

DROP 10 POUNDS WITHOUT TRYING! One simple tweak makes all the difference

SHAPE

SHAPE
YOUR
LIFE

**WALK
OFF
MORE
CALORIES**
p.112

START TODAY!

**GET
SLIM
IN JUST
5 WEEKS**

**THE PERSONALIZED
PLAN THAT**

- ✓ BL
- ✓ BO
- ✓ SO

**How
libido**
Feb



**HEATHER
LOCKLEAR**
"How I stay strong
during tough times"
**HER 10 RULES
TO LIVE BY**

**Winter-
Wearry Skin**
**30-second
cures**

SPECIAL REPORT

**The #1 killer
of women**
**You'll want to
see your doctor
after reading
this, p.138**



a rich wine color; Spa Ritual polish in Provocateur (\$9; sparitual.com for stores).

AS SEEN IN SHAPE FEBRUARY 2007

SPARITUAL.COM