

NEW BEAUTY®

DISCOVER THE 10 NEW AGE-DEFYING SECRETS

how the stars stay young: their beauty teams share their must-have products, diet tricks and more...

HOW JENNIFER STAYS SEXY OVER 40!

read how she does it on p. 34

THE FASTEST
WAY TO A PERFECT
BODY
the instant solution
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OVER-INJECTED CELEBRITIES

have they gone too far?
doctors disclose how to
get the most natural look.

MAKEOVERS.
quick fixes and permanent solutions —
the ultimate guide to restoring youth.

THE NEXT BIG THING

TAKE 10 YEARS OFF IN MINUTES

Skin-tightening procedures for the face have gained popularity over the past few years. But a new treatment, known as **Exilis**, is garnering rave reviews. Utilizing radiofrequency technology to firm up slack skin and redefine facial contours, **Exilis** differs from other treatments in that it delivers a steady, uniform flow of energy so it takes less time to perform. Downtime-free and with minimal discomfort, the jowls or eye area can be targeted, too.

THE PROVEN WAY TO
**SLIM YOUR
STOMACH
IN MINUTES**

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