

# NEW BEAUTY®

## DISCOVER THE 10 NEW AGE-DEFYING SECRETS

how the stars stay young: their beauty teams share their must-have products, diet tricks and more...

## HOW JENNIFER STAYS SEXY OVER 40!

read how she does it on p. 34

THE FASTEST  
WAY TO A PERFECT  
**BODY**  
the instant solution  
that will transform  
your figure forever.

## OVER-INJECTED CELEBRITIES

have they gone too far?  
doctors disclose how to  
get the most natural look.

**MAKEOVERS.**  
quick fixes and permanent solutions —  
the ultimate guide to restoring youth.

### THE NEXT BIG THING

#### TAKE 10 YEARS OFF IN MINUTES

Skin-tightening procedures for the face have gained popularity over the past few years. But a new treatment, known as **Exilis**, is garnering rave reviews. Utilizing radiofrequency technology to firm up slack skin and redefine facial contours, **Exilis** differs from other treatments in that it delivers a steady, uniform flow of energy so it takes less time to perform. Downtime-free and with minimal discomfort, the jowls or eye area can be targeted, too.

THE PROVEN WAY TO  
**SLIM YOUR  
STOMACH  
IN MINUTES**

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