Boost **Your** Body Image Now! 3 Easy Steps

SHAPE

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YOUR
LIFE

8 SPA TREATMENTS WORTH EVERY PENNY

TIGHT TUSH, TONED THIGHS

Cellulite-blasting moves that work! p118

GREAT SEX: WHAT'S STOPPING YOU? FOR 20 MILLION WOMEN, IT'S THIS... p34

SLIM WITHOUT THE GYM

No Weights, No Gadgets–Just You! p152

VANESSA HUDGENS

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SATISFY YOUR SWEET TOOTH

The guilt-free way p127

APRIL 2011 / $4.99 U.S. / $5.99 CANADA
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10/ The new **The North Face Venture Jacket** ($99; thenorthface.com) uses 50 percent fewer petroleum-based materials.

11/ Show off your state pride with a customized **AHeirloom plyboo cutting board** ($40; aheirloom.com).

12/ No million-year-old plastics here! The **Organic Bikes biodegradable water bottle** ($7; organicbikes.com) breaks down in a compost pile within two years.

13/ Each **Wear Your Music Artist Bracelet** (from $50; wearyourmusic.org) is made with guitar strings used and donated by a famous crooner; profits go to charity.

14/ The trendy **Reveal Audrey iPad Purse** ($108; revealshop.com) is made from recycled and cruelty-free materials.

15/ Each 100 percent cotton **Yogasana rug** ($60; yogasanarugs.com) is handmade by Indian weavers—no electricity needed! The mats are guaranteed to last 15 years.

16/ Score a functional conversation piece with this recycled **EdibleGiftsPlus bike chain bowl** ($88; ediblegiftsplus.com).

17/ Carry the **GOAL ZERO Nomad 7M Solar Panel** ($99; goalzero.com) to charge your phone and MP3 player on the go.

18/ The yarns in **M2F Brand Denims** (from $78; shopplanetblue.com) are dyed in a non-toxic bath that uses half as much water and energy as other brands.

19/ The straps of **Reef AH-SY-EE sandals** ($40; piperlime.com) contain açai berry seeds from sustainable Amazonian farms.