

10 YEARS GONE IN 10 DAYS

Craving a youthful look to go with fall's leggings, skinny jeans and wide belts? Product junkie and lifestyle journalist Amy Tara Koch has made a career test-driving just about everything. She says these work.

WOMEN,

TO YOUR HEALTH,
BEAUTY AND WELL-BEING

Can men and women just be friends?
Really?

Surviving the \$800 haircut



WHEN BONES GO BAD

Reporter Barbara Mahany tells how she's coping with osteoporosis and the risks of its treatment

GROOM BROWS

ANOTHER OPTION: For professional grooming, head to local brow guru Rashida B at the B Spot, Chicago. \$50 for first visit; \$40 for follow-up within 8 weeks.



<< Fitness secrets of elite at Lisa Menn

