

Why Models Stay Young Till Sixty!



This is 39-year-old Oleda Baker, author of this eye-opening new guide. Would you believe her age? Learn her youth-secrets, and those of dozens of other top models, entirely at our risk. Read the thrilling details on this page!

Revealed at last! By the world's most beautiful women — who make their living by being, and staying, young! What they really do to:

- add not a single pound to their figures, even though they add five, ten, twenty or thirty candles to their birthday cakes!
- rinse so much shine into their hair that it has to be powdered down so it doesn't glare into the TV cameras!
- smooth out ugly veins from their hands and feet, in exactly the same way that they smooth out ugly lines from their necks and faces!
- leave their double-chin in bed when they get up in the morning, because they know the right way to simply "sleep it away"!
- "pearlize" their skin, so you would never dream that they too suffered from blackheads, enlarged pores or acne!

These Beauty Secrets—And Dozens More Just Like Them—Earn These Women Up To \$100 An Hour! Now They Are YOURS For Only A Few Pennies Apiece!

What we are offering you, in fact, is the world's first "inside" manual on how ordinary women (with perhaps a slightly better face and a slightly better figure than yours) are transformed overnight into stunning beauties! With pounds carved painlessly off their figures! Years smoothed effortlessly off their faces! Every good feature perfected, and every bad feature either corrected or disguised!

And then—when the absolute exquisite face-figure has been created out of the raw girl who first came into the studio—this dazzling physical beauty is then "frozen" against time and weight-gain-of-even-an-ounce for ten . . . twenty . . . even forty years!

For great models are not born; they are made! (On page 10 of this eye-opening volume, you are taken behind-the-scenes in the most glamorous "sorority" in the world, and you are shown that there is scarcely a model alive who did not need to have ten or twenty pounds whisked off her figure, and a major transformation made on her face, before a top model agency offered her a contract!)

But these women made themselves slim, and made themselves radiant far more cleverly and easily than you have ever dreamed. Let us prove that to you right now:

Take Slimming, For Example! How Would You Like To Eat What You Want, When You Want It—And Still Get And Stay Slim Forever!

Let us just quote one of the models whose "forever-young, forever-slim" secrets are revealed here! She says, quite frankly, "I positively adore food. And I never, but never, starve myself. Yet I weigh the same today as when I started modelling more than ten years ago." (Italics ours.)

Why? Because she uses the "Self-Maintaining Diet"! The diet that's fun, that's the happiest of adventures! That actually tames, overnight, those sudden wild urges that destroy your figure! That re-educates your taste buds and your metabolism, so that you find yourself able to eat what you want, when you want it, without gaining so much as an ounce—and (at least at the beginning) losing as much as a pound a day!

Using this diet strategy, food becomes an ally rather than an enemy! It fills you up, but never out! Using this strategy, one model went from 140 pounds to 123 pounds in well under a single month—and she still ate what she pleased on weekends!

Using this strategy, every other model (with the exception of one or two) who faithfully followed it for ten days lost ten big pounds—to start! Another (a perfectionist) went from 133 to 97 pounds! Another, who was bottom-heavy, not only shed ugly pounds all over her body—but spot-exercised the flab right off her bottom so perfectly that she now does bathing suit ads!

And This "Frozen Slenderness" Is Only The Beginning Of The Stunning New Beauty These Top Models Can Give You! Without Your Risking A Penny!

For example:

Of all women, a successful model must always be a healthy, sexually vibrant, powerhouse of energy! She must be able to "turn on the dazzle" at a moment's notice—despite the fact that she has been dashing all over the city, toting pounds of clothes, a make-up kit, and often a wig box! Here are the "glamour vitamins" that turn on such amazing stores of

physical vitality—ready to go to work for you within seconds after you read page 42!

Nor can an \$80-an-hour model afford the slightest trace of dandruff! After trying all the expensive treatments and preparations, here's how they simply rinse the ugly flakes away, at home, in seconds—for pennies! (Page 63.)

And glasses are out too! Weak eyes, aging eyes, dull eyes can cost a model her career! These top models believe that most women take to spectacles simply because of lazy eye muscles, just as most women take to girdles because of lazy body muscles! And if you want to escape the "eyeglass-prison"—perhaps far faster than you've ever dreamed—check page 68 the moment you get this book!

And how about strong, sexy teeth! Did you ever hear, for example, of the new sealants that can be applied to your teeth in seconds, to shield them from harmful bacteria! (See page 73.)

SPECIAL BONUS SECTION: Tips from top hand models that may solve your rough, red problem forever! They say bluntly that there is simply no excuse any longer for hands that are anything else but silken smooth—and nails that are as strong as steel! One glance at the "magic" hand exercises on page 81 may convince you, for good!

PLUS, of course, the same "million-dollar know-how" for your feet as well! Including a natural-fruit way to keep their skin exquisitely white and fine-pored! And a simple little action that builds a natural-shield against calluses right into them!

These Models Say Old-Fashioned Huff-And-Puff Exercises Are OUT! If You Want A 28-Inch Waist At Age Sixty—Do This Instead . . .

Just MOVE the way you're shown on pages 89 to 103 . . . and watch inches seem to evaporate into thin air—as though you could practically "smile" them away!

Here are special, super-effective slimmers for the stomach, legs, hips, calves, derriere, arms, bosom—and especially that embarrassing "below-stomach bulge" that otherwise grows larger and larger! Also two startling "firmer-uppers" for neck lines and for bags under your eyes that you must try at once if you suffer from either one!

Incidentally, if you want to smooth out lip wrinkles, also check page 101 at once!

And this is still just the beginning! We just don't have room enough here to mention all the professional beauty secrets revealed at last in this eye-opening book! For example:

How to eliminate muddy, bumpy-looking complexion with nothing but water . . .

How to get rid of "early morning wrinkles and bags," in minutes . . .

How to build a voice as seductive as your new body—a complete mini-course . . .

How to achieve the illusion of a near-perfect face (for example, if you have a receding chin, how to "add" to it in seconds) . . .

How to blend your own shampoos, skin creams and facials, that cost almost nothing, but far outperform the expensive kind . . .

And Much, Much More! But Read Them All— Prove Them All, From Cover To Cover— Without Risking A Penny!

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ABOUT THE AUTHORS

OLEDA BAKER (pictured at the left) is a well-known fashion model and cover-girl who also performs in television commercials. Between modeling assignments, she paints, designs jewelry and clothes, and takes care of her husband, Stephen, her son, David, and their New York home.

BILL GALE, a former award-winning advertising copywriter, has written for many national magazines.

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