

GET THINNER THIGHS
IN JUST MINUTES A DAY

SHAPE EXCLUSIVE: 8 WAYS TO
LOSE WEIGHT FASTER

SHAPE
YOUR
LIFE



NEW
RESEARCH
THE
VITAMIN
THAT FIGHTS
FAT

ROCKIN'
BODY!



celeb tip

THE (SKIN) DOCTOR IS IN!

If you covet the perfect complexions of Michelle Williams (below right), Naomi Watts, and Rachel Weisz, you'll definitely want to try their skin doc's new line, Colbert M.D. Skincare.

Created by New York City

dermatologist David Colbert, M.D., the range includes three daily maintenance products and one weekly intensive treatment (all of which work for all skin types). They're packed with potent antioxidants, peptides, and glycolic acid (from \$48; barneys.com for stores).



With clear, dewy skin, you barely need any makeup