

INSPIRATION
INFORMATION
WISDOM
& WIT.

GalZ

magazine

FREE

PREMIER
ISSUE

Meet our first GalZ Gal:

The Weather Channel's Nicole Mitchell

The Adventures of our
Favorite Hurricane Hunter

DIY KARMA

WHY ARE ALL ATLANTA
HOTTIES GAY OR
MARRIED?

Della Reese:
Modern-day
angel still hard
at work.



Girlfriends:
MORE THAN TEA AND SYMPATHY



GOOD NEWS HOTLANTA, NO MORE MELTDOWNS

I don't know about you, but I dread the hot and humid days of summer. You feel like you're melting like the wicked witch from the Wizard of Oz. Gals, we're not talking about a mental meltdown, this is the makeup meltdown. I'm sure you've experienced makeup literally melting in the middle of the day, or even worse, in the middle of your date with your hottie. Good news, there's a new product, Model in a Bottle® to the rescue. The matte finish makeup-setting spray works to hold foundation and eye makeup in place, locking in that perfect look all day and night. It also eliminates the need for quick trips to the ladies room for those periodic touchups and reapplications.

Just look at the free time you'll have and the money you'll save on powder and blotting sheets!

So no matter what kind of lifestyle you have, Model in a Bottle will keep you looking perfect. It has aloe vera extract for added moisture and a wonderful fresh scent. It helps absorb the excess oil in the skin and do so without clogging your pores.

The result is a beautiful translucent matte finish that never interferes with your SPF's. So eliminate meltdowns forever, make-up meltdowns that is.

For more information on this great product, visit www.modelinabottle.com.



GALS, HEAL YOURSELF WITH THE NEW SOLO SYSTEM SAUNA

For those of us who enjoy the relaxation of a sauna but can't find the time to drive somewhere to get one, good news. Sunlight Saunas has developed Solo System that creates 360° of infrared light for use in the home.

Conventional saunas use convection heat to warm the body, but Solo System uses solocarbon technology, which is the same healing energy released naturally by the sun. This type of far-infrared heat penetrates deeply into the skin, joints, muscles and tissues, warming the body from the inside out.

Solo System releases the healing energy within, while producing perspiration that's more than 20 percent heavier with toxins than conventional sauna-sweat. Things like cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid are shed through deeply-cleansed pores.

The manufacturer claims cardiovascular benefits as well, such as lowering blood pressure and blood sugar, increasing circulation, lowering cholesterol, reducing triglycerides improving weight loss. 30 minutes can burn 280-285 calories.

Sounds wonderful, doesn't it?

For more information on the Solo System, visit www.sunlightsaunas.com.

