

# Easy Beauty

flash

*I feel pretty* Proof that beauty comes from within: Nearly two thirds of Americans say happiness and self-confidence are the true measures of attractiveness, a Merz Aesthetics/Harris Interactive survey finds. Stick mood-boosting reminders (snaps of a recent vacay) on your mirror to radiate good vibes from the inside out while you get ready.

## Heads up

Even if you give yourself regular mole checks, you could be missing marks on your head and neck. Fifty-eight percent of stylists at a Houston salon chain have told a client to go to a doctor for a suspicious spot, a study from the Harvard School of Public Health reports. Encourage your hairdresser to say something if she eyes something.

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## Cutting edge

Replacing a dull razor is a smooth-shave must, but refills cost bank. Pocket your money, and try the RazorPit, \$25, a tool that claims to keep blades on point for as many as 150 shaves. Dab shaving cream on its surface; swipe. So long, stubble!

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## Clear reception

Many cell phones contain nickel, an allergen that can cause red, itchy, flaky skin. To save face, use a ceramide-laced lotion. The fatty acids create a protective barrier, explains audery kunin, MD., a dermatologist in Kansas City, Missouri.

## Twice as nice

A charm bracelet and perfume in one? Eau, yeah! Each Lisa Hoffman Fragrance Bracelet, \$65, is infused with a different woody or floral scent. Sport them solo, or have fun and layer a few.

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## White on

Sip red wine (without risking stained teeth) with this mouth must: before bed, mix a teaspoon each of apple cider vinegar and baking soda; pour on toothbrush. The vinegar's aciditty kills plaque-building germs, and the gritty baking soda scrubs stains, says Lana Rozenberg, D.D.S., a dentist in New York City.