

# oxyden

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WOMEN'S FITNESS

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TO CONTEST-WINNING  
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- How to kick the salt habit for good
- Fitness America Pageant Coverage Inside

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## Bust That Rut GYM SERIES

Push past plateaus in just 30 days!

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Top 3 Cardio  
Workouts  
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### \*HOT TO TROT:

Sexy, Fit Fashions Featuring Pros and their Beaus! PG. 126

# 6 BEAUTY BAG MUST-HAVES

HANDPICKED BY OUR EDITORS



**IRRESISTIBLY SOFT**  
**Dermalogica's**  
 Conditioning Body Wash  
 and Body Hydrating  
 Cream is the perfect  
 combo for dry skin.  
[www.dermalogica.com](http://www.dermalogica.com)

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Estée Lauder's Resilience Lift  
 Extreme line directly targets the  
 affects of aging.

[www.esteelauder.com](http://www.esteelauder.com)



**ESSENTIAL MINERALS**

Free of preservatives, oil and  
 fragrances, **EMANI** cosmetics  
 offer an entire line of mineral-  
 based makeup.

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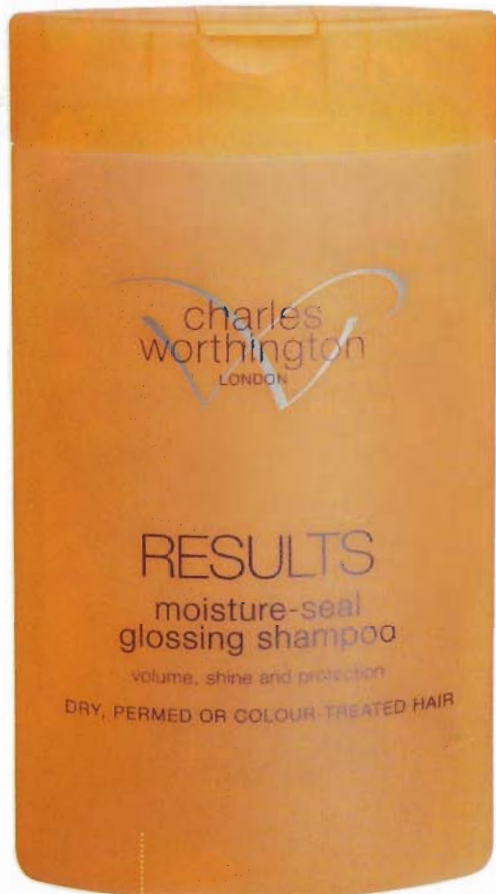


Make up Setting Spray  
 Matte Finish  
 2 FL OZ 60 ml

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 will maintain your makeup  
 look all day long.

[www.modelinabottle.com](http://www.modelinabottle.com)



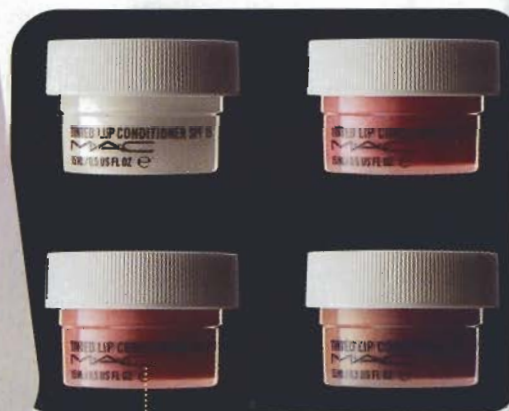
charles  
 worthington  
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**RESULTS**  
 moisture-seal  
 glossing shampoo  
 volume, shine and protection  
 DRY, PERMED OR COLOUR-TREATED HAIR

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The latest addition to the  
 charles worthington line,  
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 the lips soft and supple.

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