

express

BOTOX \$199
 Guaranteed Results*
 Restylane \$350
 Radiesse • Sculptra
 Laser Hair Removal
 Upper Lip or Chin \$45
*All procedures performed by a physician 199botox.com

vita
www.vita.com

203-452-1333 24th & 1 St. Foggy Bottom Metro
 703-533-1025 Tyson's Corner • 301-738-6766 Bethesda
 410-739-7226 Columbia/Baltimore • 703-465-0666 Alexandria

WINTER SPECIAL ENDS SOON!

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | JANUARY 22, 2008 | **>> FREE <<**

TOUGH LOVE



You think you've tried every possible way to lose weight, but have you thanked your fanny? That's the first step of Kacy Duke's "The Show It Love Workout" (\$25, McGraw-Hill). The celeb trainer emphasizes the mental aspect of exercise with clients like Denzel Washington — but, of course, she demonstrates sculpting moves, too.



THE GOOD SEED



Anyone nicknamed "Brace Face" should be wary of Kim & Scott's Empowered Pretzel (\$2.79, Kimandscotts.com), a whole-grain twist drowning in sunflower, flax and sesame seeds. But if you have some floss on hand, the hearty baked goodness makes for a filling midday snack.

NEW IN HEALTH
warm ups

FANCY PANTS



Adams Morganite Liz Matthews didn't adore any of her yoga pants, so she designed her own — Even Keel (Evenkeelyoga.com). Check out her line, including the Glam Gurus (\$78, pictured), at a trunk show at Caramel (1603 U St. NW) this Saturday (10 a.m. to 2 p.m.).



GREEN HOUSE



Toxic fumes aren't a valid excuse for skipping your cleaning chores anymore — Clorox has leapt onto the eco-friendly bandwagon with products derived from coconuts and lemon oil. The Green Works goodies (\$2.99-\$3.29, mass retailers) promise to be non-allergenic and biodegradable.

