

Wanting affordable skin care

Dear Annie: I'm in my 20s, and I just recently had a facial for the first time. I'll admit I was skeptical about its potential benefits, but my skin has never felt smoother! I'd love to go back for regular monthly treatments, but facials are quite expensive, and I can't afford to get them more than twice a year or so.

DEAR ANNIE



ANNIE LANE
Creators
Syndicate Inc.

ural way to look and feel your best.

There are ways to keep up with your beauty routine on a budget, especially by doing facials at home. The how-to website wikiHow has a helpful step-by-step guide called "How to Make an All Natural Facial at Home," and the internet at large is full of such tutorials; just do a search for "DIY natural facials."

You can try Groupon and similar sites, which may offer spa deals. In addition, you could ask your spa whether there are packages with discounted rates there. And ask to be put on your spa's mailing list for special promotions. Lastly, you can look for beauty schools where up-and-coming aestheticians are trying to fulfill their hours before they receive a license to practice.

Remember, though, that beautiful glowing skin starts from the inside out. Try to

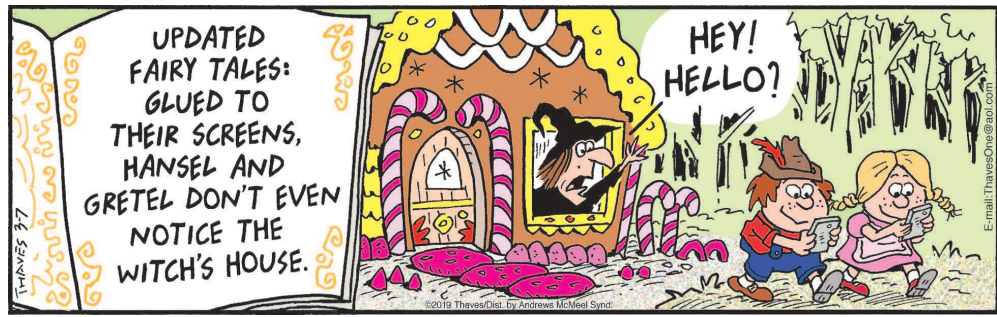
limit your alcohol, sugar and caffeine intake. In addition, lots of exercise, sunscreen and sleep do wonders for your skin. Good luck, and keep glowing.

Dear Annie: Recently, you published a letter from a young girl who blushes easily and asked how to overcome this problem. As you mentioned, gaining self-confidence may be the best remedy. When I was her age and in the business world, I was very reserved. My father, a successful businessman, recommended that I join Toastmasters as he had done. This wonderful club helped me overcome my fear of speaking in public.

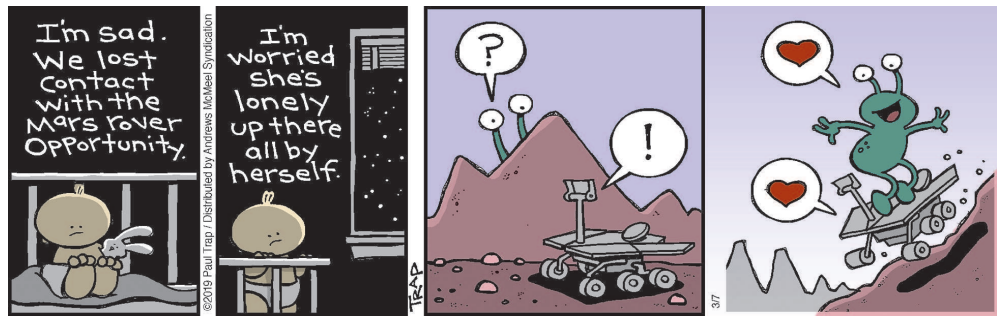
Later, when my new job required me to speak to groups of company employees, I was not so bashful and actually enjoyed it. — *Not So Bashful*

Dear Not So Bashful: Though I already printed the same recommendation from another reader, I couldn't pass up printing yours, as it brought a smile to my face.

