

THE SEXY LEG MOVE
WITH WOW! RESULTS

STOP STRESS EATING!
START DROPPING POUNDS

SHAPE

SHAPE
YOUR
LIFE

EXCLUSIVE!

THE 15 BEST POWER FOODS FOR WOMEN

EAT THESE, GET SLIM
& HEALTHY FAST

10 SKIN
RULES
YOU SHOULD
NEVER EVER
BREAK p. 88

Sexy!

MARISA TOMEI

"THE WORKOUT
THAT CHANGED
MY BODY
AND MAKES ME LAUGH
EVERY DAY" p. 51

RESULTS IN ONE MONTH!

FLAT FIRM ABS

AT 20, 30, 40+
IN JUST MINUTES A DAY

HOW MANY
CALORIES DO YOU
REALLY NEED?

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 #SHP0288772394/9#-MRR11
 J12 WSP4 AUG10 0020 # 369 #85219
 KENDRA KOLB
 MDSKINCARE
 444 MADISON AVE STE 802
 NEW YORK NY 10022-6965

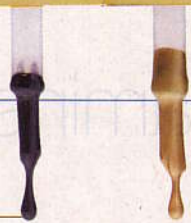


NO-FUSS MAKEUP

Three companies have just introduced products that completely take the guesswork out of getting glam.

1

The Yves Saint Laurent **Manucure Couture Nail Polish Duo** (\$30; yslbeautyus.com) comes with two mini polishes that can be mixed and matched on fingers and toes or used in tandem to create a bold, modern French manicure.



3

L'Oréal Paris **Studio Secrets Eye Shadow Quads** (\$7; at drugstores) contain four shades, each embossed with a number that corresponds to a different part of your eyelid (so you know what to put where).



2

Miracle Skin Transformer SPF 20 (\$48; miracleskintransformer.com) takes the place of your serum, sunscreen, and tinted moisturizer. Smooth it on in the a.m. and dash out the door—with a gorgeous glow!



Q
A

What's the difference between a firming cream and a cellulite cream?

While lotions that target cellulite improve the appearance of indentations on the butt, thighs, and tummy, they don't contain high concentrations of ingredients that will tighten slackened skin in other areas. Firming creams, however, can be used all over, "especially on places that lose collagen as you age, like your knees, neck, chest, and upper arms," says Francesca Fusco, M.D., a dermatologist in New York City. Two to try: Aveeno Positively Ageless Firming Body Lotion (\$9; at drugstores) and Dr. Dennis Gross Skincare Hydra-Pure Firming Body Cream (\$59; nordstrom.com).