

BACK PAIN NO MORE • BANISH SUGAR CRAVINGS

pilatesstyle®

www.pilatesstyle.com

**GET INTO THE GROOVE!
TONE YOUR
WHOLE BODY WITH
RHYTHM PILATES**

**KATHY
GRANT:
HONORING A
TRUE MASTER**

**PILATES
ANYWHERE
ANYTIME**

**LOLITA'S
CLASSIC
FOOT
WORKOUT**

**HEALTHY
MEALS
FOR BUSY
PEOPLE &
• 4 WINNING RECIPES
• BEST NEW PRODUCTS**



Formulated by top derm Kenneth Beer, **SCIENTIFIC WHITE BAMBOO EXFOLIATOR** contains gentle silicone-wrapped bamboo crystals. We swear this warming scrub made our pores look smaller (\$68; scientificskin.com).