

fitn s

mind, body & spirit

TAKE INCHES OFF ALL OVER

- Burn fat & sculpt sexy legs, butt, arms
- 3 quickie walking workouts

8 minutes to flatter abs

p.129

BEAT YOUR CRAVINGS FOR GOOD!

- Easiest diet on the planet
- Stop a binge before it starts

THE FITNESS SURVIVOR

Stay motivated no matter what

p.114

Got a minute? Get healthier!
23 instant feel-great moves

14 BIGGEST BEAUTY LIES—EXPOSED

BY LEE KLEIN

PHOTOGRAPHY BY JEFFREY M. HARRIS



Mind, Body, Spirit Guide to Boundless Energy



Best 100-calorie chocolate treats p.78

fitness/beauty

extra



KEY TO ROMANCE
L'Artisan Parfumeur took the phrase "key to your heart" literally and created a limited-edition red and pink satin Valentine Key Ring sachet, blending romantic with sexy, earthy essence. Next time find the keys in om of your bag, nply follow your \$27.50; call 800-8-6835 for store information.

skincare

To prevent sa, heavy creams gels, says Arc facialist who Liu and Madi and firm wit down," she a tant ingredie or hyaluroni hydration. VC Cranberry G Almay Firmi Serum, \$16.

anti-acne diet

Prone to oily skin and frequent breakouts? Try adding basil and parsley to your daily diet, says skincare guru Susan Ciminelli, who advocates eating herbs as a way to help clear pores. "Their antifungal and antibacterial properties keep skin clean from the inside out," she says. Sprinkle a generous portion on your next salad—a serving of herbs a day just may help keep zits at bay.

the body expert

If you're a L'Oréal skinc devotee, look for the b body-care line. Body Ex drugstores this month. T inspired formulas sough protect the skin all over from environmental stre dey winter skin with decadently rich NutriFit Intense Firming and Moisturizing Body & Hand Lotion or HydroFresh Express Super-Light Moisturizing Body Spray, a sheer spitz; \$10.99 each at drugstores.

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Cult hair fabulizer

When Kiehl's heard that customers and stylists combine their two best-selling hair products—Creme With Silk Groen and Extra Strength Styling Gel—to form the ultimate texture-with-hold styling product, they took note. Introducing Kiehl's Bold Grooming Aid, a light pomade that's destined to become a cult classic. "Smooth a dollop through long hair to tame flyaways and create volume, or through short hair for control," says Kevin Marcuse, hair expert at thomastv.com. \$15.90; call 800-KIEHL-1.



super-moisturizing lip tint

Elizabeth Arden herself rated ultra-hydrating Eight Hour Cream re than 70 years ago soothe seriously dry ts. Now the formula s been recreated as a stick, blended with a hint of color. Eight Hour Cream Lip protectant Stick Sheer Tint SPF 15 contains itamin E and is available in four natural shades, including Arden spokeswoman Catherine Zeta-Jones's favorite, Plum. \$15, at department stores.