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SPECIAL REPORT

YOUR AMAZING SHAPE

*Love It!
Respect It!*

The #1 Spring Health Risk

Lifesaving Self-Check p.47

102 Instant Tips for...
A BETTER BODY AT ANY SIZE

Slim for Life
THE SECRET
p.99

INDULGE

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ENJOY

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RELAX

Why You Stress and How to Stop p.89

GLOW

Best Skin Savers p.42

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BACK BLEMISHES?
Hit tough-to-get spots with spray-on salicylic acid products like Clinique Acne Solutions Body Treatment Spray, \$19.50, clinique.com.

Skin Trends Explained

You don't need to go under the knife to get gorgeous, radiant skin. Here, new procedures that aim to firm flabby abs, smooth cellulite dimples and remove sun spots.

THE TIGHTENING TREND

THE LATEST: Titan 3D, an infrared light that delivers heat to the skin's deepest layer to increase collagen production and tighten flab. Although the temperature of the light goes as high as 131 degrees, the cool-to-the-touch sapphire tip lowers it to 68 degrees to protect your skin. Depending on how loose your skin is, three to five treatments are suggested, and will cost about \$1,500 each.

THE CELLULITE NEWS

THE LATEST: VelaSmooth, a dimple-fighting device that gently massages while creating suction, infrared heat and radio frequency to help boost poor circulation, release fluid retention and stimulate collagen production. Typically, 10 sessions are recommended (twice a week, 60 minutes each), at a total cost of approximately \$2,800.

THE SUN-SPOT REPAIR FIX

THE LATEST: Fraxel, a laser that targets tiny areas of the skin so freckled spots are zapped while collagen production increases, reducing the appearance of fine lines. Typically, four 30-minute sessions are suggested, with a month between each appointment; the price ranges from \$900 to \$1,300 per visit.

Editor Obsession All-New Shaving Tools

What we love, need and must have to stay smooth and stubble-free.

Love It! Skindinavia Shave Gel, \$19.50, beauty.com. This lightweight gel doesn't slide off in the shower, plus it contains a hair-growth inhibitor, so you can skip a day between shaves.



Need It! Venus Breeze Razor, \$9.99, drugstores. This three-blade razor has built-in gel bars plus a skin-conditioning strip to make everyday shaving and quick locker-room touch-ups nick-free.



Must Try It! Sally Hansen Zero Bumps Pads for Bikini & Underarm, \$7.99, drugstores. Prevent and heal pesky razor bumps by swiping one of these premoistened pads over just-shaven areas.



SHOWER GERM ALERT! BACTERIA INSTANTLY FORMS ON A SPONGE, EVEN IF YOU CAN'T SEE IT, SAYS MICHELLE COPELAND, M.D., AUTHOR OF THE BEAUTIFUL SKIN WORKOUT. USE YOUR HANDS TO LATHER UP. WE LIKE TONE SUGAR GLOW EXFOLIATING BODY WASH, \$4.50, DRUGSTORES.