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SPECIAL REPORT

**YOUR
AMAZING
SHAPE** *Love It!
Respect It!*

**The #1 Spring
Health Risk**

Lifesaving Self-Check p.47

102 Instant Tips for...

**A BETTER BODY
AT ANY SIZE**

Slim
for Life
**THE
SECRET**
p.99

INDULGE

Eat Out and
Still Lose p.126

ENJOY

Better Sex at
Any Age p.136

Skin Trends Explained

You don't need to go under the knife to get gorgeous, radiant skin. Here, new procedures that aim to firm flabby abs, smooth cellulite dimples and remove sun spots.

THE CELLULITE NEWS

THE LATEST: VelaSmooth, a dimple-fighting device that gently massages while creating suction, infrared heat and radio frequency to help boost poor circulation, release fluid retention and stimulate collagen production. Typically, 10 sessions are recommended (twice a week, 60 minutes each), at a total cost of approximately \$2,800.