

FLAT ABS IN 15 MINUTES FREE WORKOUT CARDS

SHAPE
YOUR
LIFE

**25
BEAUTY
PRODUCTS
THAT
WORK!**

SHAPE

**30
MOST
SLIMMING
JEANS
EVER!**

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**BROOKE
BURKE**

**"SEXY IS
A STATE OF
MIND"**

**Her 8 daily
mantras**

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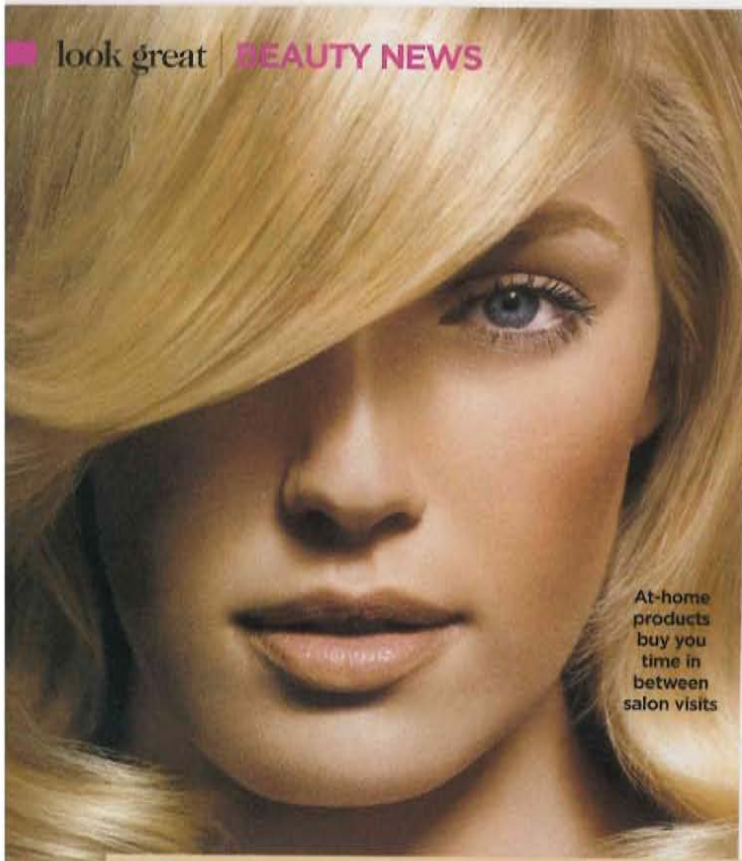
**DROP
10 POUNDS
BY FEB 1
NO CALORIE
COUNTING!**

**SEX,
BEER &
BURGERS**
WHY GUYS ARE
HEALTHIER THAN
YOU THINK

**6
AMAZING
WEIGHT-
LOSS
SUCCESS
STORIES**



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Shape.com | Display until January 24, 2011



At-home products buy you time in between salon visits

NEW YEAR, NEW SKIN



Use daily to improve skin tone and texture

Alpha and beta hydroxy acid peel pads promote youthful skin by dissolving dead cells, lightening brown spots, and helping to smooth fine lines. And the newest versions come even closer to in-office results, since they contain more potent concentrations of glycolic and salicylic acids, says Ranella Hirsch, M.D., a dermatologist in Boston. Try Dr. Dennis Gross Skincare Extra Strength Alpha Beta Peel (\$85; dgskin.com) and Cane + Austin Retexturizing Treatment Pads (\$60; nordstrom.com).

CHIC HAIR ON THE CHEAP

If you're short on time or cash, no worries! The latest crop of at-home products will leave your hair looking straight-from-the-salon beautiful:

FOR A BOOST OF SHINE, mix a drop of Oscar Blandi At Home

Salon Glaze (\$25; oscarblandi.com) with your conditioner; leave it on for one minute before rinsing.

TO ADD A LITTLE LENGTH, smooth 3 More Inches Pre-Wash Treatment (\$38; spacenk.com) from roots to ends—it's cashmere proteins moisturize and fortify strands, helping them grow longer faster.

TO COVER REGROWTH AND STUBBORN GRAYS, apply **Samy Fat Foam Hair Color** (\$9; walmart.com), a permanent formula that comes in 10 shades.

This kit leaves your hair with a lasting, natural-looking color



whiter teeth in two hours

Want a gorgeous grin like Amanda Peet's? We recently caught up with the actress to find out the secret to her pearly whites. Turns out, the low-maintenance beauty relies on



You can drink water with these strips on

Crest 3D White 2 Hour Express Whitestrips (\$55; at drugstores), which contain 17 percent more of the whitening agents than the original version and brighten your smile in one sitting.

liquid lip color With the high-impact hue of a lipstick and the shine of a gloss, these picks are your new pout perfectors.

Avon Pro Color & Gloss Lip Duo in Twig (\$10; avon.com)

Elizabeth Arden High Shine Lip Gloss in Shimmering Pink (\$15; elizabetharden.com)

Revlon Super Lustrous Lipgloss SPF 15 in Pink Pop (\$7; at drugstores)

MÁC Kissable Lipcolour in Scandalicious (\$18; maccosmetics.com)

Chanel Rouge Allure Laque in Dragon (\$32; chanel.com)

Mally High Shine Liquid Lipstick Pen in Apricot (\$20; mallybeauty.com)

