

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

SPECIAL ISSUE!

THE 100 BEST PRODUCTS
OF THE YEAR!

BEAUTY AWARDS ISSUE



newbeauty.com



WINTER/SPRING 2012
DISPLAY UNTIL MARCH 26

PLUS: THE SECRET INGREDIENT
AND TEN BREAKTHROUGH ANTI-

THAT DELIVERS PERFECT SKIN INSTANTLY
AGING TREATMENTS THAT REALLY WORK

EXPERTS REVEAL
INSIDER SECRETS

NEW WAYS TO FIGHT FAT

AND TRANSFORM YOUR BODY IN MINUTES

THE BEST TRICKS FOR FIRMER HIPS + THIGHS

Toning the hips and thighs can be an ongoing battle. Unfortunately, for women, the distribution and proportion of fat in this area is often genetically predetermined, making it more resistant to diet and exercise. Although genetics may not necessarily be in your favor, there are a number of solutions that can help sway it—and permanently solve it.



Transform your thighs in five workouts

"Boot camp" conjures up images of arduous toughness that could make the most dedicated fitness enthusiast cringe. Add the Brooklyn Bridge to it, and you've got one of New York's toughest workouts. Fortunately, you don't have to be near the Big Apple to experience trainer Ariane Hundt's thigh-transforming workout. Her Brooklyn Bridge Boot Camp DVD claims to burn 800 calories. "We promise a lifted butt, leaner and stronger legs, a flatter stomach and defined arms after five sessions," says Hundt. brooklynbridgebootcamp.com



PRODUCT PICKS FOR
DO-IT-YOURSELF RESULTS



EASY-TO-INCORPORATE
LIFESTYLE AND NUTRITION TIPS



NONINVASIVE TREATMENTS
WITH LITTLE TO NO DOWNTIME