

fitness

mind, body & spirit

top stress
from packing
on pounds, p.55



to try: Therapy Systems Balancing Gel Cleanser, \$28.50; Revlon Vitamin C Absolutes Refreshing Tonic, \$8.95; H₂O Plus Face Oasis Hydrating Treatment, \$28; Astara Golden Flame Hydration Mask, \$36.