

SELF

GO GWYNETH!

CAREER / CONFIDENCE / THOSE ABS...

**BRING
IT
ON!**

**OUR 6-WEEK
PLAN FOR
TOTAL BODY
HOTNESS**

#TEAMSELF



135

**WAYS
TO LOVE
YOUR
WORKOUT
(& YOUR RESULTS)**

**BEAUTY
AWARDS**

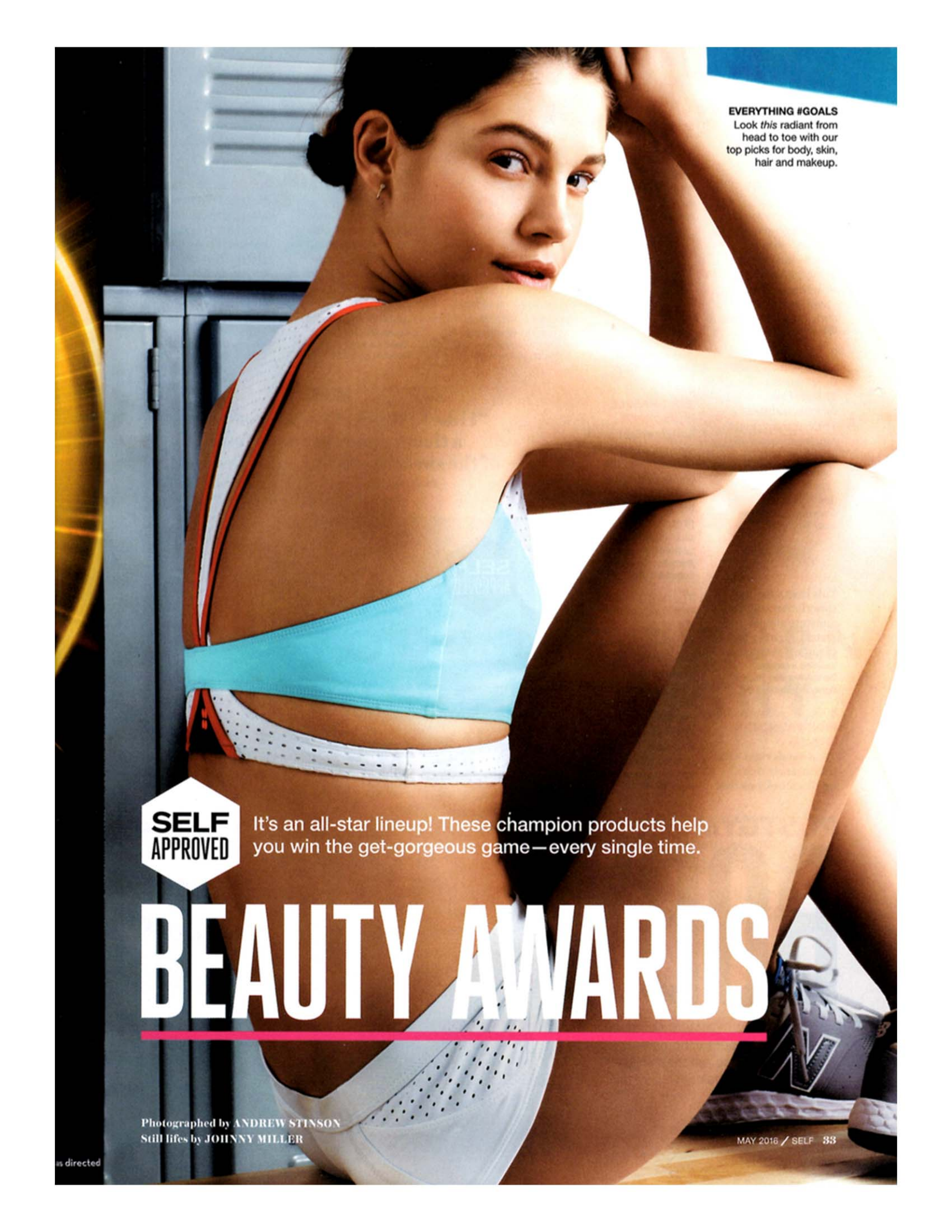
**WE TRIED
THEM ALL!
THE BEST
P. 33**

**WIN
AT LIFE**

**THINK LIKE
A LEADER**

May 2016 \$6.99 Canada



A woman with dark hair pulled back is sitting on a wooden bench in a locker room. She is wearing a light blue sports bra with white and orange accents and white athletic shorts. She is looking over her shoulder towards the camera. The background shows grey lockers and a yellow basketball on the left.

EVERYTHING #GOALS
Look *this* radiant from
head to toe with our
top picks for body, skin,
hair and makeup.

**SELF
APPROVED**

It's an all-star lineup! These champion products help you win the get-gorgeous game—every single time.

BEAUTY AWARDS

Photographed by ANDREW STINSON
Still lifes by JOHNNY MILLER

MAY 2016 / SELF 33

SELF APPROVED



in some QT with this aloe- and coconut-milk-infused treatment—it'll leave frazzled ends noticeably softer. **Tresemmé Botanique Nourish & Replenish Mask**, \$5

6
WARP-SPEED STRAND SMOOTHER

This potion goes light years beyond simply reducing flyaways and frizz. It cuts down drying time, protects from heat styling and maintains your 'do for days.

Redken Pillow Proof Blow Dry Express Treatment Primer, \$24

7
EASY-DOES-IT CURL CLEANSER

This "low-poo" cleansing wash gently removes sweat, dirt and oil while hydrating curls with silicone-free conditioners. Win! **Kérastase Discipline Cleansing Conditioner Idéal**, \$48

8
BEACHY WAVES IN A BOTTLE

Thanks to its heavenly scent and a formula that provides just the right amount of texture and shine, this seaweed-infused spray is a shortcut to sun-goddess waves. **AG Hair Sea Spray**, \$24

9
BOUNCE-BOOSTING STYLE SETTER

Think of this flexible-hold paste as an aerial yoga class for your roots. Apply it to damp or dry hair to see weighed-down, blah strands become light, lifted and totally revitalized.

Nexxus Exxpand+ Volumizing Whip, \$12

10
DREAM-COME-TRUE DRY SHAMPOO

Most dry shampoos add powder so that hair simply appears clean. Not this groundbreaking spray, which actually removes dirt, oil and even sweat. Mind: blown. **Living Proof Perfect Hair Day Dry Shampoo**, \$22

11
POWERHOUSE HOT TOOL

Listen, it's not every day that you come across a hair-dryer with a Ferrari-designed engine. This souped-up tool made our DIY blowouts faster, easier and less damaging than before. Oh, and it weighs less than 1 pound—so you can save the heavy lifting for the gym. **BaBylissPRO Rapido**, \$200

12
QUICKEST. HIGHLIGHTS. EVER. (REALLY!)

If you're terrified to brighten your haircolor, worry not. This in-shower lightener produces subtle yet visible results in five minutes—plus a major dose of shine. **John Frieda Sheer Blonde Go Blonder In-Shower Treatment**, \$10

13
NATURAL-HAIR MOISTURE FIX

Hitting the sidewalk straight from the treadmill? Whether you have loose ringlets or tight coils, your style will get a boost from this moisturizing and frizz-fighting mist. It's a spray-on shortcut to hydrated, healthy curls. **Mizani True Textures Style Refresher Milk**, \$16

BEAUTY AWARDS > 46