

SHAPE

SHAPE YOUR LIFE

EAT THIS, FIGHT FAT P. 136

2-MINUTE MOVE

BEAT AB

FL

Skip the crunch THIS

Yo for be The n 10-minu

BL 300+ C AT I



\$4.99 U.S. \$5 February 2010 Display until 1



beauty news



New help for acne

Crems and cleansers that contain probiotics, or healthy bacteria, can help send pimples packing, since they change the pH of your skin, "making it inhospitable for blemish-causing bacteria," says Tami Meraglia, M.D., a physician in Seattle. "And popping a probiotic supplement can enhance the complexion-clearing effect." Try a regimen of Clinique Medical Probiotic Cleanser (\$28; cliniquemedical.com for physicians), which removes makeup without stripping oil; Epicuren Discovery Acidophilus Probiotic Facial Cream (\$60; epicuren.com), with soothing aloe; and Sonya Dakar Acidophilus Flora Dietary Supplement (\$44; sonyadakarskinclinic.com), one capsule of which has as much good bacteria as 37 tubs of yogurt.



Smooth on with clean hands to avoid introducing germs

Massage cleanser onto entire face—not just the T-zone

NATURAL SKIN SOOTHERS

Wonder what all those "floral waters" you're seeing are for? The mists, made by combining H₂O with essential oils from petals, help calm inflammation and boost hydration. Spritz one on après airplane for a skin-silkening pick-me-up, before bed to help repair sun damage, or right over your makeup to set foundation and give skin a dewy glow. We love Fresh Rose Marigold Floral Water (\$35; fresh.com), which plumps fine lines, and Melvita Orange Blossom Water (\$19; usa.melvita.com), with a calming citrus flower extract.

shape shops

yummy, calorie-free treats

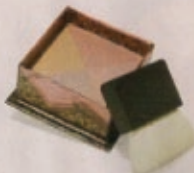
Who could possibly pass up these enticing essentials?



Rich room scent
Godiva Scented Candle in Peppermint Bark (\$23; melmanmarcus.com) has notes of dark chocolate, bourbon, and crushed mint.



Luscious lather
Bodycology Raspberries & Cream Shower Gel (\$5; bodycology.com for stores) fills your shower with a fresh, fruity scent.



Healthy flush
Benefit Sugarbomb Sugar Rush Flush Face Powder (\$28; benefitcosmetics.com) adds a pop of shimmering color to your cheeks.



Tub rub
Dylan's Candy Bar Strawberry Licorice Ice Cream Sugar Scrub (\$20; dylanscandybar.com) buffs dry, flaky skin with sugar granules.