melting
secret that will make you

A size smaller in 2 weeks!

Jenny went from a 12 to a 4!

**Dinners
under \$1**



\$1.49



BEFORE



AFTER

What's America's latest guilty pleasure? The TV show *Extreme Makeover*, a Cinderella story that transforms ordinary people with ordinary looks into ravishing headturners! Want your very own "Extreme Makeover"? You don't have to appear on the show to get it—because we've persuaded members of the "Extreme Team" to reveal the tricks that can give you the face and body of your dreams!

Changes are you've watched transformed this

past season as Plain Jane with problem features were transformed into breathtaking beauties on ABC's *Extreme Makeover*, the wildly popular new show that's keeping more than 10 million Americans glued to their TVs on Thursday nights at 9 p.m. EST. And if you're like most, you're tempted to do more than just watch: you secretly dream of being made over yourself! "Indeed, we've received more than 37,000 applications!" exclaims

Your Good Looks

executive producer Louis Garfain. What's respon-

for the show's runaway success? show answers the fairy-tale question: "What if I were beautiful?" But you don't have to wait any longer for the answer to that question! Thanks to a little help from the fairy godparents of *Extreme Makeover*, looking as good as a celebrity is as easy as waving a magic wand. Here's how they do it—and you can, too!

Give yourself an Extreme Makeover



It flattened her stomach, which dramatically improved her confidence!

Whittle inches off your tummy

▶ HOW THE EXTREME TEAM DOES IT

■ Stomach Liposuction

Embarrassed about the flabbiness of her tummy, Candace Sturgeon, a 29-year-old mom of two from Lincoln, Nebraska, turned out the lights before she undressed in front of her husband! So Extreme Team surgeon Dr. Garth Fisher, M.D., F.A.C.S., performed liposuction on her tummy above and below the navel and on her love handles, vacuuming out the fat just beneath the skin and flattening her stomach.

Would stomach liposuction be right for you? To find out, pinch your tummy skin. If it's one and a half or two inches thick between your fingers, you're a good candidate, says cosmetic surgeon Jon A. Perlman, M.D., F.A.C.S.

▶ HOW YOU CAN DO IT

Stomach liposuction costs about \$5,000, before you shell out for it, try this first!

■ The No-Exercise "Crunch"

Believe it or not, all it takes is one powerful, five-second move to turn your tummy into rock-hard abs. And it works even better than tummy crunches to flatten your stomach! What is stomach "cramping," says Extreme Team trainer Michael Thurmond. Sitting, take a deep breath, then exhale forcefully, tightening your abdominal muscles as you do. Hold the "cramp" for a few seconds. "Start with five to ten reps, and slowly increase to 40, 50 or even 100 every other day," advises Thurmond.





BEFORE



AFTER

If an eover!

Give your eyes a youthful lift!

HOW THE EXTREME TEAM DOES IT

■ A Traditional Eyelift

Extreme Makeover recipient Peggy Rolet, a 48-year-old detective from Colorado, felt the excess skin on her upper eyelids made her look older than she was. So the experts gave her an eyelift, a procedure that gives your eyes a youthful look by removing excess skin and fat. The result? "She looked years younger!" says Dr. Perlman.

HOW YOU CAN DO IT

Not ready for surgery? Try these eye-opening techniques!

■ Over-the-Counter Vitamin Cure!

The latest solution for saggy, baggy eyes? L-ascorbic acid (a form of vitamin C). This super-antioxidant stimulates collagen production and increases skin's elasticity. Look for eye gels infused with L-ascorbic acid at drugstores.

■ The Makeup Method

"Apply dark shadow on the sagging area of your eyelid," reveals McFadden. "The dark color will make fleshiness recede and create the illusion of a firmer appearance."

Get a perfect nose

HOW THE EXTREME TEAM DOES IT

■ A Traditional Nose Job

All her life, Candace had been called "Beaker," a less-than-kind reference to her "pointy" nose. So Dr. Fisher re-sculpted it by removing excess cartilage material from the septum and brought it down a little to complement her face. When the bandages came off? "Oh, my gosh!" cried Candace. "That's a big change! This is the perfect nose!"



AFTER

HOW YOU CAN DO IT

What if your nose just needs to look smaller? Try the technique Hollywood makeup artists use!

■ The Nose-Shrinking Optical Illusion!

All you need are two foundations—one that's darker than your skin tone and one that's lighter—and you've got the makings of a smaller nose, says *Extreme Team* makeup artist Daniel McFadden. "With a

makeup sponge, apply the dark foundation down both sides of your nose, starting at the inner corners of the eyes near the bridge of your nose and continuing down to the end of your nostrils. Then, rub the light foundation straight down the center of your nose and blend well," he says. "The dark color makes the sides of your nose recede, while the light color brings out the thinnest part of your nose. Together, this creates the illusion of a smaller, narrower nose."

After the eyelift, "She looked years younger!" says Dr. Perlman



Insider secrets of *Extreme Makeover!*

Even if you watch the show every week, you still don't know *everything* about *Extreme Makeover!* We asked executive producer Louis Gorfain to reveal the down-and-dirty on what really goes on!

THE TRYOUTS ARE TOUGH!

Believe it or not, it takes a whopping 10 rigorous steps to make it onto the show! After submitting a nine-page application and a self-made videotape, you also need to make it through an hour-long interview, be examined by a team of cosmetic doctors and pass an exhaustive screening process with psychologists to "make sure you can stick with the tough regimen required to make your makeover successful," explains Gorfain.

EXTREME MAKEOVER IS GETTING A MAKEOVER!

There are lots of changes this year. Like what? "We'll be doing a two-part show on three people who came to us extremely overweight—and these makeovers will take four months!" says Gorfain. "Plus, we're doing an episode called 'Secrets of *Extreme Makeover!*,' where we'll teach viewers at-home tricks for transforming hair, makeup, clothing and more!"



—*Extreme makeover continued on next page*