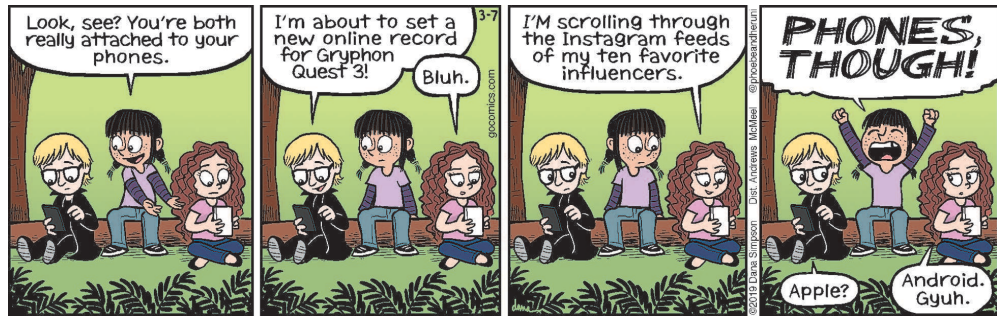
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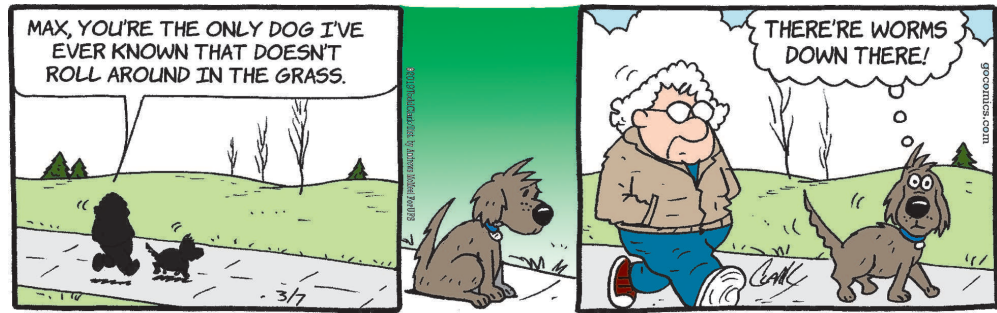
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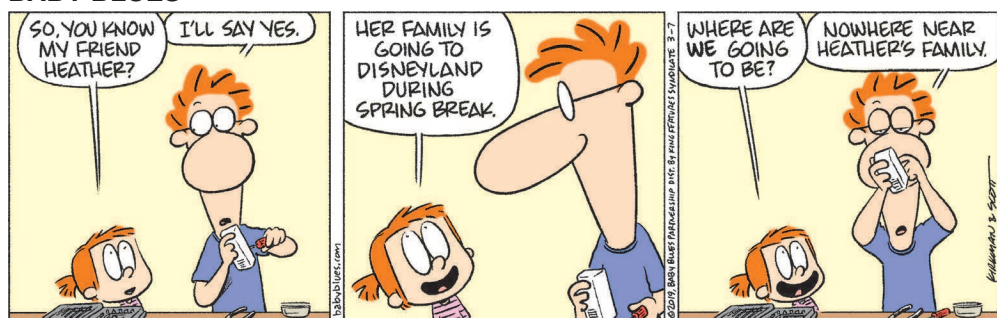
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TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Counterintuitive tactics will work wonders for you now. For instance, you may have to stop talking in order to get your message across. (And you can blame the Mercury retrograde for that one!)

TAURUS (April 20-May 20). It will be hard to separate the thing itself and the way it's done, and maybe you shouldn't even try. The person with warmth and a pleasant attitude makes experience so sweet.

GEMINI (May 21-June 21). Just think of what you could learn from the champions of your field. Though they may not be readily available, the best they have to give is out there somewhere, probably in book form. You'll be rewarded for taking initiative.

