

30 Can-Do Ways to Save Cash and Time

**Amanda Peet**  
On Date Nights,  
Stage Fright  
& Eating Right

# SELF

YOU  
AT YOUR  
BEST

## Fit & Sexy In 15 Minutes A Day

THE QUICKIE  
WORKOUT

Yes  
A S

Still Drop  
m-Up

HOLI

LO  
FO

Eat  
Del  
You

F  
H



**MATTE TOP**  
FROM ORLY'S LINE  
OF NAIL TREATMENTS

### FLAT-OUT FABULOUS

Play it safe. Swipe on a clear matte finishing lacquer such as Orly Matte Top, \$9, over your favorite color of polish. The extra layer adds a satiny, suedelike finish to any reflective shade.



AS SEEN IN SELF DECEMBER 2009  
[orlybeauty.com](http://orlybeauty.com)

