

# DETAILS

THE SIX-MINUTE  
TOTAL-BODY WORKOUT

—  
WHEN DID  
SOBRIETY  
BECOME  
THE NEW  
STATUS  
SYMBOL?  
—

**JEREMY RENNER**  
FINALLY GETS SOME ACTION

—  
THE CULT  
OF THE  
CLEANSE

THE JUICE. THE DIETS.  
THE FASTING.  
INSIDE THE BIGGEST  
HEALTH TREND  
OF THE MOMENT.

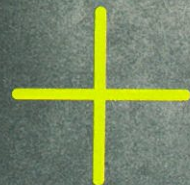
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**THE ROCK STAR'S GUIDE TO YOGA**

STYLE

THE NEW  
WINTER  
CLASSICS

—  
FIVE WAYS  
TO LOOSEN UP  
BLACK TIE

—  
*MODERN FAMILY'S*  
SOFIA VERGARA  
BARES ALL  
(AND TALKS, TOO)



TWO OF THE  
SEXIEST  
HOUSES  
WE'VE EVER  
SEEN

1065  
P073  
255  
222

#BXBKHDR \*\*\*\*\*CR LOT 0003A\*\*C-222  
#DET1167057197/5# DEBQ FEB12 1065  
LOUISE EVINS  
635 MADISON AVENUE  
NEW YORK NY 10022-1009



0 757357 6

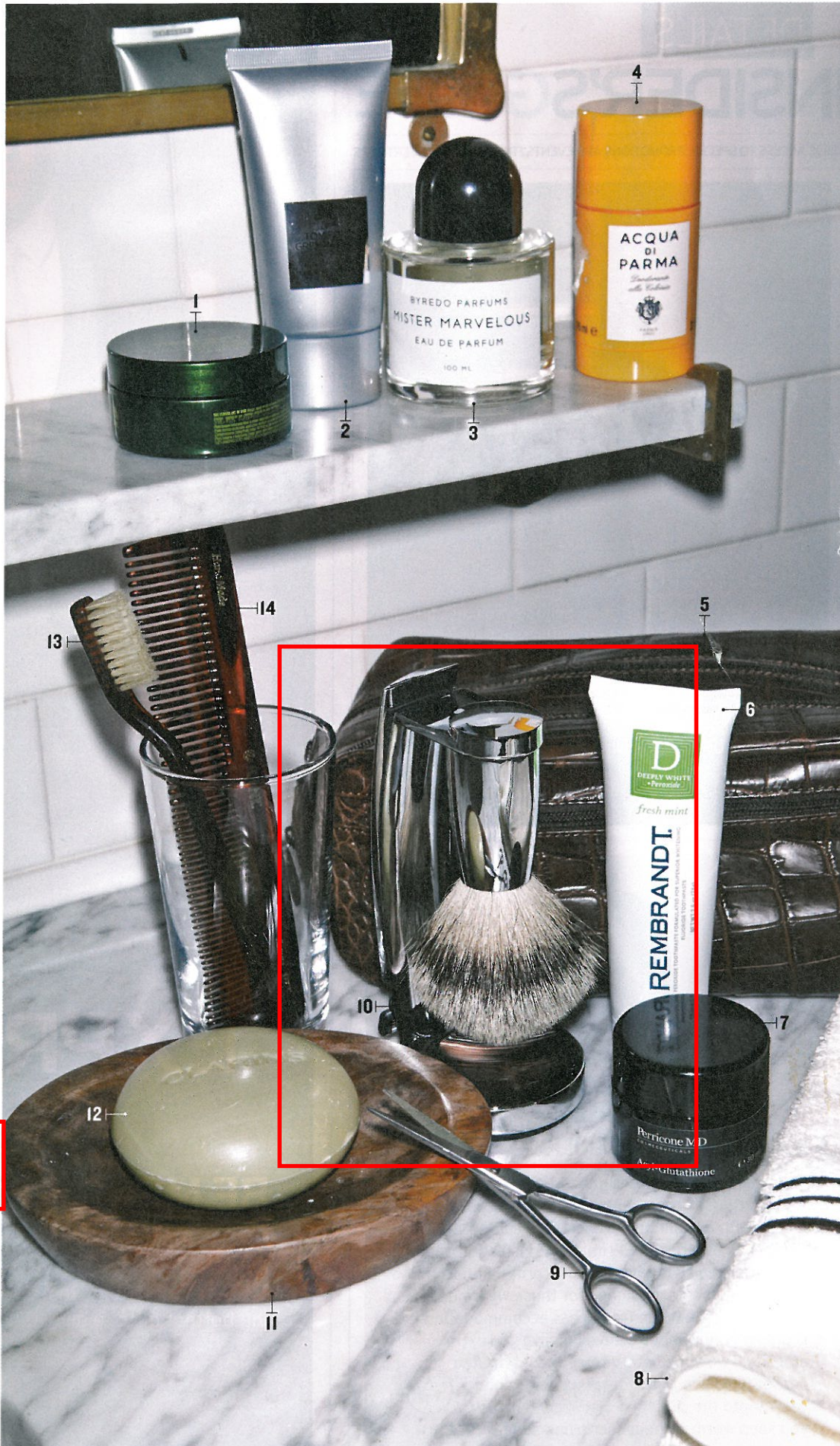
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# UPGRADE YOUR MORNING ROUTINE

EVERYTHING YOU NEED TO START OFF THE DAY LOOKING—AND FEELING—YOUR BEST.



- 1. SHU UEMURA YOKAN CRAFT TEXTURIZING MELT \$38; shuemura-usa.com
- 2. TOM FORD GREY VETIVER AFTER SHAVE BALM \$55; tomford.com
- 3. BYREDO MISTER MARVELOUS \$145; byredo.com
- 4. ACQUA DI PARMA COLONIA DEODORANT \$34; acquadiparma.com
- 5. G. LORENZI FOR FRETTE ALLIGATOR TRAVELING CASE \$2,975; frette.com
- 6. REMBRANDT DEEPLY WHITE + PEROXIDE FRESH MINT TOOTHPASTE \$7.50; rembrandt.com
- 7. PERRICONE MD ACYL-GLUTATHIONE MOISTURIZER \$175; perriconemd.com
- 8. FRETTE TRIPLO BOURDON GUEST TOWEL \$65; frette.com
- 9. THE ART OF SHAVING SEVEN-PIECE MANICURE SET \$160; theartofshaving.com
- 10. HOMMAGE MONACO SHAVE SET \$600; hommageshoponline.com
- 11. LABRAZEL SOAP DISH \$135; labrazel.com
- 12. CLARINS GENTLE BEAUTY SOAP \$15; clarinsusa.com
- 13. SWISSCO TORTOISE TOOTHBRUSH \$5; swisscollc.com
- 14. KENT EXTRA-LARGE COMB \$14; kentbrushes.com