

# CONNOISSEUR

## KICK THAT HIRED-HELP HABIT

*Twenty-two penny-wise tips on looking good and feeling great for a fraction of your budget.*

## PATIENT, HEAL THYSELF

*...with these expert-approved over-the-counter finds.*



### RESCUE REMEDY

**WHAT** Calming spray, \$18, Whole Foods. **TREATS** Frazzled humans, wiggled-out plants. **SAYS WHO** Homeopathist Kellie Kirkpatrick, 617-720-4242.

MORE THAN \$1,300 IN SAVINGS.

# Boston

We've been hearing about the halcyon days (i.e., 2006), when you could get by the book on things as simple as forgoing a double-whip latte. Now at the end of the month, you're looking at dollars! the testimony to a guest expert: Ann Curry marveled.

As fiscal policy goes, the Skip-a-Starbucks theorem isn't unsound; it just thinks too small. Today's economy calls for reevaluating our indulgences in their entirety: not only the barista who makes our mocha, but also the colorist, florist, and therapist who selflessly nurture our roots, stems, and sanity—all in exchange for cash. Could we survive without them, or at least get our fix less often? To find out, we went straight to the source. Presenting 22 ways to save big by not hiring the experts, according to the experts themselves.\* Frankly, we can't believe they told us.

*\*Of course, if all else fails, we've included their phone numbers, too. See page 146 for complete resource information.*