

fitnesstime.com

# fitness *Mind, Body + Spirit* **fit** **ness**

**Best Cellulite Fighters**



## Blast Belly Fat Faster!

**What Works for Everyone**

**Sexy Supermodel Niki Taylor**  
Curvy & Proud

**Easy Spa Meals for Lazy Cooks**

**Size 2? Size 14?**

## 4 Weeks to Your Best Beach Body

Toned arms!  
Firm thighs!  
A great butt!

## 45 INSTANT FIXES!

- Turn off cravings
- Cut your cancer risk
- Look 10 lbs thinner

## That's Intense! The 30-Minute Total-Body Workout

\*\*\*\*\*AUTO\*\*SCN 3-DIGIT 900  
 29479 6032  
 JIMMY GALEX  
 MARCUS STEWARD DR  
 STE 1490  
 1901 AVENUE OF THE STARS  
 LOS ANGELES CA 90057-5012

552  
429  
8



GWEN FLANBERG, BEAUTY DIRECTOR, PICKS HER FAVORITES.

## Beauty Checklist

# Treat Your Feet

Ten brand-new ways to nail a perfect 10.

### 1. PEDICURE SAVER ●●●

How unfair is it when you ding your pedi after all that hard work? Tell me about it! The best fix I've found: Borghese Peretto Smudge Smoother (\$12, [ulta.com](http://ulta.com)).

### 2. BRIGHT TOE POLISH ●●●

Channel a vacation vibe even when you're working your toes off by painting on hot pink (this one's OPI Nail Polish in I'm In-a-Mood for Love, \$8.50, [UltaStores.com](http://UltaStores.com)).

### 3. TOENAIL FILE ●●●●●

I love the glam factor of a metal nail file, and it actually works faster than a traditional emery board. I'm obsessed with the Seki Edge Two-Grit Long File (\$12, [sekiedge.com](http://sekiedge.com)).

### 4. RELAXING SOAK ●●●●●

After a long run, I sink my tired toes into a basin filled with warm water and a few drops of soothing essential oils. (Try Comfort Zone Lushly Floral Foot Soak, \$33.50, [comfortzone.it](http://comfortzone.it).)

### 5. CALLUS KICKER ●●●●

I want my feet smooth but not too satiny, or I'll slip in yoga class. A geriatric pumice like Mel Bath Ice Cream Sandwich (\$6, [msbath.com](http://msbath.com)) does the trick.

### 6. CHIC SHADE ●●●

The locker room at my gym is filled with top models (such as a certain someone who happens to date an NFL quarterback).

When I want to feel similarly chic, I sport navy on my toes. Try my new fave, Chanel Nail Colour in Blue Sath (\$19, [nordstrom.com](http://nordstrom.com)).

### 7. COOLING GEL ●●●●●

An unusually hot day, new sandals, a Spinning class—three things that make my feet swell, but one tingly treatment always de-puffs: The Body Shop Peppermint Cooling Leg Gel (\$12, [thebodyshop.com](http://thebodyshop.com)).

### 8. SMOOTHING SCRUB ●●●●

Like an awesome foot massage, a scrub kicks circulation into overdrive. Guaranteed to give you a polished performance in this spring's open-toe sandals. (Try CND Sea-Salt Glow Pedicure, \$35.99, [cnd.com](http://cnd.com).)

### 9. SWEAT-PROOF ●●●●

Keep your feet and blisters at bay with this super-fresh, minty foot powder made just for feet (try Just Feet Spa Peppermint Foot Stick, \$6.50, [drugstores.com](http://drugstores.com)). Buy an extra for a guy friend.

### 10. FUNGUS FIGHTER ●●●●

If you're the Purell-addicted type, swipe an antibacterial oil like SpaRitual Farewell Fungus Fighter around your cuticles. It helps prevent the spread of germs from nicks and cuts, so you can forget your fear of infection (\$15, [sparitual.com](http://sparitual.com)).



## Beauty Cheat Sheet

● Under \$20	● Blocks Blisters	● Fights Fungus	● Footproof	● On-the-go
● Soothes Sore Muscles	● Callus Smoother	● Odor Neutralizer	● Refreshing	● Gelseb fave