

# Boost Your Body Image Now! 3 Easy Steps

# SHAPE

SHAPE YOUR LIFE

8 SPA TREATMENTS WORTH EVERY PENNY

## TIGHT TUSH, TONED THIGHS

Cellulite-blasting moves that work! p118

GREAT SEX: WHAT'S STOPPING YOU? FOR 20 MILLION WOMEN, IT'S THIS... p34

## SLIM WITHOUT THE GYM

No Weights, No Gadgets—Just You! p152

## VANESSA HUDGENS

Stronger than ever! How she got there p56

SHOE-INS: THE BEST SNEAKERS AROUND p110



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4/ Lather up your hair and body with Giovanni 3inOne (a \$40 value). Ten winners can score all four scents of this sulfate- and paraben-free product.