

THE DRUG-FREE HEADACHE CURE: IT WORKS!

SHAPE

SHAPE
YOUR
LIFE

10
MINUTE
TONE UP
3 TOTAL
BODY
MOVES

**LOVE YOUR
BODY &
YOURSELF**
CONFIDENCE BOOSTING LESSONS

**MARISA
MILLER**
HOW
SHE STAYS
BEACH
READY YEAR
ROUND!

**BURGERS
PIZZA
& FRIES**
THAT
WON'T
STICK TO
YOUR THIGHS!
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**5 WAYS TO
BEAT
THE
WINTER
BLUES**
HINT:
THEY'RE
IN YOUR
MAKEUP
BAG
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**FLAT ABS,
TIGHT TUSH,
KILLER LEGS!**
SCULPT YOUR BEST BODY YET!



SEXTING
IS IT HELPING OR HURTING
YOUR LOVE LIFE?

February 2011
Shape.com
\$4.99 U.S.
\$5.99 Canada
Display until
February 21, 2011



LOOK GREAT

Look as gorgeous in the mirror as you feel inside

A TOUCH OF LUXE

Want your skin to feel as soft as your favorite sweater? Try one of the latest products infused with sumptuous cashmere extract. "The natural protein forms a light film that prevents moisture from escaping," says Anne Chapas, M.D., a dermatologist in New York City. Cozy up to Physicians Formula Cashmere Wear Ultra Smoothing Bronzer (\$14; at drugstores) or Sunday Riley Cashmere SPF 30 (\$125; sundayriley.com).