

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

Pretty hair, makeup, nails, skin

\$3.99 US
OCTOBER 2012
\$4.99 FOREIGN



NAIL ART

You will never *waaaait* for polish to dry only to smudge it the second you walk out of the salon again. This is the year of the zero-dry-time, won't-chip, at-home nail decal. Put your finger on the style that's just right for you.

Wannabe rock stars

Spotlight one finger (maybe not your middle?!) with a Nail Rock Designer Nail Wrap, \$10 for 16. Tame the flames by keeping the rest solid.

Lacquer lovers

No shame in being a bit of a polish purist. Try the OPI Pure Lacquer Nail Apps, \$12, which are made from actual polish rather than plastic.

Strip virgins

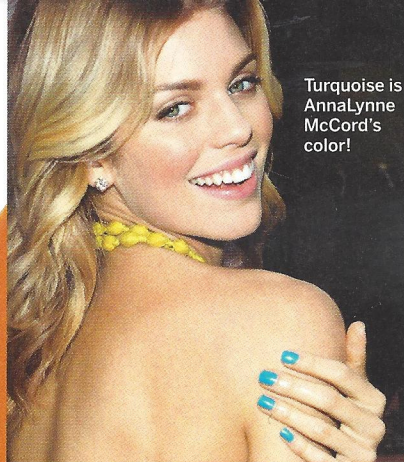
First-timers will dig the insanely-easy-to-apply Sally Hansen Salon Effects Real Nail Polish Strips, \$10. Stick on, file, and that's about it!

Mani-pedi matchers

Stop agonizing over the perfect color combo. Each set of Minx #1, \$18, comes in eight patterns and has enough decals for uniform fingers and toes.

Nail biters

Glittery press-ons (they are so Dorothy's slippers!) are chomp-proof and have major staying power. Kimmie Kyees Nails by Elegant Touch, \$8



Turquoise is AnnaLynne McCord's color!

Polish plus

Lacquers are also getting an upgrade, with built-in bennies.



Repair ridges

Protein extracts from sheep's wool pump up nails to fill dents. Dermelect Peptide Infused Nail Color Treatment, \$14, shown in Head Turner

Banish breaks

Kaolin, the same stuff that gives porcelain its shiny finish, in China Glaze Nail Lacquer With Hardeners, \$7, shown in Swanky Silk, makes nails as hard as, well, nails.



Avoid discoloration

Or as medical folks like to call it: fungus. It's beyond gross, but white-cedar extracts in the three-step Deep Cover Nail System, \$40 for the starter kit, shown in South Beach, will help a girl out. Footnote: A pair of podiatrists developed the homeopathic formula.



FREEBIE ALERT

Tweet us your #nailart @SELFmagazine and we'll post our faves on Pinterest. Plus, we're giving away 1,250 free polishes! Visit Self.com/nail-art for dates and deets.

Go to great lengths

Healthy nails have no choice but to grow big and strong. So take the nail-polish equivalent of a multivitamin with Dr.'s Remedy Enriched Nail Polish, \$17, shown in Mellow Mauve.