CANCER (June 22-July 22). You have dear friends that make simple things, like going to the supermarket, or watching a game, all the more fun. Your higher-maintenance friendships are valuable, too, in a different way. Both have a place in your weekend.

LEO (July 23-Aug. 22). You've seen it time and again. Someone with a moderate amount of ability who works hard and smart will always win over a superior talent who doesn't apply herself. Share the lesson. Encourage and/or warn those who need it.

VIRGO (Aug. 23-Sept. 22). Vary your mode of action. Be a moving target, but not just moving quickly forward, zig and zag unpredictably. You'll excite the crowd, and lose your competition all at once.

LIBRA (Sept. 23-Oct. 23). The bad part about being a celebrity is that the station arouses all sorts of exaggerated expectations that can never be met. So don't strive for that sort of status. Play in low-key. Come up from the bottom.

SCORPIO (Oct. 24-Nov. 21). Luxuries are more of a risk, of course, than practical items. They may be worth a lot, but if you ever have to sell them, your pool of possible buyers will be much smaller than you'll have for affordable, practical goods.

SAGITTARIUS (Nov. 22-Dec. 21). The options may seem evenly matched in the "pros and cons" department. But don't you get the feeling that one will make for a much better story?

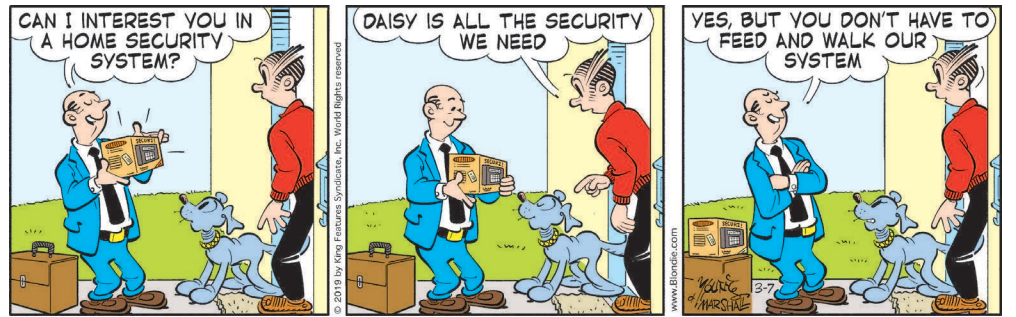
CAPRICORN (Dec. 22-Jan. 19). You're not frail, but there is frailty in you, just like there is frailty in all. Softer, weaker moments will be mixed in with the ones in which you show up powerfully. Vulnerability connects us.

AQUARIUS (Jan. 20-Feb. 18). It will be essential to work with others and pay attention to their moves. The best way is if you can check each other's input for mistakes. Not only will you collectively have a better product, you'll be stronger as a team.

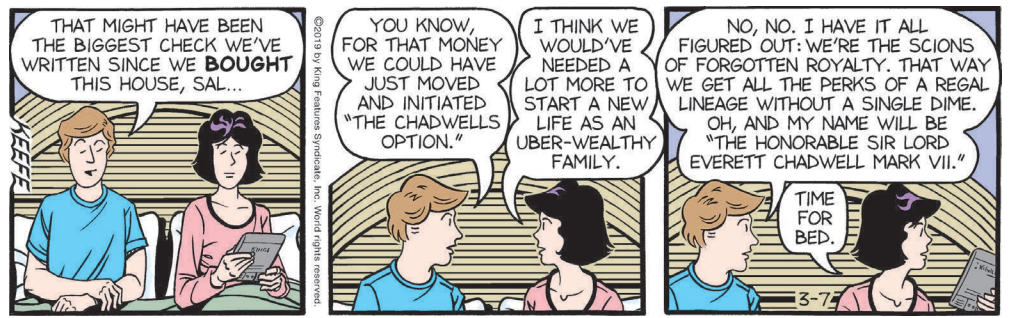
PISCES (Feb. 19-March 20). The temptation will be to skip the brainstorm and go straight to solving the problem. If you brainstorm first though, you'll have a more well-rounded, interesting and creative solution.

