

PALM BEACH

ILLUSTRATED®

THE
PALM
BEACH
20

NACHO FIGUERAS

RAISING THE BARRE

It's a new decade, so why not try new exercises? You can go for the lean look of a ballet dancer, or just tone yourself up with the Ballet Barre

sculpting workout, available at **Fitness Re-defined**. Introduced by co-owner Marissa Lysaght, a nationally certified personal trainer and former ballet dancer, the class incorporates the sculpting benefits of the Barre class with the gym's signature interval training method that boosts metabolism. The 30-minute sessions use deep muscle isometric exercises with stretching and cardio to build lean muscles without bulk. *Jupiter (561-904-6262, fitnessredefined.com)*

Shawney Jensen, owner of Inside Out Pilates 2 in North Palm Beach, has opened her second fitness studio, **Centered**. The boutique studio offers programs that complement everyday exercises by requiring a strong presence of the mind and the entire body, such as TRX Suspension Training, which uses adjustable straps and body weight as resistance, to strengthen the core while engaging all muscle groups. *Lake Park (561-972-8504, centeredworkout.com)*



Centered fitness studio



ARM'S LENGTH

Vitamin E has long been hailed for its nourishing benefits. **Jo Malone's** new Vitamin E Body Balm delivers the antioxidant advantage of the wonder vitamin in an emollient formulation that keeps skin hydrated and supple all day.

To experience this new balm, book an appointment at your local Jo Malone boutique for a luxurious Vitamin E hand and arm massage. The 30-minute treatment begins with an exfoliation, followed by a massage and moisture mask, and finished with your choice of Jo Malone fragrance. *Jo Malone boutiques, Saks Fifth Avenue and Neiman Marcus (jomalone.com)*



EDITOR'S PICK

GET FRESH

DO SOMETHING WHOLESOME FOR YOUR FACE. THE BLUEBERRY FUSION FACIAL SCRUB (\$36) BY GREEN BEAUTY BRAND **THE BODY DELI** IS SO FRESH IT HAS TO BE REFRIGERATED, AND COMES WITH AN EXPIRATION DATE. MADE WITH NATURAL FRUIT ACIDS AND RAW ORGANIC BLUEBERRIES, IT EXFOLIATES SKIN THE OLD-FASHIONED WAY: WITHOUT CHEMICALS OR COMPLICATED INGREDIENTS. AS A BONUS, IT SMELLS YUMMY, LIKE ALL OF THE DELI'S FRESH PRODUCTS. THEBODYDELI.COM