

DR. OZ

Happier in 7 Days? Yes, Possible

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HEALTHY COLOR

New solutions—no more fading, frying, or roots peeking out.

1. REPAIR DAMAGE A weekly conditioning treatment like **b3 Brazilian Bond Builder Instant Restore & Protect Reconstructor** (\$36, brazilianbondbuilder.com) uses polymers and proteins to fix hair bonds that break down after a dye job or heat damage. Result: great color without crisped, stressed-out hair. Cristina B. tested and said her hair felt softer in a few weeks.

5. HIDE THOSE ROOTS, PRONTO Disguise grays for up to five shampoos with a long-wearing tint from **Redken Color Rebel No Holds Brunette** (\$20, redken.com). "This can extend your color for weeks," says Andrea Swanson, owner of the House Salon in California.

4. DIY COLOR, ZERO MESS The foam in **L'Oréal Paris Superior Preference Mousse Absolue** (\$15, drugstores) won't drip all over your bathroom. It spreads through hair evenly, says Mark DeBolt, a senior colorist at Marie Robinson Salon in New York.

3. BRIGHTEN YOUR HAIR IN THE SHOWER Old-school lightening treatments used to create crayon-bright highlights, but **John Frieda Sheer Blonde Go Blonder In-Shower Lightening Treatment** (\$10, drugstores) uses a touch of hydrogen peroxide to bump up either brunette or blond hair by just one shade. "This was easy to apply and made my blond hair more golden in a subtle, natural way," said our tester.

2. SEAL IN YOUR SHADE Comb this color-preserving balm through your hair after conditioning, wait a few minutes, then rinse out to help prevent fading from the sun or pool. Our tester, who swims laps every week, said, "My hair gets brassy and dull from the chlorine, but this kept my brunette shade pretty." **Sexy Hair Vibrant Sexy Hair Color Guard** (\$18, ulta.com)

