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May's Juiciest Bits



Exhale Spa's new Core Fusion Cardio class just launched in Santa Monica, and the class' creators showed us how to do one of their hottest moves: **The Oblique Mountain Climber.**

We found out about **flagging**, a rainbow-colored downtown workout taught by flag dancer Amy Lam, where fans wave their way to toned arms and cardio fitness. Don't miss the video!



Santa Monica-based Nushin Shir, DDS, who was recently honored as one of America's top dentists, gave us her **expert tips for perfect teeth.**

Vital Spy Lauren Feder, MD, recommended **Peace Awareness Labyrinth & Gardens**, a free, medieval-style labyrinth in the heart of LA.



Breathing salt is said to clear smog and other ickies from the lungs--we tried it at the new Encino **Salt Chalet**, where you can lounge in a room filled with the cleansing crystals.

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