Sexy Body Secrets

+ The #1 mistake that makes fat stick

SO PRETTY!
Look amazing without trying too hard P.144

DELICIOUS SEX
Mmm, mmm... tonight’s going to be great!

Money Made Easy
Pocket more, panic less P.150

THE FUN ISSUE
Free stuff to do! Grab your guy & girl pals!

JESSICA ALBA
How she stays this hot

The Social Diet
Lose weight with friends
You’ve got the power...

to change the world for the better—and you don’t need to be a star like Jessica Alba to do it. SELF’s fifth annual Women Doing Good honorees prove that whatever life hands you, whether fame or tragedy, you can use your heart and smarts to make a difference. Get inspired.

By Erin Bried  Photograph by Ben Watts
JESSICA ALBA
MAKING BABIES SAFER AT HOME
“I found my daughter Honor sitting in her crib, eating these tiny beads from the inside of her diaper. They were all over her face. It was a moment of terror.”

“Thankfully, Honor was OK, but it was so crazy, and I felt guilty afterward. I worried that I’d poisoned my daughter—and these were eco-diapers! I found ones that seemed safer, but they leaked, so I had to use two at once, and they were already so expensive. The more research I did, the more irritated I got. Most parents don’t have time to do all this research—they need a company with products they can trust. I wanted to create that.

“If you have toxic chemicals in your dish soap, laundry detergent, lotion, mattress and food, they get into your system and add up. It’s cumulative. My philosophy is that if we can try to eliminate all those little bits along the way, everyone will have a better shot. I want people to know that they have the power to make different choices for themselves and for their family. That could save lives.

“I’m blessed with a career I love. I can’t think of a better way to spend my work life than on a movie set. But with people following me when I go out and everyone wanting me to endorse things, I thought, I can either go into a cave and hide or use my access to influence something I’m passionate about. So I turned the attention into a positive by offering safe, nontoxic, affordable but high-quality products for families, all from one place.

“It took me 3½ years to launch The Honest Company. When things didn’t go smoothly, I’d get really upset. I worried that I was wasting so much time and money! But my husband, Cash, would tell me, ‘You didn’t waste anything. Look how much you’ve learned.’ His perspective kept me going.

“Before I got pregnant, it was all about my career. Afterward, I slowed down and realized that life is loving, connecting and sharing. My parents taught me that helping your neighbor is part of being human.”

Hot like Alba

Looking good and doing good can go together! Here’s how the Spy Kids 4 star, 3L, makes it happen.

HERBOOTY DNA “Bubble butts, like my dad and I have, run in my family! To tone up, I do jump lunges and squat jumps. They make me want to vomit, but they’re the best for getting my legs in shape.”

HERSPICY DIET “In the morning, we like egg tacos with sausage and hot sauce. And I took a cooking class, so now I make some pretty bomb Indian food. We love vindaloo.”

B E A U T Y T I P “Brighter blush makes you look less tired, which is helpful!”


Good like Alba


“Honor loves our shampoo. She helped me pick out the scent.”

We’re obsessed with Alba’s Twitter feed. Here’s a recent shot she shared with Haven (left). Honor and husband Cash Warren.

HER CAUSE Alba’s company, Honest, makes and sells eco-friendly baby, bath, body and household products. A portion of proceeds goes to children and families in need via Baby2Baby.

HOW YOU CAN HELP Call your senator to support the Safe Chemicals Act, which would require testing of chemicals in household products. Or visit Honest.com for info on Baby2Baby, her company’s nonprofit partner.