

The key to more energy • Trim your top trouble zone • Shorts that flatter ANY body

SHADE

SHAPE
YOUR
LIFE

**BURN
300
CALORIES
FAST**
p.134

GUARANTEED!
**3 MINUTES
TO FLAT
ABS**

Skip the boring
crunches & try
THIS move instead

★ ★ ★ ★ ★
**LOVE DANCING
WITH THE STARS?**

Then you'll love
this workout!

**JULIANNE
HOUGH**
shows you
the moves, p. 51

**BE A DIET
SUCCESS**

**in just
4 weeks**
Real women,
real strategies

WE TRIED THEM!

**THE
BEST
STAY-SLIM
SNACKS**

Confidence!
ways to get it NOW, p. 36



GENTLER WAYS TO BANISH BREAKOUTS

IN OFFICE Isolaz is a painless procedure combining light therapy with a device that clears excess oil out of your sebaceous glands. According to a recent study in the *Journal of Drugs in Dermatology*, it has been shown to reduce breakouts by as much as 90 percent in just four sessions. The cost is \$300 to \$500 per treatment; go to isolaz.com for more information.