

WHAT TOP DOCS AVOID TO STAY HEALTHY

SHAPE

SHAPE
YOUR
LIFE

DETOX
YOUR
SKIN
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EXCLUSIVE!

LEANN
RIMES

"HOW
WORKING OUT
SAVED ME"

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10-MINUTE
CALORIE BLAST

DROP
POUNDS
FASTER!

2 confidence
buster
ACNE

➤ **HOME REMEDIES** The first step is knowing when a flare-up is coming, says Ostad. "Skin will often start to itch a little a day or two before a full-blown outbreak." When this happens, you'll need to rework your skincare routine to stave off the inflammation.

4 confidence
buster
ECZEMA

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