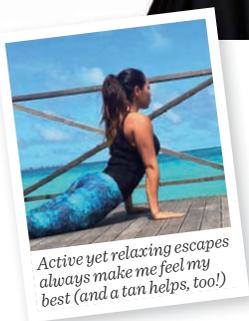


# More than skin deep



When was the last time you felt beautiful? When you looked in the mirror and liked what you saw, and walked out the door with an extra bounce in your step? Maybe it was when you slicked on a fierce new lipstick or spritzed on your favourite perfume, or the last time someone told you that you had a great smile. While I'd hope the answer is every day, I know that for many of us women—myself included—this isn't always the case. In an age where typical aesthetic enhancements have surpassed a bit of makeup, and cosmetic surgery for everything from your face to your booty is now commonplace, some might argue that we are a society obsessed with beauty. Unless you've been living under a virtual rock for the past year, chances are that you've watched one of those online videos that show us, in matter of minutes, how beauty standards have changed throughout history. By now, I think it's fairly obvious to most intelligent women that what is considered to be

beautiful can vary dramatically based on factors such as what country you're in or what's currently on-trend in our respective societies. Yet while the latter is an ever-shifting perspective, a lot of what has stood the test of time when it comes to attraction boils down to our evolutionary instincts. For instance, facial symmetry has long been seen as a measure of beauty, since it is thought to represent strong and healthy genes. That same reasoning is why features like full lips, or ample hips and a narrow waist, are seen to be so appealing. Our animal instincts aren't entirely superficial—just like how research has shown that a shining personality can boost how attractive others perceive us to be, experts have also

found that confidence is a pretty surefire turn-on. Think of it this way: If you're trying to sell the idea of something—in this case, that's you—you're going to fare a lot better if people can trust that you genuinely believe in it too. Now, I'm not suggesting we all start strutting around like we're the best thing since sliced bread—confidence may be hot, but egotism is not—but if there are things you know make you feel good in your own skin even when you're feeling flat, embrace them! If, for you, that's rocking red lips and lush lashes, check out our pick of amazing beauty products in our Beauty Bonus section. Perhaps it's smashing out a killer workout that makes you feel foxy (p.39 and 42 should help you out there), or it's eating fresh, healthy meals that make you feel radiant (if this is you, see p.61 and 65!)—or maybe it's all of the above. If something makes you feel lit from within, chances are that it'll reflect on the outside too—after all, beauty is not only skin deep. I hope you have a gorgeous month, and we'll see you in October!

*Yi-Hwa*

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## TIME FOR A CHANGE

### IF YOU HAVE...

#### 10 SECONDS

Try this super-quick test (that involves nothing but you, your body and a floor!) that can help indicate your longevity from a health perspective. Intimidating, but important. "Discuss: Health," p.16

#### 5 MINUTES

Grab your iPod and put on some soothing tunes as you wind down for the night. Doing so can help set the stage for sleep, ensuring deeper, better zzz's. "Scary Tired?," p.56

#### 10 MINUTES

Next time you feel the urge to procrastinate, take a walk or write a To-Do list: It'll help you refocus on your tasks afterwards. Just stick to 10 mins! "Boost Your Willpower," p.81

#### 18 MINUTES

Try this exclusive, high intensity interval training routine created by Shaun T, creator of the *Insanity* workouts, for serious results in warp speed. "Hot Bod Weapon," p.42

#### 20 MINUTES

Head to the kitchen and whip up one of these delicious, nutritious and super-quick meals created exclusively for us, for your next chomp-fest. "Clean Meals in 20 minutes" p.65

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