

# WOMEN'S Running

YOUR LIFE IN MOTION™

## MARATHON MADE EASY

Train in 3 Days  
a Week!

14 Weight-Loss  
Super Foods

Boost Your Run  
Hot Yoga's Surprising Benefits

STAY INJURY-FREE  
All Year Long

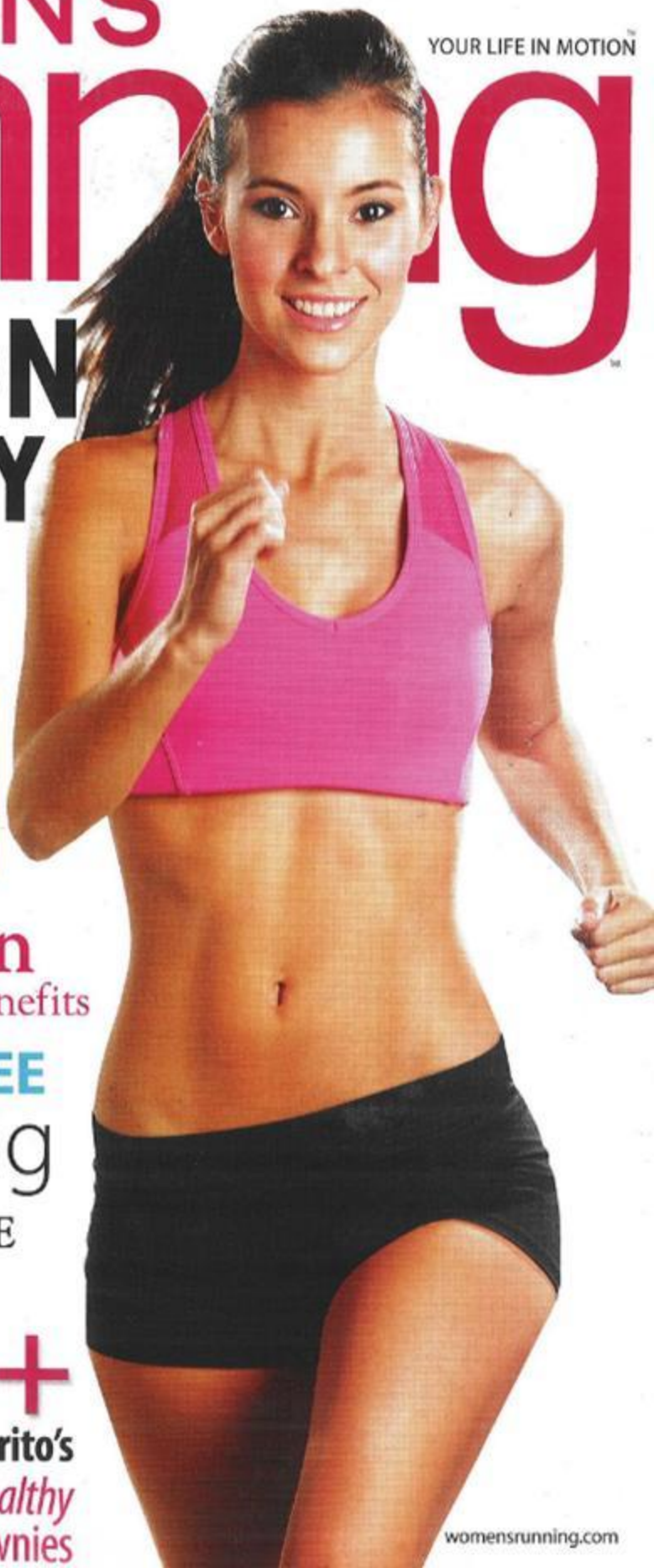
RUNNING SAVED MY LIFE  
Three Women's Stories

MARCH/APRIL 2011  
DISPLAY UNTIL APRIL 20



Rocco DiSpirito's  
*Healthy*  
Fudge Brownies

womensrunning.com



## Key Ingredient | Royal Jelly

Want to feel like a queen bee? Now you can enjoy the regal treatment. Royal jelly, the blend of nectar, pollen and flowers that worker bees feed exclusively to their future queen, can also enhance your skin's radiance and health. This much buzzed-about ingredient is now leaving the hive and entering the beauty aisle. You can find this special concoction in many **Burt's Bees** products, including the *Radiance Day Lotion SPF 15* (\$18, burtsbees.com). Available in ten gorgeous shades, **Rimmel London** *Royal Gloss* (\$5, drugstores) is enriched with vitamins A, C and E, as well as royal jelly. This bee byproduct boosts shine and silkiness in **L'Oréal Paris** *Healthy Look Crème Gloss Hair Color* (\$10, drugstores), an ammonia-free color and conditioning system. Keep skin supple and soft with the jelly-enriched **Lancôme** *Nutrix Royal Body Cream* (\$34, lancome.com), which helps repair dry skin.



Rimmel London  
Royal Gloss, \$5



Burt's Bees Radiance  
Day Lotion, \$18



L'Oréal Paris  
Healthy Look Crème  
Gloss Hair Color, \$10



Lancôme Nutrix Royal  
Body Cream, \$34



## Go Holistic with Tammy Fender

Tammy Fender believes in natural beauty. In fact, she studied botany, aromatherapy and holistic chemistry before launching her eponymous line. In addition to rejuvenating skin and hair, each product claims emotional and spiritual benefits. "I encourage my clients to be aware of what they put onto their bodies, as our skin is a living organ," Fender says. "Skin absorbs to a cellular level." Tammy's *Bulgarian Lavender Body Oil* (\$65) moisturizes while imparting an overall sense of calm and well-being. The chamomile and marshmallow in the *Intensive Repair Balm* (\$130) have powerful cell regenerating properties for scarred and damaged skin. Perhaps the line's most popular product, the *Quintessential Serum* (\$175), promises anti-aging benefits by replenishing skin with essential fatty acids, rose and frankincense—all while cultivating inner bliss. [tammyfender.com](http://tammyfender.com)

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PERFORMANCE TOESOCKS™

## Feel The Difference



THE NEW  
**MIDWEIGHT**  
PERFORMANCE SERIES  
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Pat. # 6,708,348 Pat. # 7,069,600

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- Allows Proper Alignment For Stability, Gripping and Balance
- Padded Sole For Increased Shock Absorption
- Superior Comfort



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