

# fitness

mind, body & spirit

WIN A HOME GYM! P. 14

## Get Firm Fast

Less Effort,  
**3X the Results**

**Instant Health Fixes**  
see page 50

**Change Your Life!**  
19 Tips for...  
• Sizzling Sex  
• Faster Weight Loss  
• Feeling Happy

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**Eat This For All-Day Energy**  
page 60

**30-Second Trick for Perfect Skin**

**Stretches That Burn Calories (and Tone) Your Abs**

**Surprising Way to De-stress**  
see page 82





 DO IT NOW

Shape eyebrows with a brow gel like Bourjois Eyebrow Mascara, \$13, [sephora.com](http://sephora.com).

## Try magic mushrooms

THE LATEST SKIN-CARE INGREDIENT—MUSHROOMS—firms and combats redness. “Several species, including reishi, are anti-inflammatory,” says wellness guru Andrew Weil, M.D., consultant for Origins. The company’s Plantidote Mega-Mushroom Face Serum, \$65, [origins.com](http://origins.com), renews radiance; Actifirm’s Actizyme Cellular Peel, \$82, [actifirm.com](http://actifirm.com), uses *Mucor Miehei* mushrooms to neutralize postexfoliation; Prai Silk Serum, \$40, [prabeauty.com](http://prabeauty.com), contains shiitakes to smooth.

### Update your ponytail

Who hasn’t reached for a ponytail holder on a manic morning? Now your impromptu hairdo can be considered the height of fashion. Indeed, Guido Palau, Redken’s star stylist and the mane man at the runway shows of Prada and Gucci, created the look for the catwalk. Tease hair at the crown, then fasten at the center of your head for the most modern look, says Palau.

**67%**  
of women continue to wear the same fragrance they wore on their wedding day.

Cacharel

### Keep your cover

Whether you’ve got to stay looking fresh through back-to-back meetings or a tear-filled wedding, new “sealant” products will keep you covered (pun intended!). We love Model in a Bottle, \$18, [modelinabottle.com](http://modelinabottle.com), a magical setting spray that absorbs oil. Also amazing: El Solutions Liner Last, \$20, [sephora.com](http://sephora.com). The clear fluid locks on eye color for up to eight hours.