

TAKE BACK YOUR THIGHS! This workout WILL firm them up once and for all

SHAPE

SHAPE
YOUR
LIFE

"HOW
I LOST
67
POUNDS"
p. 132

SHAPE TESTED

**WALK
YOUR
WAY
SLIM**

Drop pounds &
firm your butt in
just 30 minutes

*** Bloat,
headaches,
insomnia?**

The surprising
cause and
fast fixes, p.104

**LeAnn
Rimes**
shows
EXACTLY
how she got
these amazing
abs! p.68

**Zap
brain fog**
The diet trick
that improves
your focus

**SO LONG
CELLULITE**

Finally!
A 4-week plan
that really shrinks
those bumps
(even skeptics
got results)



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PLUS Younger looking skin
Research-proven ways to get it, p.78



HEATED STONES
Warm these up in hot water and massage into achy arches

ESSENTIAL OILS
Adding a few drops to a warm bath not only eases stress, it also moisturizes skin



SLEEP MASK
Put one on before your nap to block out light



BODY SCRUB
A blend of salicylic acid and sloughing beads perfects your pores all over

Medicine indicates that more than one million U.S. adults have experienced Reiki. The most recent version of the practice: weightless (or floating) Reiki, in which you receive the treatment while floating in a warm pool (meant to create a calming environment) with "healing" crystals and relaxing essential oils on your body.

FOR PROFESSIONAL PAMPERING
The Reiki Water Crystal Therapy Treatment at the Golden Door Spa in Escondido, California (\$150 for 60 minutes; goldendoor.com).

AT-HOME ANSWER Float in your own aromatherapy bath: Add a few drops of lavender or chamomile essential oil to an ounce of sweet almond oil in a small bottle (such as a clean travel-size shampoo container). Shake and mix into running bathwater. **Try Aura Cacia Oils** (\$3-\$143; auracacia.com).

YOU WANT
Solace for your stiletto-tortured feet

NEWEST SPA SOLUTION
A "rolling" pedicure According to the American Podiatric Medical Association (APMA), 42 percent of women report that they commonly walk around in uncomfortable footwear. So spas have stepped in with beautifying pedicures that also address the negative effects of shoes. The "rolling" pedicure, during which your feet are rolled over knobby rubber balls, stretches cramped muscles and even reduces fluid retention in the ankles.

FOR PROFESSIONAL PAMPERING
The Yamuna Pedicure at the Canyon Ranch Resort Spas in Tucson, Arizona, and Lenox, Massachusetts (\$95 for 50 minutes; canyonranch.com).

AT-HOME ANSWER Before your next home pedi, do these three exercises that target your feet and calves and can significantly reduce pain, according to the APMA. (1) For sore arches: Stand with your toes against a wall and lean slightly forward until the arch starts to stretch. Hold for a few seconds, and repeat several times. (2) For toe cramps: Raise yourself up on the balls of your feet and hold for five seconds. Repeat 10 times. (3) For all-over relief: Get an instant massage

by placing a golf ball under your foot and rolling it back and forth with light pressure. Hot rocks, traditionally used for body massage, also work wonders on feet. Try **Basalt Toe and Finger Stones** (\$6; rubrocks.com).

YOU WANT
Improved overall health

NEWEST SPA SOLUTION
Targeted napping If you think about the condition you were in the last time you skimped on sleep (most adults need eight hours), you know that not getting enough of it can dramatically affect the way you feel, look, and think. NASA studies have shown that taking a 20- to 40-minute power nap can improve performance by 34 percent and increase alertness by 54 percent. With half of the American workforce reporting that sleepiness on the job interferes with their productivity, it's no wonder that napping "pods" are popping up at spas to help us get our 40 winks. The sleep-conducive rooms are rigged with whatever type of music you find relaxing and a recliner that tilts your legs above heart level (to slow your heart rate and encourage relaxation). You're roused by gradually brightening light (which is less jarring than an alarm) after no longer than 40 minutes.

FOR PROFESSIONAL PAMPERING
The YeloCab at Yelo in New York (\$24 for 40 minutes; yelonyc.com) and the Natural Sleep Lab at the Miraval Spa in Tucson, Arizona (\$275 for 50 minutes, including a sleep evaluation before your nap; miravalresort.com).

AT-HOME ANSWER To nap better, lie in bed with your knees propped on pillows, and slip on a sleep mask to block the light—try one by Chris Notti (\$20; zitomer.com). Or, to emulate the "pod" experience, draw the shades and use one of the new alarm clocks that wake you up with a gradual emission of light, such as Hammacher Schlemmer's Peaceful Progression Wake Up Clock (\$50; hammacher.com). "Don't let yourself nap longer than 40 minutes," says Nicolas Ronco, founder and CEO of Yelo, "or your body will reach a deeper level of sleep, which could make you feel groggy upon waking."