

# Woman's Day

Curél  
SKINCARE

Enter for a chance  
to WIN the Ultimate  
Winter Skincare  
Package!  
See page 25

LIVE WELL EVERY DAY™

## Soup's On!

Our favorite recipes—  
easy, warm, hearty

### STAY IN TOUCH

- Save big on cell phone & cable bills
- New ways to research your roots
- Facebook vs. face time

### Eat Out, Still Lose Weight

Smart fast-food  
choices

### Get Organized for the Holidays

PLUS: last-minute



NOVEMBER 1, 2010  
U.S. \$1.99

**pump on serum** Consider serums the SWAT team of beauty products: You bring them in when you've got a specific problem (age spots, hyperpigmentation, fine lines and wrinkles) and nothing else seems to be working. "Serums have a higher concentration of active ingredients and seep deeper than moisturizer into your skin layers to deliver nutrients that help repair your skin," says Kenneth Beer, MD, a West Palm Beach, Florida-based dermatologist. Serums are lightweight, super-hydrating and typically won't clog pores. Pump a pea-size amount onto the back of your hand and use your ring finger to gently massage it into trouble spots.