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foodie,” she says over green juices at the fashionable health café. “I am obsessed with all things wellness. To me, wellness is not how you look, it’s how you feel that you look. That’s my philosophy of beauty. You are not going to feel like you look good if you don’t feel good.”

Over the years, Bobbi has experimented with many remedies to improve her health and, by extension, her physical appearance, from charcoal to kombucha to macrobiotic food to drinking spirulina or wheatgrass prior to having a tequila “because I learned that if you drink something green before, it helps. I never feel bad the day after a tequila now.”

When she’s at her vacation home near Telluride, Colorado, Bobbi visits Joshua B. Geetter, MSAOM, L.Ac., at the Medicine Ranch. Geetter is a Traditional Chinese Medicine practitioner and acupuncturist who creates tinctures from fermented plants, which are easier for the body to absorb. Ever since Bobbi met him, she has wanted to create a

ferment to put on the face—and now, finally, she has, bringing in Geetter as a consultant.

Bobbi tells me that her little vials are not to be used neat. The idea is that they are customizable and can be layered or mixed with other products. My skin, I tell her, is dry, blotchy, and generally aging—which Remedy should I use? “I would suggest my Extra Repair Moisturizing Balm,” she says, taking a small clear pot of cream from her purse, “and I would mix it with two or three drops of Number 80.” (Number 80 contains red algae and seaweed.) “Put it on your skin, and then add my face oil on top.”

I return home and try Bobbi’s prescription. It’s great fun adding the drops to my moisturizers. When I put the mixture on my skin, initially it feels slushy, but it soon soaks in. After a few days, I do think my complexion looks clearer and cleaner, and I resolve to carry on. I want to look like I’m wearing makeup when I’m not wearing any makeup. □ BEAUTY>196

“To me, wellness is not how you look, it’s how you feel that you look. You are not going to feel like you look good if you don’t feel good”

Fitness

THIGH Masters

This spring’s hemlines are inching up shorter than ever. These three sought-after trainers specialize in sculpting legs that are long and lean.



LAUREN DUHAMEL

Since her arrival in February at ModelFIT, New York’s most au courant fitness venue, Duhamel’s classes have quickly become the last word in the boutique’s group-workout experience. Her sessions help carve sexy, lean legs through muscle isolation and tools such as the slant board and ankle weights. Superstar model of the moment Taylor Hill enthuses, “Lauren helps me work as hard as I can to build strength.” modelfit.com

JASON WALSH

Rise Nation, the buzziest workout in Los Angeles, is also one of the most efficient. In 30-minute-long classes, everyone scales a VersaClimber, which mimics a strenuous run (or walk) up to 6,000 feet. “Legs get really strong, but because you’re burning so many calories, they get leaner, too,” says founder and instructor Walsh, whose devout following includes Emma Stone and Irina Shayk. rise-nation.com

KEY SON

New York-based private trainer Son’s low-intensity circuit-training approach is surprisingly effective at fashioning beautiful, tight bodies—without the use of any weights or machines. A believer in the power of squats as well as walking (not running), Son sculpts well-balanced legs that look healthy but not overtrained. motionpicturepreparation.com
—MARCIA DESANCTIS

LITHE SPIRIT

A COMBINATION OF MUSCLE-ISOLATION EXERCISES AND CARDIO WILL RESULT IN STRONG—BUT NOT BULKY—LIMBS. GIGI HADID, PHOTOGRAPHED BY MARIO TESTINO FOR VOGUE, 2016.