

TAKE BACK YOUR THIGHS! This workout WILL firm them up once and for all

SHAPE

SHAPE
YOUR
LIFE

"HOW
I LOST
67
POUNDS"
p.132



SHAPE TESTED

WALK YOUR WAY SLIM

Drop pounds &
firm your butt in
just 30 minutes

***Bloat,
headaches,
insomnia?**

The surprising
cause and
fast fixes, p.104

**LeAnn
Rimes**
shows
EXACTLY
how she got
these amazing
abs! p.68

**Zap
brain fog**
The diet trick
that improves
your focus

SO LONG CELLULITE

Finally!
A 4-week plan
that really shrinks
those bumps
(even skeptics
got results)



\$3.99 U.S. \$4.99 Canada
July 2007 Shape.com
Display until July 9, 2007

PLUS Younger looking skin
Research-proven ways to get it, p.78

YOU WANT
Relief for achy hand muscles

NEWEST SPA SOLUTION

Treatments for the gadget-addicted

With so many of us glued to our PDAs and computers all day, it's no wonder that repetitive-use problems—like the throbbing thumbs from pounding out messages on the BlackBerry—now account for a whopping one-third of all workplace injuries. Luckily, spas have raced to the rescue with spot rubdowns that help ease conditions like “BlackBerry thumb.”

FOR PROFESSIONAL PAMPERING

The BlackBerry Balm Hand Massage at Hyatt Hotel and Resorts' HyattPure Spas (\$80 for 25 minutes; hyattpure.com) or the **BlackBerry Thumb Conditioning Treatment at the Spa at Camelback Inn** in Scottsdale, Arizona (\$65 for 30 minutes; camelbackinn.com).

AT-HOME ANSWER For sore fingers, Margot Miller, of the American Physical Therapy Association, suggests rubbing sore spots on one hand with the other, followed by stretching exercises. As soon as pain strikes, slather hands with lotion, such as **Jaqua Mint Chocolate Hand Crème** (\$8; jaquabeauty.com) or **Laura Mercier Mint Leaf Hand Lotion** (\$15; sephora.com). While the mint feels soothing, the massage “increases blood flow to the surface of your skin, bringing with it oxygen to help relax strained muscles,” says Miller. Once the lotion soaks in, lay your hand on a table palm down and stretch your fingers as far apart as possible. Hold for 10 seconds. Rest for a moment and repeat eight times.

YOU WANT
A blemish-free backside

NEWEST SPA SOLUTION

A fanny facial The bottom line? Heat and humidity can be rough on your posterior, explains **Kenneth Beer, M.D.**, a West Palm Beach, Florida, dermatologist. “We all have bacteria that sit on the surface of our skin, causing no harm under ordinary circumstances. But tight clothing like swimsuits, or



sitting for too long on synthetic beach chairs, can drive that bacteria into the pores, leading to clogs and breakouts.” Couple that with the fact that sweat provides a moist breeding ground in which bacteria can proliferate, and you've got a recipe for rear-ruining pimples. To treat this, spas are applying techniques to the butt that were previously reserved for deep-cleansing the face, such as masks, exfoliations, and even extractions.

FOR PROFESSIONAL PAMPERING

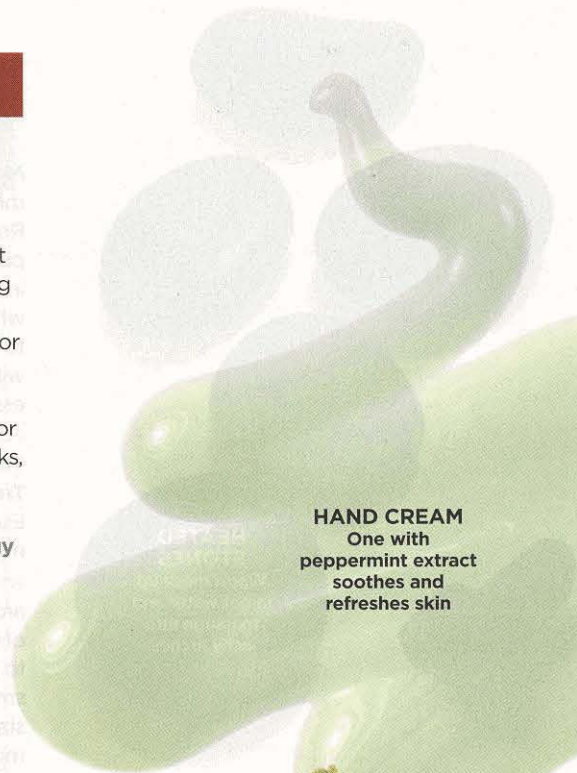
The fanny facials at Smooth Synergy in New York (\$225 for 90 minutes; smoothsynergy.com) and at **Le Boe European Day Spa** in Coral Springs, Florida (\$155 for 90 minutes; leboedayspa.com).

AT-HOME ANSWER To prevent pores from clogging, exfoliate your butt three times a week with a scrub that contains salicylic acid—like **Neutrogena Body Clear Body Scrub** (\$6; at drugstores). Beer also recommends lathering up daily with an antibacterial cleanser, like **Lever 2000 Body Wash With Vaseline Lotion** (\$6; at drugstores), to keep your backside bacteria-free. Do this at the end of your shower to rinse away residue from any other products (shampoos, conditioners) that could irritate skin. Once a week, allow a mud mask to sit on your seat for 10 minutes to deep-clean. Try **Shea Terra Organics Moroccan Mud** (\$18; sheaterraorganics.com).

YOU WANT
Serious stress relief and a balanced body and mind

NEWEST SPA SOLUTION

Weightless Reiki Its practitioners believe that the healing energy emitted by their hands can clear blocked energy pathways in the body, ultimately alleviating pain, stress, and illness. Although some members of the scientific community consider Reiki a pseudoscience, it has become ubiquitous at spas as the seriously stressed look for new ways to address the unhealthy side effects (headaches, anxiety, etc.) of our increasingly busy lives. A 2002 study published in *Alternative Therapies in Health and*



HAND CREAM
One with peppermint extract soothes and refreshes skin



DIY tip:
Crush and add FRESH MINT LEAVES to your favorite hand cream



MUD MASK
A shea-butter formula softens your face... and more