

OK!

FIRST FOR
ISSUE #20 • D

BRITNEY & KEV



WHY SHE TAKEN HIM

BRAD & A



BODY & SOUL

HOLIDAY STRESS

USIVE

OM

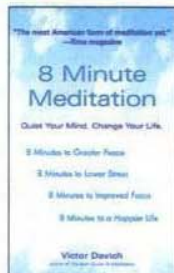


To de-stress, Cate Blanchett uses Bach Flower Essences Rescue Remedy Spray.

STRESS RELIEF



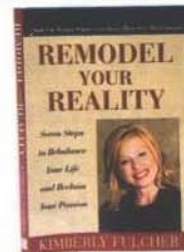
**Origins
Soothing
Sea Salts
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\$25,
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**8 Minute
Meditation**
by
Victor Davich
\$13,
at bookstores



**Bach Rescue
Remedy Spray**
\$10,
rescueremedy.com



**Remodel Your
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by
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\$15, com
passlifedesigns.com

KATE HEA

**SHE SPEAKS
ROMANCE AND
POSTPONING**

**PLUS THE LATEST BR
DETAILS ON KATE
CHRISTINA APPL
VALERIE BERTIN**