

Banish upper-arm jiggle • Fixes for stubborn cellulite • Juice: diet friend or foe?

SHAPE UP

SHAPE YOUR LIFE

BLAST 320 CALORIES AT LUNCH
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OUR BEST PLAN EVER

WALK OFF 10 POUNDS

The easiest way to lose the weight FOR GOOD

15 minutes to a strong, slim you

GET BODY CONFIDENT

FIRM UP

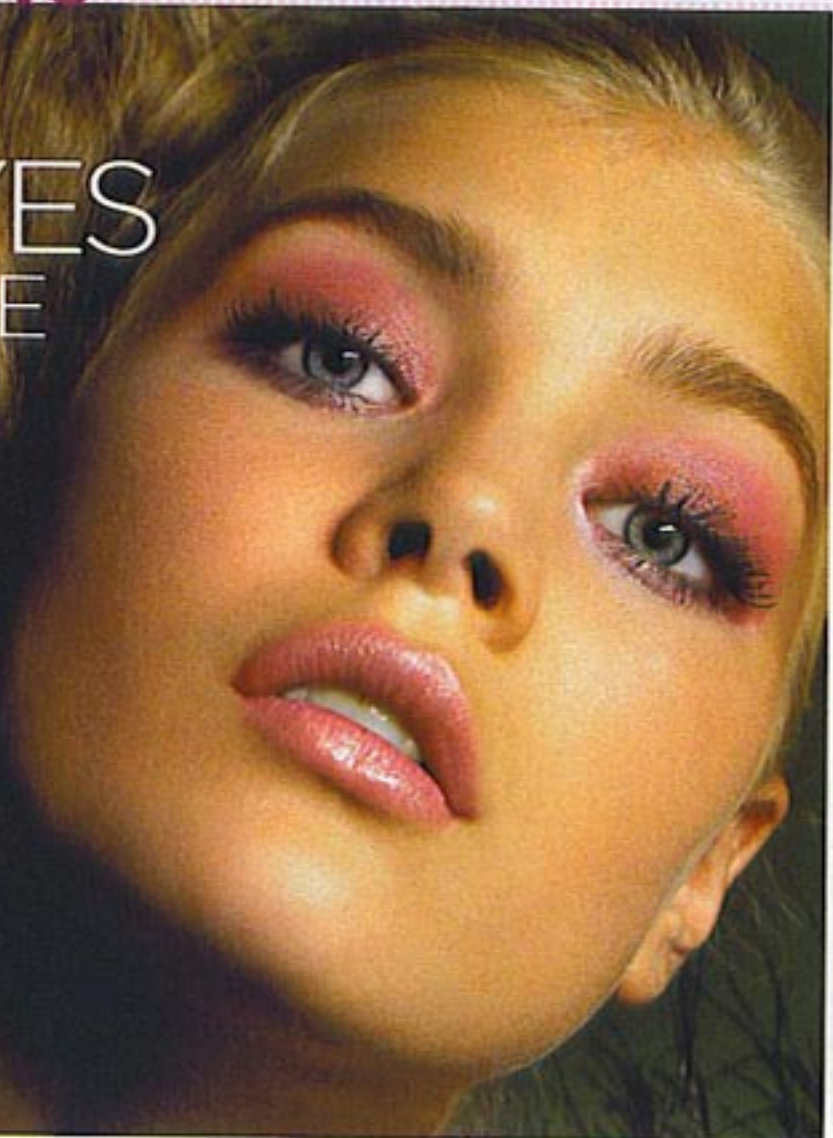
beauty news

SEXY EYES MADE SIMPLE



Custom color for hazel eyes

Create evening eyes fast with these ingenious new products: the Physicians Formula Shimmer Strips Custom Eye Enhancing Shadow and Liner palette (\$10; at drugstores), left, contains nine shades to flatter brown, hazel, blue, or green eyes; ColorOn Professional Instant Eye Shadow applicators (\$30 for 20; coloronpro.com) provide single doses of mineral-based shadow; and Laura Mercier Faux Lashes (\$18; sephora.com) are tinted black at the base—no liner necessary.



New sandals pinch? Here's help



TLC for your soles

The latest ways to get feet that feel good all summer. **SWIPE ON** Band-Aid Activ-Flex Blister Block Stick (\$7; at drugstores), top right, to form a protective layer over skin and minimize painful rubbing. **ATTACH** Kik-N-It exfoliating discs (\$10 for two; kik-n-it.com) to the bottom