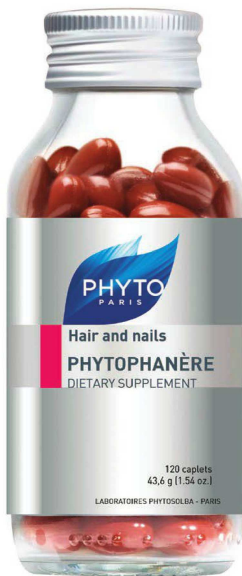


PRETTY LITTLE PILL

By Lisa Evans

Summer is the time to shed layers of clothing and let your hair down. But what if you're revealing dull, lifeless hair and a set of chipped nails?

Phytophanere dietary supplements from Phyto Paris use a robust blend of vitamins B2, B5, B6, B8, C and E to stimulate cell renewal and activate hair and nail growth, fortifying damaged, split nails and combating thinning hair and shedding. A blend of fatty acids extracted from borage oil restore elasticity to the epidermis bringing limp, devitalized hair and brittle nails back to life. For optimal results, take two capsules every morning for three months. Phytophanere dietary supplements are sold at Sephora and select hair salons. A two month supply (120 capsules) costs \$78 (at Sephora).

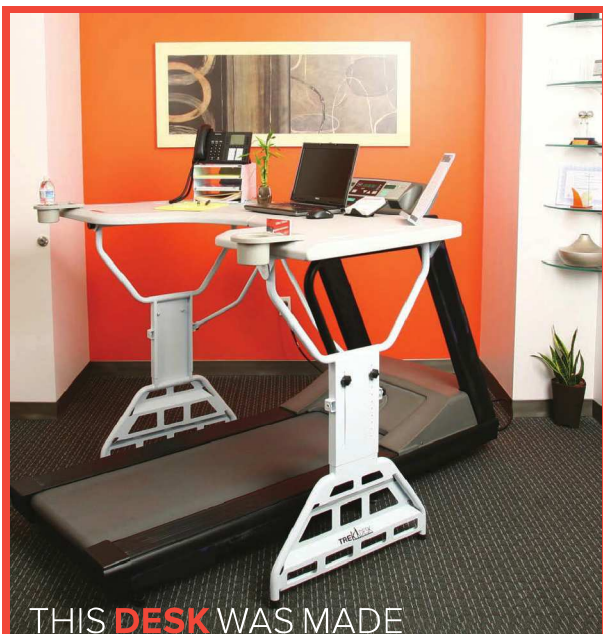


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THIS DESK WAS MADE FOR WALKING

BY DANA DOUGHERTY REINKE

It probably comes as no surprise that sitting too much is bad for your health, but did you know that half of Canadian women and just slightly fewer men (44 percent) are considered inactive, leaving them at risk for premature death, chronic disease and disability? And health experts are now saying that working out during your off hours isn't enough to let you reap the health rewards of an active lifestyle. Considering the sedentary nature of a typical office job, you'd better get moving while you're on the clock too: according to the Canadian Council for Health and Active Living at Work, regular moderate to vigorous activity and reducing sitting time are the key. So what's a cubicle-dweller to do? A potential solution is the TrekDesk (\$400, amazon.com), a desk that fits over your own treadmill and allows you to walk slowly throughout the workday. This new product is being credited for everything from slowing the aging process to helping users reduce stress and depression symptoms—and can even help you lose up to 70 pounds in a single year without restrictive dieting.

PRODUCT PHOTOS: JOSEPH SARACENO

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