

SHAPE  
YOUR  
LIFE

**SLEEK  
THIGHS  
IN 3  
MOVES**  
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ALL NEW MOVES!

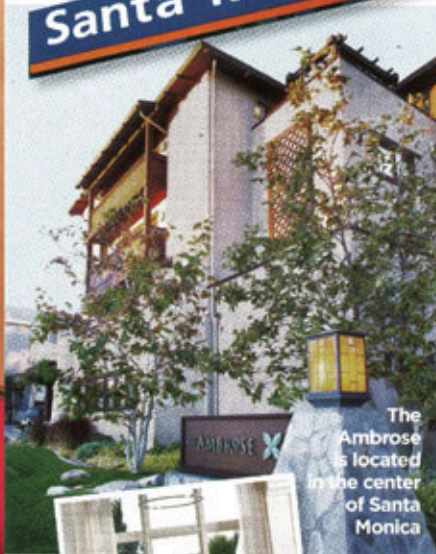
# GET FLAT SEXY ABS

Lose an inch  
off your waist  
in just 4 weeks

**\* Skip  
the salon!**  
Home color secrets  
that get you gorgeous



## Santa Monica



The Ambrose is located in the center of Santa Monica



Book an ocean view at Catch

✓ **HOW TO GET THERE**

Fly into Los Angeles International Airport (LAX), Long Beach, or Burbank.

✓ **WHERE TO STAY**

The 77-room **Ambrose Hotel** (rooms from \$189; [ambrosehotel.com](http://ambrosehotel.com)) offers free amenities like parking, Internet access, and continental breakfast.

✓ **DINNER HOT SPOTS**

Indulge in the roasted monkfish at **Catch**, the new restaurant in the luxurious Hotel Casa del Mar (1910 Ocean Way). The mussels alone are worth the wait at **Monsieur Marcel Restaurant and Wine Bar** in the Farmer's Market (Third Street and Fairfax Avenue).

**PLUS** The good news about breast cancer