

GENLUX

MAGAZINE


KATHERYN WINNICK
THE STAR OF VIKINGS
SPRING FASHION
RED-CARPET LOOKS
ARROW'S
WILLA HOLLAND



...IGHT POSSIBLE. OUR OWN STRENGTH SURPRISES
...ME... OBSERVE...
...TO OUR BIKES. HIGH ON SWEAT AND THE HUM OF THE WHEEL
...RESHAPES OUR ENTIRE BODIES. ONE RIDE AT A TIME
...IR BODY TAKE YOUR JOURNEY
...YOUR SCEN

SPIN CYCLE

Feel the burn—calories, that is—700 per hour! Lose one dress size in one week. Get started, girls! My advice for beginners: Don't stay seated 'til your third class to avoid the main reason people give up spinning. First session, \$20, Soul Cycle, Beverly Hills, 310-675-7685



The Real Skinny!
Lose up to 14 inches in an hour? It's true! I tried it and now I'm hopelessly addicted. You are wrapped from head to toe like a mummy, and then put into an infrared cocoon to bake. This will get you through all your pre- and post-Oscar parties looking fab. *LA SlimWrap*, \$135, 310-477-4922

YOUR INNER BEAUTY



Drink your way to beautiful, hydrated skin! Try these shots of super-charged collagen that women all over Asia have been imbibing for years. Photo subject used product for 12 weeks during clinical trial. Box of ten bottles, \$39.99, *ashieda.com*



Red carpet ready' in Hollywood means it's time to go all out—and fast! Peruse these nearly overnight glam fixes to dazzle 'em at your next party/photo-op/fashion event! —*Lisa Wayne*



SOME CREAM, SUGAR?

On your way to a star-studded gala and need a little boost? Stop by Nespresso's swanky new digs. *Nespresso*, 320 N. Beverly Drive, Beverly Hills, 800-562-1465



PHOTO FINISH
Slinky dresses call for arms and legs to be moisturized to perfection. Our favorite artisanal candlemaker, Diptyque, now brings us heavenly scented body lotions that will set your skin aglow. My absolute fave is Eau Rose—divine! *Diptyque* hand and body lotions, \$28, *diptyque.com*



They don't call it the "Miracle Facial" for nothing. This 60-minute custom facial includes a complete skin analysis and tailor-made program to turn back time... pronto. *Miracle Facial*, \$235, *Montage Hotel Spa*, Beverly Hills, 310-860-7800

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