

REAL SIMPLE

| life made easier |

No-cook meals: 12 delicious dinners in 25 minutes or less

Simplify your beauty routine

Easy decorating: 45 great websites

The ultimate (no-sweat)
garage organizer

How healthy are you?
15 questions
to keep you well



plus the best:
sorbet
khakis
coolers

ST 2007 \$4.50US \$5.50CAN

simple.com AOL keyword: real simple

sprays



winner

DOVE AEROSOL, \$5.50

Scoring high in both sweat and odor protection, this spray won extra points for its subtle fragrance. "Usually the smell of sprays is overwhelming, but this was just right," said one tester.

TO BUY: At drugstores.



RUNNER-UP

ARRID XX ULTRA CLEAR**ANTIPERSPIRANT DEODORANT, \$4**

Tried and true, this product's formula has staying power. "It's dependable—no need to worry about odor," said a tester.

TO BUY: At drugstores.

antiperspirant
or deodorant?

Choose your weapon according to what you need. Here's how they work and how to pick the best one for you.

- **Antiperspirants:** Their active ingredient—an aluminum salt—blocks sweat glands temporarily, preventing moisture from reaching the skin's surface. They're a great choice if you sweat a lot or live in a humid climate. (Theories that the use of aluminum salts can lead to Alzheimer's disease have not been proven.)
- **Deodorants:** These don't stop sweat; instead, they use anti-septic ingredients, such as witch hazel and alcohol, to kill odor-causing bacteria on the skin. "People perceive them to be more natural than antiperspirants," says New York City dermatologist Debra Wattenberg. Deodorants are a good pick if you sweat minimally.



What's the shelf life of deodorant? Find out how long your favorite beauty products last at www.realsimple.com/expirationdates.

*Hangs on for all
the everyday ups
and downs, too.*



Enjoy the ride all month
long with the great
Stay Put Protection
of Always Pantliners.

Have a happy period.

always