



YOUR SECRET WEAPON
Anushka Skinny Caffé Latte Body Crème (\$46; anushkaonline.com) uses caffeine and green tea to increase firmness.

EXPERT TAKE "The antioxidants in this cream help protect against free radical damage, which breaks down collagen, resulting in slack skin," explains Francesca Fusco, M.D., a dermatologist in New York City.

REAL LIFE RESULTS "By day 10, my thighs were definitely firmer and smoother." —Marissa, 27

PART 3

THE SKIN TREATMENTS

smooth away the bumps

Experts and real women reveal what works.

BY CARLY CARDELLINO



STOP BELLY BLOAT FAST
3 EVERYDAY FOODS TO SKIP

EAT MORE, EXERCISE LESS
NEW CELLULITE FIXES

SHAPE
YOUR
LIFE

USE
THIS TOOL
BURN
600
CALORIES
IN 30 MINS.

REVEALED!
**KIM
KARDASHIAN**

**"I'LL NEVER
BE ONE OF THOSE
SKINNY GIRLS,
SO WHAT?"**

PLUS THE 7 MOVES
THAT HELPED HER GET
THESE CURVES p. 78

**YOUR BEST
BODY EVER!**

**SLIMMER
BY NEXT
WEEK**

**TRY THIS
PLAN, SEE
RESULTS
IN JUST
5 DAYS**

**A FIRM BELLY
IN 30 DAYS**

**FLAT ABS
THE TRUTH!**

**WHY ENDLESS
CRUNCHES
DON'T WORK
AND WHY
THIS DOES**
p. 159

**"HELP!
MY JOB
IS MAKING
ME FAT"**
SNEAKY WAYS
WORK PACKS
ON POUNDS

Display until June 21, 2010



THE 28 SEXIEST SWIMSUITS!

THEY SOLVE ALL YOUR FIGURE PROBLEMS

**WHAT GUYS
LOVE ABOUT
YOUR BODY
(YOU'LL BE
SURPRISED!) p. 39**

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