

REHAB: get lasting results with THE METHOD

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**6 WEEKS TO
SIX-PACK
ABS**
THE BROOKE SILER WAY

**A BOLD STEP:
BALLROOM
DANCING &
PILATES**

REACH NEW
HEIGHTS WITH
AERIAL SILKS

**MASTER
MATWORK
BACK-TO-BASICS
BOOT CAMP**

**PILATES IN
FRANCE**
THE DREAM VACATION

GO GOURMET!
4 RECIPES THAT WILL
WOW THE TABLE

**FOR THE PROS:
HOW TO KEEP YOUR
CUSTOMERS
SATISFIED**

- PLUS:
- FAB FALL FOOTWEAR
 - SUPER SPORT DRINKS
 - FRESH FACE PRODUCTS
 - MUSCLE SOOTHERS



muscle magic



We hate to break it to you, but aches, pains and strains are pretty much inevitable on the path to a perfect practice. Even the most knowledgeable instructors, athletes and dancers occasionally get hurt. Thankfully, a slew of natural remedies is available and comes in a variety of applications: convenient roll-ons, ointments, creams, scrubs, sprays, massage lotions and bath soaks. Whichever way your pleasure tends, these products will help you get back on track in no time.

A. Warm your sore muscles gradually with **This Works: Muscle Therapy**, containing Chinese ginger, Zanzibar clove and Indian black pepper. Apply the rollerball on affected areas with pressure for a gentle self-massage (\$30 for a 1.7-oz. roll-on; thisworks.com).

B. Rub in **By142 Topical Anti-Pain** time-release cream to reduce inflammation and ease stiffness and tension for up to four hours. Menthol, camphor and Cehami—a natural form of aspirin extracted from the Australian daisy—act as pain relievers (\$35 for a 1.7-oz. tube; by142.com).

C. Ole Henriksen **Muscle Comfort Soak's** nongreasy, moisturizing properties make it suitable for all skin types. But the soothing seaweed extract and energizing rosemary, juniper berry and eucalyptus turn it into a particularly effective tender-tootsie tamer (\$48 for a 24-oz. jar; olehenriksen.com).

D. Spritz tired or swollen legs with **Kneipp Arnica Active Spray** with camphor and eucalyptus to cool and invigorate (\$15 for a 3.4-oz. bottle; kneippus.com).

E. With witch hazel, goldenseal, comfrey and calendula, **Wounded Warrior All Natural Ointment** fights bacteria, fungus and inflammation plus soothes blisters, rashes, cuts and minor skin irritations. The company is so confident in this product, it offers a money-back guarantee (\$15.95 for a 2-oz. tube; woundedwarriorointment.com).

F. Soak your aching body in a bath infused with **Deep Sleep Bath Tea**. It contains rosemary, a natural analgesic and stimulant; mint, which cools and refreshes; and sea salts to draw out impurities (\$18 for six bags; b-glowing.com).

G. If you can persuade a pal to give you a massage, make sure he uses the highly emollient **Aubrey Organics Natural Sports Rub Massage Lotion**, containing seven warming and cooling minty essential oils for immediate relief (\$7.75 for a 4-oz. bottle; aubrey-organics.com).

H. The longevity of **Santa Maria Novella's Arnica Cream**—it was formulated in 1221 in Florence for nobility—speaks to its appeal to those with royally sensitive skin. Slather on this rich arnica preparation to combat swelling, inflammation, stiffness and bruising (\$45 for a 3.3-oz. jar; lafcony.com).

I. A salve of beeswax, organic safflower oil, cayenne pepper and orange in **Moon Valley Bees & Botanicals Muscle Rub** warms muscles, reduces pain and soothes aching joints. Apply a hot pack to intensify the heat (\$10.95 for a 2-oz. tin; moonvalleyhoney.com).

J. Exfoliate and invigorate skin with super-hydrating amino acid-based **Malin+Goetz Peppermint Body Scrub**. Bamboo and pumice stone slough roughness, and peppermint oil emits a cooling sensation to relieve muscle aches (\$30 for an 8-oz. jar; malinandgoetz.com). —A.A.

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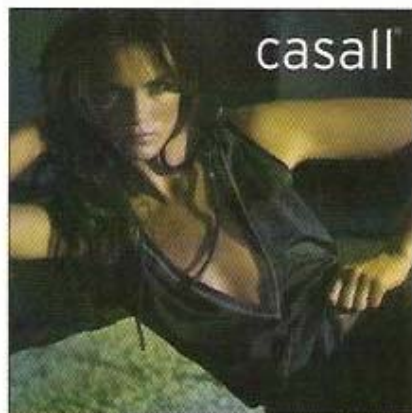
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