

functional footwear

You barely have time to cook, let alone spend hours at the gym. Luckily, there's an easy way to sneak in a workout: Just swap your platform heels for nifty high-tech flip-flops designed to target the muscles in your bottom and thighs by altering the way you walk. Results? A firmer, more toned physique, achieved while running errands or strolling through the mall.

Skechers \$64
Leather, canvas
and plastic. Sizes 5
to 11. Heel 3 cm.
1-877-644-4414
skechers.com



Fitflop \$90
Patent leather
and rubber
Sizes 5 to 10
Heel 4 cm.
thefitflop.com



CREATED BY
CANADA'S OWN
MARCIA KILGORE.
(PS: SHE ALSO
FOUNDED THE
BEAUTY BRANDS
BLISS AND SOAP
& GLORY.)

Fitflop \$90. Patent
leather and rubber
Sizes 5 to 10. Heel
4 cm. thefitflop.com



Secrets for great skin: Eat well, take vitamins, drink lots of water and get your beauty sleep.

Genuine Health Healthy
Skin Chocolate Soft
Chews \$24.99 for 45
at select drugstores
and health food stores.
1-877-500-7888
genuinehealth.com



SWEET REWARDS

These chocolate chews are packed with everything you need to get beautiful skin, including an extra dose of vitamins C, E and B2. Three little squares a day are said to boost hydration, elasticity and texture (thanks to cacao-seed extract) as well as prevent signs of aging, courtesy of hydrolyzed collagen.

Galum Walk Away The
Pounds Walk & Sculpt Kit
\$24.99 at Indigo, Chapters,
chapters.indigo.ca and
amazon.ca. Includes a DVD
and a pair of 0.45-kg balls.
1-877-989-6321 | galum.com

SPRING STEP

AFTER A LONG, HARD CANADIAN WINTER, NOTHING BEATS A WALK IN THE SUN. FOR YOUR NEXT LAP AROUND THE NEIGHBOURHOOD, GRAB THESE HANDY LITTLE 0.45-KILOGRAM BALLS TO TONE YOUR ARMS, BACK, CHEST AND SHOULDERS. AND IF THE SPRING WEATHER DOESN'T CO-OPERATE, STAY INDOORS AND POP IN THE ACCOMPANYING DVD TO FOLLOW ONE OF THE THREE WALKING WORKOUT ROUTINES (FRESH AIR NOT INCLUDED).

LOCKS LIFESAVER

Are the countless pool laps you try to swim every week threatening the health of your hair? With the help of botanical extracts like papaya, jojoba, rosemary and kelp, this night mask nourishes and revives your mane while you sleep. And good news for busy gals-on-the-go: There's no need to rinse out the ultralight formula in the morning.



LaCoupe Overnight Repair Miracle
Masque \$7.99 at Shoppers Drug Mart/
Pharmaprix. lacoupe.com