

f o u r e e k s

in sync with the rhythm of your life.

Week 1: *Fuss, Familiar*



Shopping



Fabulous finds under \$50



Faceted quartz of a ruddy pink hue sparkles alongside freshwater pearls of deep gold in these dangling silver hoop earrings by Marlyn Schiff. The swinging fringe adds movement and the unique color combination gives fall a rosy glow and a silver gleam.

Treat yourself: Cherry Quartz and Champagne Pearl Hoop Earrings, \$47.99, BlueLuxe.com, (888) 591-6172

Judy Ann Olsen is a NYC-based author and jewelry expert. She's worked for internationally recognized jewelry design houses, and is a graduate of the Gemological Institute of America. She's an accomplished metalsmith whose work has been recognized by the Platinum Guild International and

Treat yourself: Pumpkin Ginger Body Cleanser, \$13.50 for 8 ounces, GardenBotanika.com, (800) 968-7842

Sexy Hair brings you an entire hair care line brimming with the power of pumpkin. Start with **Pumpkin Detoxifying Shampoo** to cleanse and purify or **Pumpkin Rehydrating Shampoo** for maximum moisture and sheen. The **Pumpkin Potion Leave-In Conditioner** plays angel to limp, frizzy and over-processed hair, and the **Pumpkin Puree Treatment Masque** works overtime for shine with aloe, panthenol, soy and wheat proteins. For protection and styling, spray on **Pumpkin Enzyme Therapy Mist**, a leave-in conditioner for thermal protection and lift, or **Pumpkin Whipped Soufflé Styling Crème** for finish, style and shine. All let you enjoy the heavenly scent of pumpkin pie without adding inches to your pumpkin thigh.

Treat yourself: Sexy Hair, from \$13.09 to \$21.89, HairCareChoices.com, (866) 409-7227

Maple

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