

BEAUTY ALL-STARS...
Favorite Hair, Skin, Makeup Finds of 2009

fitness

Mind, Body + Spirit

**FLAT,
FIRM,
FAB!**

**Thin
for Life**

Exactly What
to Eat in Your
20s, 30s
and 40s

Bring It!

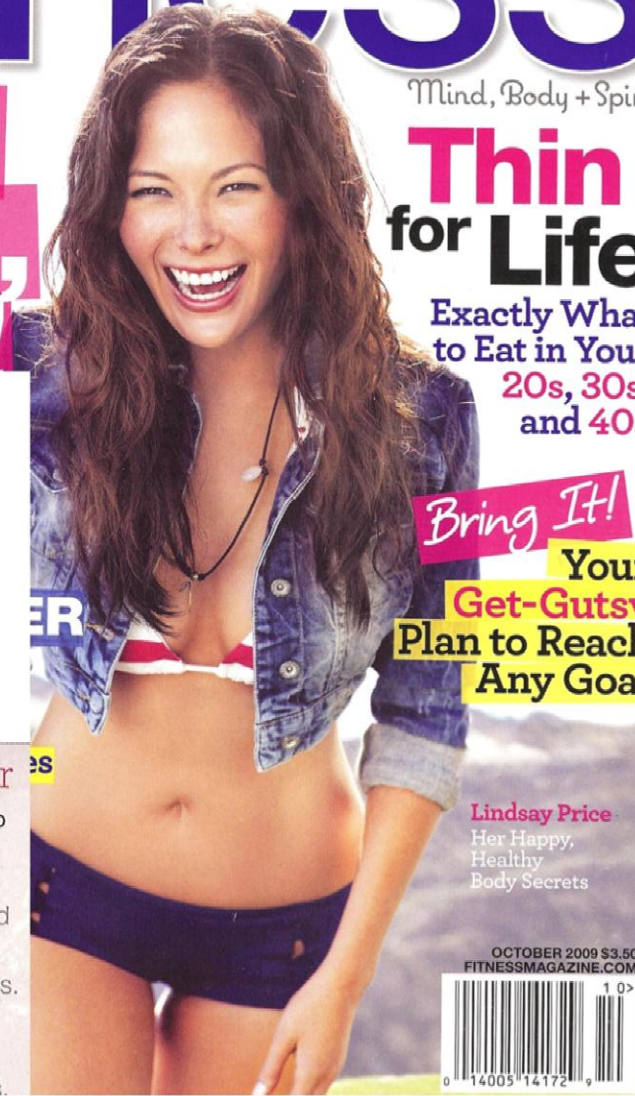
**You
Get-Gutsy
Plan to Reach
Any Goal**



BEST skin refresher

HydroPeptide Polish and Plump Peel (\$68, hydropeptide.com)

In this two-step treatment, peptides reduce fine lines and wrinkles, while lactic acid and vitamin C whisk away dullness. "It left my skin smoother and visibly brighter," says Susan Pavment of Colorado Springs.



Lindsay Price

Her Happy,
Healthy
Body Secrets

OCTOBER 2009 \$3.50
FITNESSMAGAZINE.COM



HydroPeptide
Scientific Beauty Made Simple

Awards & Recognitions

