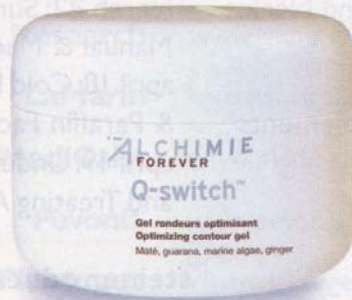


# renew

THE MODERN SPIRIT OF PROFESSIONAL SKIN CARE  
MARCH/APRIL 2005



## lift

Q-switch Body Contour Gel is formulated with maté leaf extract, ginger and marine algae to tone and lift. Natural botanicals help minimize the appearance of cellulite, creating a smoother texture. From Alchimie Forever. [www.alchimie-forever.com](http://www.alchimie-forever.com).

9 summer shape-up strategies

body business builders

the new manual microdermabrasion facial

skin analysis: high tech or high touch?

ultrasound's good vibrations

count on copper for better skin

the power of thank-you

stress reduction from the heart