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Bye, Bye, Bengay! 5 Natural Muscle Soothers, One For Each Body Part

Tuesday, May 31, 2011 at 12:00 PM  by [Nora Levinsky](#)  You like **Bye, Bye, Bengay! 5 Natural Muscle Soothers, One For Each Body Part: Fit Like Us**

They say, "No pain, no gain!" I say, "No pain, no limping!"



4. Limbs (Arms & Legs):

When it comes to beauty, trust the French. [Biologique Recherche](#) created [Huile Jambes Lourdes](#) (\$99), an oil with Cypress, Camphor, Sage, Mint and Rosemary that tones (LIKE!), but also revives tired limbs and improves "microcirculation."

