

OUR DOUBLE ISSUE! PILATES STYLE'S 2012 RESOURCE GUIDE

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WITH TRACEY MALLET'S
TOTAL-BODY BARRE ROUTINE

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FAT-BURNING
MOVES

PLUS THE SKINNY JEANS WORKOUT

SLIM LEGS, TIGHT TUSH

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BEAT WINTER BUMMERS!

The Experts

Elizabeth Cunnane Phillips,
trichologist at the NYC-based
Philip Kingsley Clinic

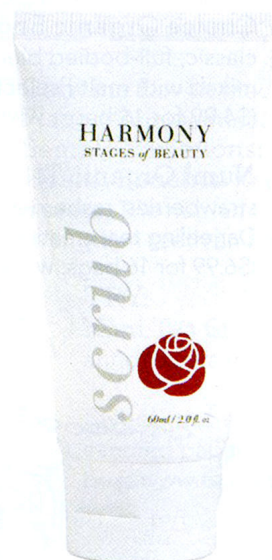
Dr. Nicholas Perricone, MD,
FACN, board-certified clinical
and research dermatologist
and author of *Forever
Young* (Atria, 2010)

Dr. Adam Cirlincione,
board-certified podiatrist

Don't let the beauty blahs get you down this season. These potent products and expert tips will keep your skin, hair and nails looking radiant—even in the chilliest of temps.



O-Mega Oil Liquid Nourishment



Stages of Beauty Harmony Scrub

BEAUTY BUMMER: A FLAKY, DULL COMPLEXION

Mix a few drops of **O-Mega Oil Liquid Nourishment**, packed with ultra-hydrating and pore-cleansing chia seed and soothing vitamin-rich kukui nut oil, into your moisturizer (\$42 per fluid ounce bottle; www.getsuper.com).

Stages of Beauty Harmony Scrub with pomegranate, bamboo and licorice buffs, brightens and repairs skin while helping to retain moisture (\$34.99 per .6-liter bottle; www.mystagesofbeauty.com).

the expert says: "Dry skin is actually a manifestation of inflammation, says Dr. Perricone. "You can counter the causes of dry, flaky skin internally through a healthy diet and by taking nourishing, antioxidant-rich supplements."

BEAUTY BUMMER: DRY, LIFELESS HAIR

Get bodacious hair with **Biomega Up All Night** conditioning, volumizing foam, which contains omega-3s to boost shine and softness. Safe for color-treated hair (\$20 per 8-ounce bottle; www.aquage.com).

Alterna Winter Hair RX Thermal Treatment Oil combines warming jojoba, rosemary, almond and sunflower oils to deeply penetrate hair and the scalp, delivering frizz-free, smooth glossy strands (\$20 per 4-fluid ounce bottle; www.beauty.com).

the expert says: "Cold winter air contains much less moisture than warm air, so your hair tends to dry out, making it frizzy and more vulnerable to damage," says Cunnane Phillips. Unless your hair is naturally dry, "daily shampooing and conditioning will remove pollutants and styling products, keeping your hair feeling fresh and revitalized."

Alterna Winter Hair RX Thermal Treatment Oil



Biomega Up All Night

BEAUTY BUMMER: LEATHERY, ITCHY SKIN

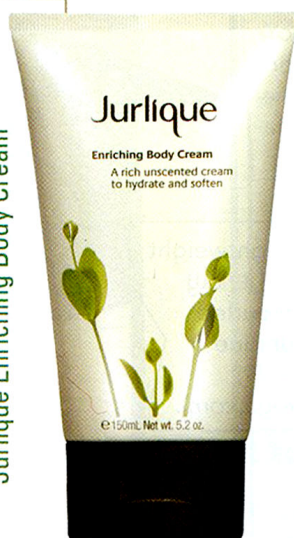
Jurlique Enriching Body Cream with jojoba oil, shea and cocoa butters and antioxidant-rich botanicals will leave your entire body feeling supple and luxuriously soft. Available in Rose and Unscented (\$35 per 5.2-ounce bottle; www.jurlique.com).

Crater Lake Company Warm Pumpkin Body Scrub, which features both pumpkin oil and flakes, sloughs off dryness while leaving skin silky—no lotion required (\$19.95 per 9-ounce jar; www.craterlakecompany.com).

the expert says: "Apply moisturizer to skin while it is still damp from the shower," says Dr. Perricone.



Jurlique Enriching Body Cream



Crater Lake Company Warm Pumpkin Body Scrub

BEAUTY BUMMER: SCALY LIPS

Apples and Pears Calendula Lip Balm softens and penetrates chapped lips with proprietary, sweet, yellow beeswax and honey and cold-pressed, organic calendula-infused and sea buckthorn oils (\$14 per 5-milliliter pot; www.spiritbeautylounge.com).

the expert says: "Avoid coffee, a diuretic, and alcohol, which will accelerate dehydration," says Dr. Perricone.



Apples and Pears Calendula Lip Balm



Aubrey Organics Calaguala Liposome Cream

BEAUTY BUMMER: CHAPPED HANDS AND FEET

Great for rough patches, **Aubrey Organics Calaguala Liposome Cream** contains fern and white pine bark extracts to soften ultra-dry, irritated skin (\$11.70 per 2-ounce bottle; www.aubrey-organics.com).

First Aid Beauty Ultra Repair Cream, which features licorice, feverfew and white tea antioxidants, can be used anywhere, but we were amazed how it transformed our scaly hands and feet (\$28 per 6-ounce tub; www.firstaidbeauty.com).

the expert says: "Increase your intake of the omega-3 healthy fats, including salmon, sardines, anchovies, sablefish and halibut, and take high-quality fish oil capsules for supple, smooth skin," says Dr. Perricone.

First Aid Beauty Ultra Repair Cream



BEAUTY BUMMER: SPLITTING NAILS

Coat nails with **Perfect Formula Daily Moisture** nail and cuticle oil, which contains keratin and anti-inflammatory and -microbial jojoba oil to strengthen, moisturize and increase the flexibility of your tips (\$29 per 60-fluid ounce bottle; www.qvc.com).

Dr.'s Remedy Hydration Clear Moisturizing Nail Treatment, created by two podiatrists, conditions and balances with a carbohydrate complex called Pentavitin, along with protein, vitamins and tea tree oil (\$17 per 5-fluid ounce bottle; www.myspashop.com).

the expert says: "Skipping nail polish on toes may be beneficial in the colder months," says Dr. Cirilincione. He adds that "cuticles are a natural deterrent to fungal infections; pushing them back or trimming away removes the nails natural seal and leaves them more susceptible to fungal and bacterial infections."

—Amanda Altman



Perfect Formula Daily Moisture

Dr.'s Remedy Hydration Clear Moisturizing Nail Treatment