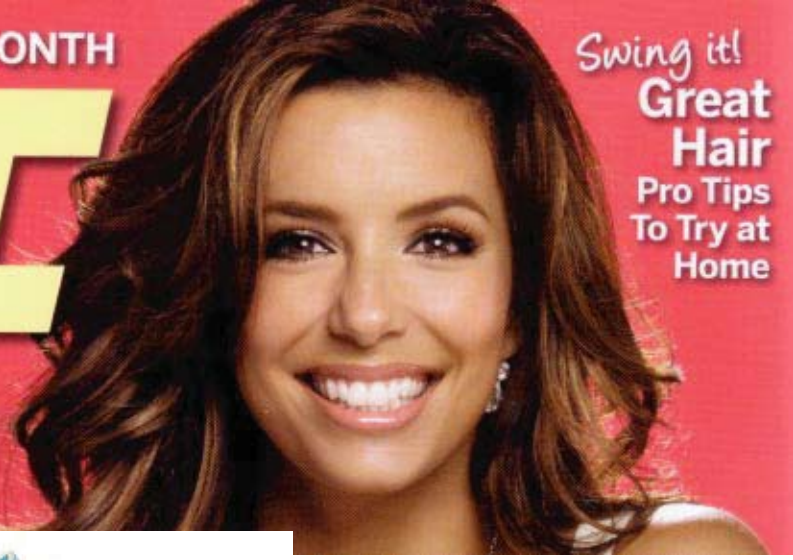


FEEL 100% HEALTHIER IN ONE MONTH

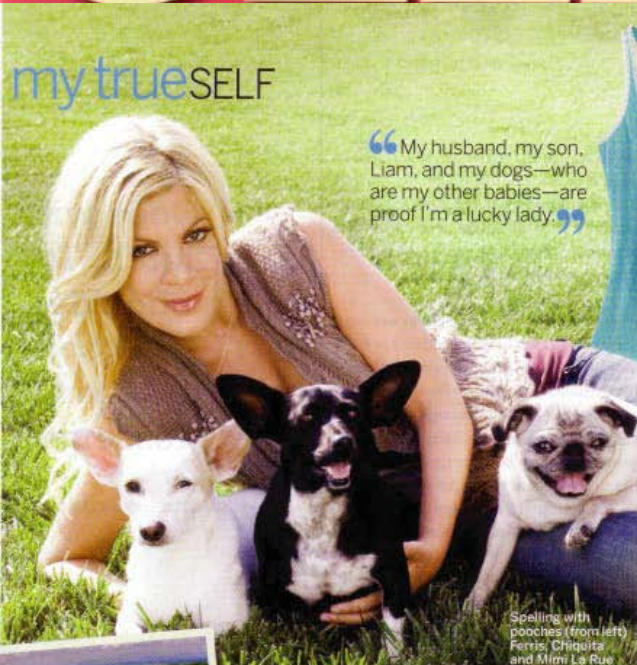
Swing it!  
Great  
Hair  
Pro Tips  
To Try at  
Home

YOU  
AT YOUR  
BEST

# SELF



my trueSELF



“My husband, my son, Liam, and my dogs—who are my other babies—are proof I’m a lucky lady.”



“I’m big into color. I love turquoise—and Cosabella lingerie.”

▶ She hates drinking water, so she stays hydrated with Izze Esque sparkling fruit drinks.



Dean Martin was Spelling’s godfather. She referred to him as “Uncle Bean.”

“We call Liam ‘Monkey.’ He thinks it’s his name! I’m obsessed with Small Paul monkey clothes for him.”



▶ She hates drinking water, so she stays hydrated with Izze Esque sparkling fruit drinks.

## Spelling speaks up

The actress on birthdays, bikes and her baby boy By Laura Brounstein

In the past year, Tori Spelling and her husband, Dean McDermott, welcomed their first child and starred in their own reality show. Spelling also lost her baby weight and took a turn as a Pussycat Doll. And she found time to pen a memoir, *sTORI Telling* (Simon Spotlight Entertainment). “I love telling stories with humor. I got that from my dad,” she says, referring, of course, to the late TV producer Aaron Spelling. “I think he would be proud.”



Her 2006 wedding on a private island in Fiji was blissful, she says.

“Why shouldn’t people have red carpet glamour at an affordable price?”

Her jewelry line includes the Triple Circle necklace, \$49; new designs debut January 30 on HSN.



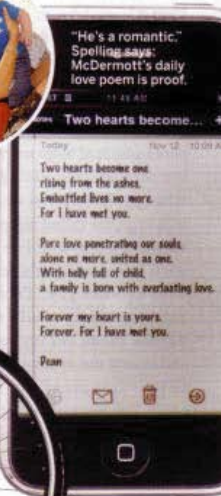
Too Faced Lip Injection pumps up her pout.

Spelling loves her hubby’s style and his scent. Pasha de Cartier.



McDermott, an avid cyclist, gave her a bike.

“For my 30th birthday, I was, like, Let’s have an ‘80s prom theme! That way I could have ‘80s music.”



“He’s a romantic,” Spelling says: McDermott’s daily love poem is proof.

Two hearts become...  
Two hearts become one rising from the ashes. Embattled lives no more. For I have met you.  
Pure love penetrating our souls, alone no more, united as one. With belly full of child, a family is born with everlasting love.  
Forever my heart is yours. Forever. For I have met you.  
Dean

