

SHAPE

MIDRIFF
MAKEOVER
(p. 144)

LOW CARB THAT'S RIGHT FOR YOU

4 surprising ways
to lose weight
fast and forever!

**2 TOTAL-BODY
AT-HOME
WORKOUTS:
THEY'RE EASY!**

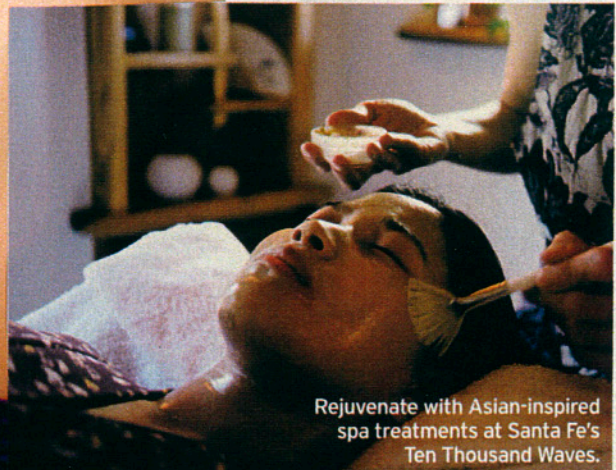
**THE *ONE* THING
YOU NEED TO READ
TO SLIM DOWN**

You'll never guess! (p. 188)

**BANISH
YOUR
WORST
HEALTH
FEARS**

**DETOX
YOUR DIET
& DROP
POUNDS**

R & R For the ultimate retreat – and a real mix of cultures – visit Ten Thousand Waves (505-992-5025;



Rejuvenate with Asian-inspired spa treatments at Santa Fe's Ten Thousand Waves.

tenthousandwaves.com), a Japanese-style spa with outdoor and indoor soaking tubs in an adobe 20 minutes northeast of the Plaza in the mountain foothills. Rent a private hot tub (from \$19 per person, per hour for a group of six; includes use of sandals and a kimono). For an excellent rubdown at a bargain rate, try the 55-minute head-to-toe massage (\$73).

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\$3.99 U.S. \$4.99 Canada
Shape.com