

ELEVATE

CELEBRATING
10 YEARS

ANTI-AGING • ENHANCEMENT • WELLNESS

**YES,
YOU CAN!**

LOVE YOUR HAIR

»P55

SHOP LIKE A PRO

»P49

SIMPLIFY YOUR MAKEUP

»P18

**CUT 200 CALORIES
A DAY**

»P76

**+ ORGANIC
BEAUTY
IS IT REALLY
BETTER?**
»P46

the wait is over
FAST & FOCUSED
spring
makeovers

MARCH+APRIL 11 \$5.00 CDN



Publications Mail Agreement No. 40678001, PO Box 357, Beeton, Ont., Canada L0G 1A0