

# NEW BEAUTY

THE STARS' NEW SECRET WEAPON: IS THIS MIRACLE

TREATMENT THE ANSWER TO PREVENT AGING?

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LOOK YEARS  
YOUNGER

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BODY  
IN MINUTES

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THE  
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# SIX EASY WAYS TO GET TONED ARMS

- ● ● ● ● ● PRODUCT PICKS FOR DO-IT-YOURSELF RESULTS
- ● ● ● ● ● EASY-TO-INCORPORATE LIFESTYLE AND NUTRITION TIPS
- ● ● ● ● ● NONINVASIVE TREATMENTS WITH LITTLE TO NO DOWNTIME



## A fabulously fit retreat

Situated in Northeastern Pennsylvania, The Lodge at Woodloch features classes designed to get your arms in tip-top shape. One of its most popular, "Up in Arms," uses resistance bands, dumbbells and body bars to tone and tighten the arms. "We focus on the shoulders, biceps and triceps, in addition to the chest and back, to improve balance and strength while keeping muscles in the entire upper body long and lean," says Jordan Hartey, exercise physiologist at Woodloch. [thelodgeatwoodloch.com](http://thelodgeatwoodloch.com)

We all want our arms to look their very best. Unfortunately, as elasticity and lean muscle mass diminish with age, the skin on the backs of our upper arms begins to droop, creating what are known as "batwings." But with the right exercises, products and treatments, you can achieve sleeker, sculpted arms in no time.