



Living Well

South of Boston's guide to getting and staying healthy

Enlightening EXPERIENCE

New treatment blends massage and yoga




Swiss bliss

Your beach body in a jar

The latest cellulite reducing potion comes from Swiss skin care company Alchimie Forever, and is made of seeds from the Amazon that break up fat deposits.

The Q-switch Optimizing Body Contour Gel is said to tone and slim and let you take a guilt-free day off from the gym.

The gel contains seaweed and ginger to help minimize cellulite, reduce water retention, activate blood circulation and firm skin.

For more information visit www.alchimie-forever.com. Cost is \$60 for 3.3 ounces. It's applied twice a day.

- FOR LIVING WELL