

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

# NEW BEAUTY®

## DISCOVER THE 10 NEW AGE-DEFYING SECRETS

how the stars stay young: their beauty teams share their must-have products, diet tricks and more...

## HOW JENNIFER STAYS SEXY OVER 40!

read how she does it on p. 34

THE FASTEST  
WAY TO A PERFECT  
**BODY**  
the instant solution  
that will transform  
your figure forever.

## OVER-INJECTED CELEBRITIES

have they gone too far?  
doctors disclose how to  
get the most natural look.

**MAKEOVERS.**  
quick fixes and permanent solutions —  
the ultimate guide to restoring youth.

**SUPER-CHARGED  
SKINCARE**  
5 products that really work!  
experts reveal the truth behind  
the latest beauty claims.

THE PROVEN WAY TO  
**SLIM YOUR  
STOMACH  
IN MINUTES**



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### LOCAL INDULGENCES

One of the newer spots in the Sonoma area, **The Farmhouse Inn** features a locally inspired spa menu that weighs heavily on the farm-to-table angle, as the herbs and produce used in the treatments come straight from the ranch's backyard (according to owner Catherine Bartolomei, even the honey—the inn's "favorite skin-care cure-all"—is made from on-site bees). Try the three-hour Carrot Carrot Carrot, a calming massage-meets-full-body-exfoliation-and-customized-facial that feeds the skin with puréed carrots and leaves nothing to waste (even the tops are used to make the toner). [farmhouseinn.com](http://farmhouseinn.com)

THE FAIRMONT SONOMA  
MISSION INN & SPA

## 03 bathing bliss



### LOCATION: CALIFORNIA

Just five minutes from the center of Sonoma, The Bathhouse and Bathing Rituals at **The Fairmont Sonoma Mission Inn & Spa** are a must-see in Sonoma. The self-guided experiences (there's no attendant or therapist), which are open to non-hotel guests, include seven steps of exfoliation topped off with a rain shower and herbal sauna. Desire something a little less DIY? The spa prides itself on its locally inspired offerings, including the Sonoma Lavender Kur. [fairmont.com/sonoma](http://fairmont.com/sonoma)



SOLAGE CALISTOGA

## 04 the mud cocktail



### LOCATION: CALIFORNIA

Head to **Solage Calistoga's** signature "mud bar" and order the Mudslide. The three-part spa experience incorporates a blend of mud mixed with mineral-enriched California clay, volcanic ash and your choice of pure essential oils (if you're not sure what mixture is right for you, just ask one of the spa's "mud-tenders"), all of which revolve around a relaxing soak in an oversized tub. [solagecalistoga.com](http://solagecalistoga.com)



### THE ANTIOXIDANT FIX

Packed with a high dose of antioxidants, vitamin C and essential oils, **Bite Beauty Vitamin Gel's** organic fruit juice-rich gloss gives a sheer shine to the lips. \$18, [sephora.com](http://sephora.com)

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