

Reese Witherspoon's body-sculpting secret • WIN a luxury vacation

SHAPE  
YOUR  
LIFE

**THE  
2-MINUTE  
BUTT  
MAKEOVER**  
p. 112

**GET RESULTS FAST!**

**LOSE  
10 LBS  
THIS  
MONTH**

Our best plan ever

**\* Guilt-free  
comfort foods**  
(indulge & **STILL**  
lose weight)

**5-second  
confidence  
booster**

**Sexy arms  
in 3 moves**

**The  
High School  
Musical  
workout**  
How stars like  
**Ashley Tisdale**  
stay fit, p. 51

**EAT THIS, NOT THAT!**

**THE DIET  
MISTAKE**  
even slim  
women make

**A NO-SWEAT  
WAY TO  
BLAST  
250  
CALORIES**



**PLUS** Look better naked!  
Real women show—and tell, p. 150

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You don't have to bare it all to feel sexy. The proof: this **Affinitas Intimates** camisole (\$25; [laurenilva.com](http://laurensilva.com)).



An everyday bra (\$40; [cku.com](http://cku.com)) from **Calvin Klein Underwear** gets an ultra-pretty update with sheer panels and lace.



## sweet somethings

Revamp your lingerie drawer with understatements that range from lacy to racy.

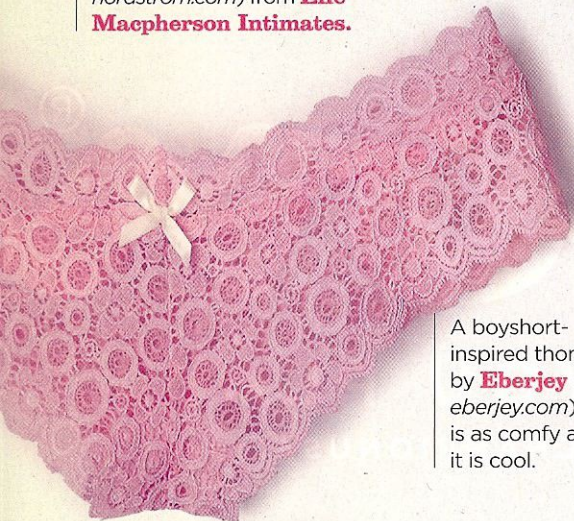
The allover stretch lace in this **Eres** bodysuit (\$480; [eres.fr](http://eres.fr) for stores) helps it stay put under clothing.



A bordeaux hue adds richness to a **DKNY** bra (\$28) and thong (\$12; both at [figleaves.com](http://figleaves.com)).



Support and sensuality merge in a matching bra (\$70) and panty (\$30; both at [nordstrom.com](http://nordstrom.com)) from **Elle Macpherson Intimates**.



A boyshort-inspired thong by **Eberjey** (\$40; [eberjey.com](http://eberjey.com)) is as comfy as it is cool.



This ruffled **Victoria's Secret** chemise (\$68; [victoriassecret.com](http://victoriassecret.com)) just may become your favorite flirty nightie.