

WIN! WIN! WIN!... Workout Gear, Bags, Shoes and More! p.20

fitness

Mind, Body + Spirit

15 MINUTES TO
**FLAT
ABS**

**Burn More
Calories
Every Day**

8 Quick Tricks

Plus a
and L

Cleanse like a pro.

Slowly swipe a pad from the outer corners of your eyes to the inner corners, gently pressing on the tear duct for three seconds, says Philippe Allouche, creator of Biologique Recherche Skincare. The motion helps drain excess fluids, minimizing next-day puff. Also, avoid gel removers; their ingredients can sometimes cause swelling.

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How
Out
You
Cravings

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