

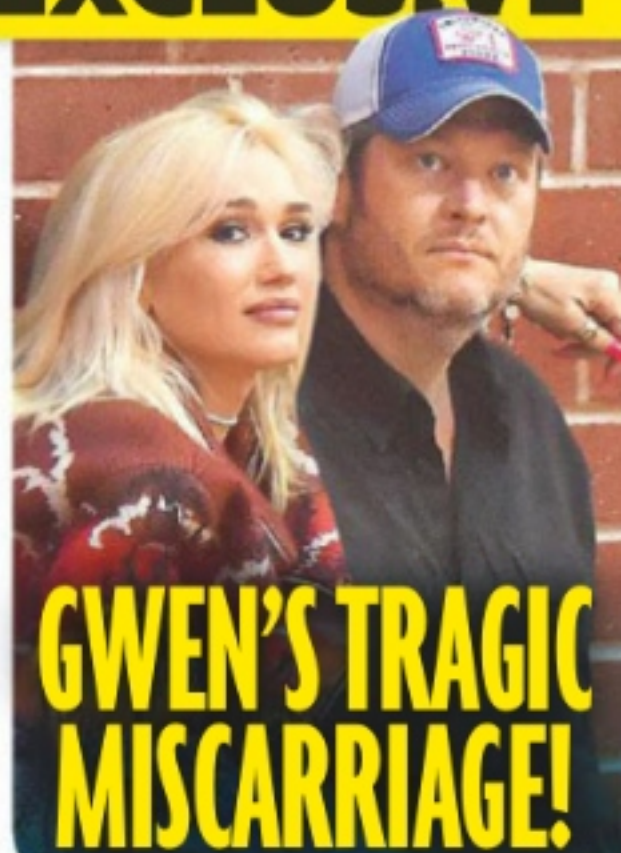
STAR APOLOGIZES TO TERI HATCHER ALL THE DETAILS INSIDE

EXCLUSIVE

Star



DANNY  
FUJIKAWA



GWEN'S TRAGIC  
MISCARRIAGE!

Kate Hudson

# PREGNANT & DUMPED!

THE INSANE DEMANDS THAT DROVE  
HER NEW LOVER OUT THE DOOR

- \* Their shocking final fight
- \* Mom Goldie's surprising advice



BRITNEY'S  
PUBLIC MELTDOWN  
LOSING  
CUSTODY  
OF KIDS!



INSIDE HAYDEN'S  
SHOCKING  
COLLAPSE!



\$5.99US \$6.99CAN



JULY 2, 2018



Brooke Burke

## HIT THE RESET BUTTON

Feeling overworked, exhausted or stressed? This kit from Sakara Life (the organic, plant-based meal delivery service that has a huge celeb following) helps you reset your body in just 10 days! It includes recipes, energy bars, probiotic supplements, protein shakes and detox teas that help remineralize cells, remove toxins and help clean the gut.

**Sakara Life** 10-Day Reset, \$195, sakara.com



## SLATHER YOUR WAY TO A SLIMMER SILHOUETTE

Got #summerbody goals but no time to hit the gym? This stomach-sculpting serum and booty-shaping cream contain potent ingredients — like marine plankton extract and maca root — to help tighten and tone without the heavy lifting!

**Cheeky Physique** Tummy Sleek, \$38, and Sublime Curves, \$53, cheekyphysique.com





# Summer SHAPE UP

Not quite ready for bathing suit season? No worries! Here's how to fast-track your fitness and nutrition... so you can look beach-ready, stat!

## TRY A TRENDY TREATMENT

Sometimes a little boost helps us look and feel our best. NKD, a new luxury wellness center in NYC, offers cryotherapy (cold air saunas that help boost energy levels, metabolism and muscle recovery); infrared LED light therapy (which improves wound and soft tissue healing, relieves chronic pain and stimulates collagen); and IV vitamin therapy (intravenous drips that deliver liquid vitamins into the body fast to nix hangovers, fight off the flu and ensure overall wellness).

**NKD NYC** Infrared LED Light Bed, \$75 per session, and IV Vitamin Drips, \$199–\$250, [nkdny.com](http://nkdny.com)



PHOTO CREDIT (2): SAM LAHOZ



## NIX CELLULITE WITHOUT SURGERY

Suction this little rubber cup onto oiled skin and glide up and down the legs. As it lifts the fascia, the muscle network under the skin, it helps reduce the appearance of dimples.

**Cellu-Cup** Pac-Man Red and Orange, \$18 each, and Traditional Oil, \$20, [cellucup.com](http://cellucup.com)



## SIP HEALTHY DRINKS

Juices and other sugary drinks can often be the surprising culprits behind weight gain. Instead, trade calorie-packed soda for naturally flavored, calorie-free sparkling water, like refreshing Soleil.

**Soleil** Blackberry Vanilla and Cucumber Melon, found exclusively at your local Albertsons and Safeway stores



## Summer's Trending Serums

Summer time is officially here and this season is all about skincare. Put your best face forward with **Nature's Truth® Hyaluronic Acid Serum** and **Vitamin C Serum**, which nourish and hydrate skin, leaving you looking radiant, revitalized, and ready for summer.



Promotion

[naturestruthproducts.com](http://naturestruthproducts.com)