

fitness

mind, body & spirit

HOME GYMS
FOR UNDER \$100

Walk Off Mega Fat

Burn More
Calories With
Every Step!

Get Into Your Skinny Jeans

Whittle your...

- Waist
- Legs
- Butt

in 4 Weeks!

Instant Fixes
for Any Diet
Setback

8-Minute Fat Burner

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FOODS
FOR
AMAZING
ENERGY

**2-SECOND
STRESS
CURES**

**BEST AND
WORST
LUNCHES**

Reverse sun damage

The FDA-approved Fraxel Laser can diminish hormone-caused melasma and sun damage in three to five treatments. "Beams break down pigment and encourage healthy cell growth," says Mitch Chasin, M.D., medical director of Reflections Center for Skin and Body in Livingston, New Jersey. Although each session is approximately \$1,200, your skin will be picture perfect.