

FOREVER FABULOUS: 5 PERMANENT BEAUTY FIXES

# pilatesstyle®

**37**  
MOVES TO A  
**HOT**  
PILATES BODY

**DARIA PACE:**  
LIFE LESSONS FROM  
GRANDMA ROMANA

{**WANT  
FAB  
ABS?**}  
NOTHING  
BEATS THE  
WUNDA CHAIR!

HEAL YOUR  
CHRONIC  
PAIN WITH  
**LIGHT  
THERAPY**

**"I LOST  
150  
POUNDS**  
ANOTHER PILATES  
SUCCESS STORY

## BRA-VO!

Who needs a purse when you're wearing a bra? Huh? That's right. Now you can tote your essentials the old-fashioned way—in your brassiers. **RACKTRAP**, an ingenious hypoallergenic pocket that seamlessly attaches to any style of bra, allows you to stash your cash, credit cards and keys while you run errands or even work out. Available in white, black, nude lace and sports bra (\$19.95 per 4-pack; [theracktrap.com](http://theracktrap.com)). —Anne Baudo



## lord of the ring

Created by Daniel Suggs, owner of CLIF Pilates and Wellness Studio in NYC, the **MULTITONER** is designed to strengthen—and whittle—your entire body from head to toe. The Magic Circle-like prop features a special dual-ring design, which allows you to work different resistance levels depending on your strength and goals. If you're looking for light resistance, squeeze the purple inner part; for heavier resistance, press the outer white ring. Your body will never get bored, since



## muscle meds

Does a rigorous workout leave you feeling sore? Try these brand-new all-natural products to alleviate muscle aches and pains.

Formulated by an OB/GYN to relieve tired legs, **JAMES LOURDES FROM SPONGE SKINCARE** contains organic wild crafted plants from Greece, including antibacterial mastic which promotes circulation, natural antioxidant sage and calendula, and antioxidant-packed olive leaf to protect skin (\$8). [spongeskincare.com](http://spongeskincare.com)

**BACH RESCUE GEL** rid's you of stress and anxiety and soothes tight muscles with flower essences. The lightweight misting gel is easily absorbed, so it won't leave a residue behind (\$12.95). [mountainmyst.com](http://mountainmyst.com)

Deliver relief to your aching back, hip flexors, shoulders and abs with the **ALL-OVER COMFORT PACK FROM BED BUDDY HERBAL NATURALS**, infused with calming lavender and chamomile. Pop the pad in the microwave for an hour of warmed-up bliss. Comes with a machine-washable cover (\$24.99). [cubex.com](http://cubex.com)

**JACK BLACK WARMING BODY SCRUB AND MUSCLE SOAK** contains self-dissolving sea salt to exfoliate, aromatic eucalyptus and spearmint to help fatigue and aroma to boost circulation (\$25). [jacksblack.com](http://jacksblack.com)

Rub a few drops of **PERGEA ORGANICS MASSAGE & BODY OIL** to calm the nervous system, improve circulation and tone skin. Available in three blends: Pymore lavender with cardamom, tuber white sage and geranium, and Malaga grape with bergamot (\$24). [pergeaorganics.com](http://pergeaorganics.com). —A.A.

