

THE EVERYDAY DRINK THAT MELTS FAT PG.116

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ROBERT KENNEDY'S
WOMEN'S FITNESS



SHERLYN
ROY'S

**TRAINING:
WHEN
LESS IS
BEST!**
PG.104

Smooth operator

Wax it, shave it or pluck it – this is something all fit gals face. Here are *Oxygen's* picks for removing hair ... everywhere.

BY SANDY BRAZ
PHOTOGRAPHY GEOFFERY ROSS

1. BARE IT ALL The hottest thing to hit Hollywood since eyebrow threading, **BettyBare** was made for the hair down there. It's a sweet-scented conditioning cream hair remover, with attitude. \$15 for the kit; bettybeauty.com

2. SUGAR MAMA Straight from New York's Shobha salons, the **Shobha Sugaring Kit** is perfect for sensitive skin. It's 100 percent natural, ideal for legs and bikini lines and won't cause you to scream out in pain. \$30; myshobha.com

3. NAIR THAT HAIR! This is not your mother's wax. **Nair's Salon Divine Wax Kit** heats up in the microwave, has natural conditioners, and works on short hair. Let those calf muscles show! \$15; naircare.com

4. SHAVE AND SAVE **Schick Intuition Plus** is a razor plus shave gel! It has built-in skin conditioners so you can skip the extra cost (and time) of pre-lathering. Very gym bag friendly. From \$10; drugstore.com



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It looks and pours like honey, but gets the job done.

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