TOMORROW'S BIRTHDAY (March 8). Love will be your wealth and your delight. You'll be supported when you need it, when you ask for it, and in ways that do more than take you one step further. Also, your mind is especially keen going into this year. You've a Sherlock Holmes-like capacity for solving mysteries and life will give you fun ones to solve. Libra and Taurus adore you. Your lucky numbers are: 20, 10, 5, 30 and 16.

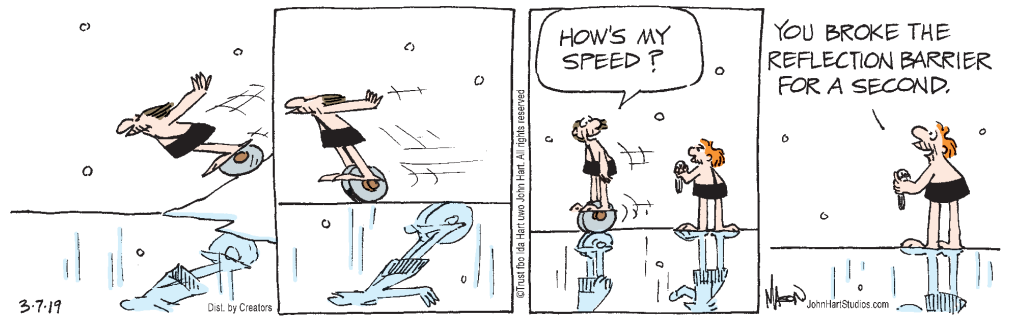
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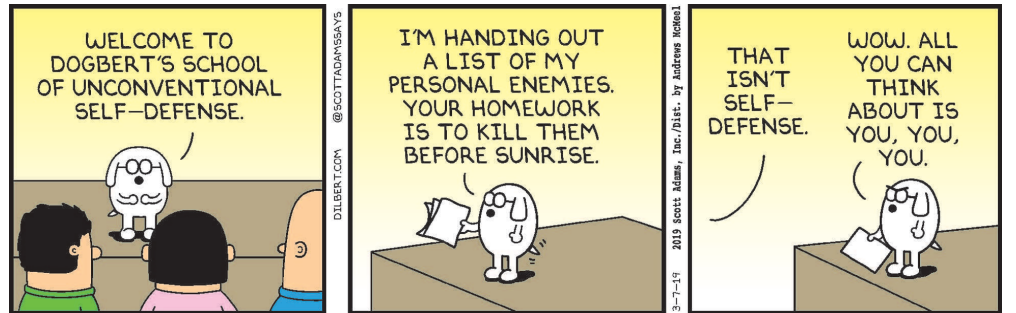
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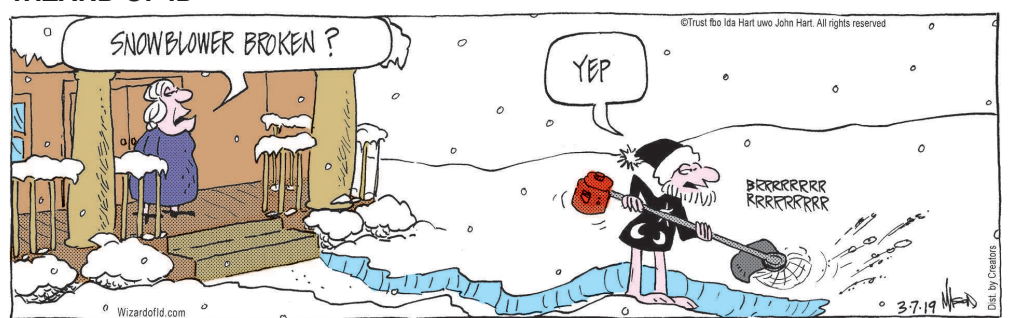
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