NO GYM REQUIRED! 10 minutes to sexy, sculpted legs

FEEL BETTER FAST!
DETOX YOUR BODY
Kick your sugar habit
Beat the bloat
Banish stress

THE HIGH-FAT FOOD that slims you down

GOT THE WORKOUT BLAHS? The fix, p. 150

My Name Is Earl’s Jaime Pressly
“My kick-butt home workout.” p. 54

YES, YOU CAN!
BLAST BELLY FAT FOR GOOD

LOOK RICH FOR LESS THAN $200

PLUS!
Sculpting secrets of the stars
Get Halle’s arms, Cameron’s butt, and more, p. 182
A FRESH TAKE ON THE FRENCH BRAID

Next time you're faced with a bad hair day, pull your locks into a red carpet-inspired French braid headband. To get the look, celebrity stylist Nick Penna Jr. of Boston's SalonCapri recommends starting with unwashed hair prepped with a dollop of styling cream. Beginning about an inch back from your hairline (or bangs if you have them), section off locks from temple to temple and create a French braid from one side of your head to the other. Secure with a pin above your ear; wear the rest of your hair down or in a ponytail.

SKIN-SAVING POWDERS

If you've ever had to toss a beloved beauty product because it went bad, check out the new powder-to-liquid formulas. Because they're dry until you rub them between your fingers, they stay fresh longer (bacteria need a moist environment to thrive). Try Mally Beauty Liquid Light Eye Brightener ($25; qvc.com), Cosmedicine Speedy Recovery Acne Treatment Nighttime Blemish Powder ($38; dermologica.com), and Dermaologica Extreme C (SI$15; dermologica.com for stores).

PC POLISHES

If you hear "eco-friendly beauty product" and think of nature colors, like jade, check out the new hues from Sally, above ($10; sallybeauty.com for stores). These eye-popping brights are water-based (color-free!) and made to last a few days before being peeled off, eliminating the need for harsh removers. Your nails and nose will thank you.

sniff away the winter blues

This season's best blends are guaranteed to lift your spirits. Lilly Pulitzer Beachy ($48 for 1.7 oz.; sephora.com) evokes summer days with watermelon and citrus notes. Van Cleef & Arpels Féerie Eau de Parfum ($150 for 3.3 oz., neimanmarcus.com) enchants with an exotic woody fragrance. And Waterford Lismore Eau de Parfum Spray ($90 for 3.4 oz.; waterford.com), with vanilla and musk, doubles as a vase after you've emptied it.