

10 BEST WORKOUT DVDs fitness

Mind, Body + Spirit

SLIM AND SEXY

Moves That Get You
Toned, Trim and
Totally Hot Fast

The #1 Diet Mistake
Women Make

Better Than Takeout

Healthy Twists on
Restaurant Favorites

Maximum Motivation

The Sneaky Change to Try Today

Instant Success

Secrets to a
Fitter, Faster,
Stronger You

Detox Your Skin

DIY Spa Tricks for a
Head-to-Toe Glow

"My Family's Making Me Fat!"

One Woman's
Makeover
Mission



If you have five minutes:

FACE FIX De-stress fast with a massage courtesy of Lisa Levin, founder of Pharmacopia in San Francisco: Start by warming your favorite face oil (see page 38 for our pick) between your hands, then hold them cupped over your nose while inhaling three times. Rub the oil onto your temples and the back of your neck in a circular motion.

BODY SOOTHER You brush your hair every day; brushing your body has benefits too. Turn a shower into a spa treatment by using a body brush, like **EcoTools Bamboo Bristle Bath Brush** (\$6, Target stores), to invigorate skin. Squirt body wash on the bristles, then work your way from hands to feet, brushing toward your heart. "This exfoliates and increases your blood flow, helping your skin glow," says Rafaela Toriello, head therapist for Espa in Interlaken, Switzerland.

Saturday

If you have 15 minutes:

FACE FIX Treat your lips to a tasty scrub. Scoop lip balm—we like **ChapStick Ultra Smooth** (\$4, drugstores)—into a bowl, stir in a spoonful of sugar, then spoon it back into its pot, says Donna Perillo, owner of Sweet Lily Natural Nail Spa in New York City. Rub a bit across dry lips to remove dead skin, then wipe with a damp washcloth. "Your lips will be flake-free," Perillo says. Short on time? Try **Fresh Sugar Lip Polish** (\$23, Sephora stores).

BODY SOOTHER Rev up your senses by pouring four drops of eucalyptus oil onto your shower floor or placing an **Aura Cacia Aromatherapy Shower Tablet in Purifying Eucalyptus** (\$7 for three, Whole Foods Market stores) on it. The steam from the running water creates an aromatherapeutic effect, says Manny Ramirez, head therapist for the **Setai Wall Street Spa** in New York City.

If you have 30 minutes:

FACE FIX In winter, skin loses more than a quarter of its capacity for holding moisture, according to Dove. Nourish it with this DIY mask from Judy Welch, facialist for the Spa at One Ocean Resort in Atlantic Beach, Florida. Blend two tablespoons of plain yogurt; half a ripe avocado; half a banana, mashed; and one teaspoon of olive oil, then apply it to your face and leave on for 10 minutes. Don't want to make a grocery store run? Try **Korres Yogurt Mask** (\$29, Sephora stores).

BODY SOOTHER Keep your postgym glow with a lemon-based exfoliation by Holly Gersh, treatment manager of Borgata Hotel Casino and Spa in Atlantic City. Mix a half cup of sugar with the juice of a lemon and then scrub your body with it in the shower. The lemon's citric acid sloughs dead skin, while the sugar polishes dull areas. Wash off. Finish by squeezing lemon juice into unscented body cream, then slathering it all over. A no-prep pick: **Aveeno Positively Nourishing Invigorating 24 Hour Body Moisturizer** (\$11, drugstores).

