

*Carolina Prates*

MIAMI

*Height*

5'10"/178 CM

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*Bust*

34"

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*Waist*

25

---

*Hips*

35

---

*Dress*

4/6

---

*Shoe*

8

---

*Hair*

BROWN

---

*Eyes*

BROWN



NEXT



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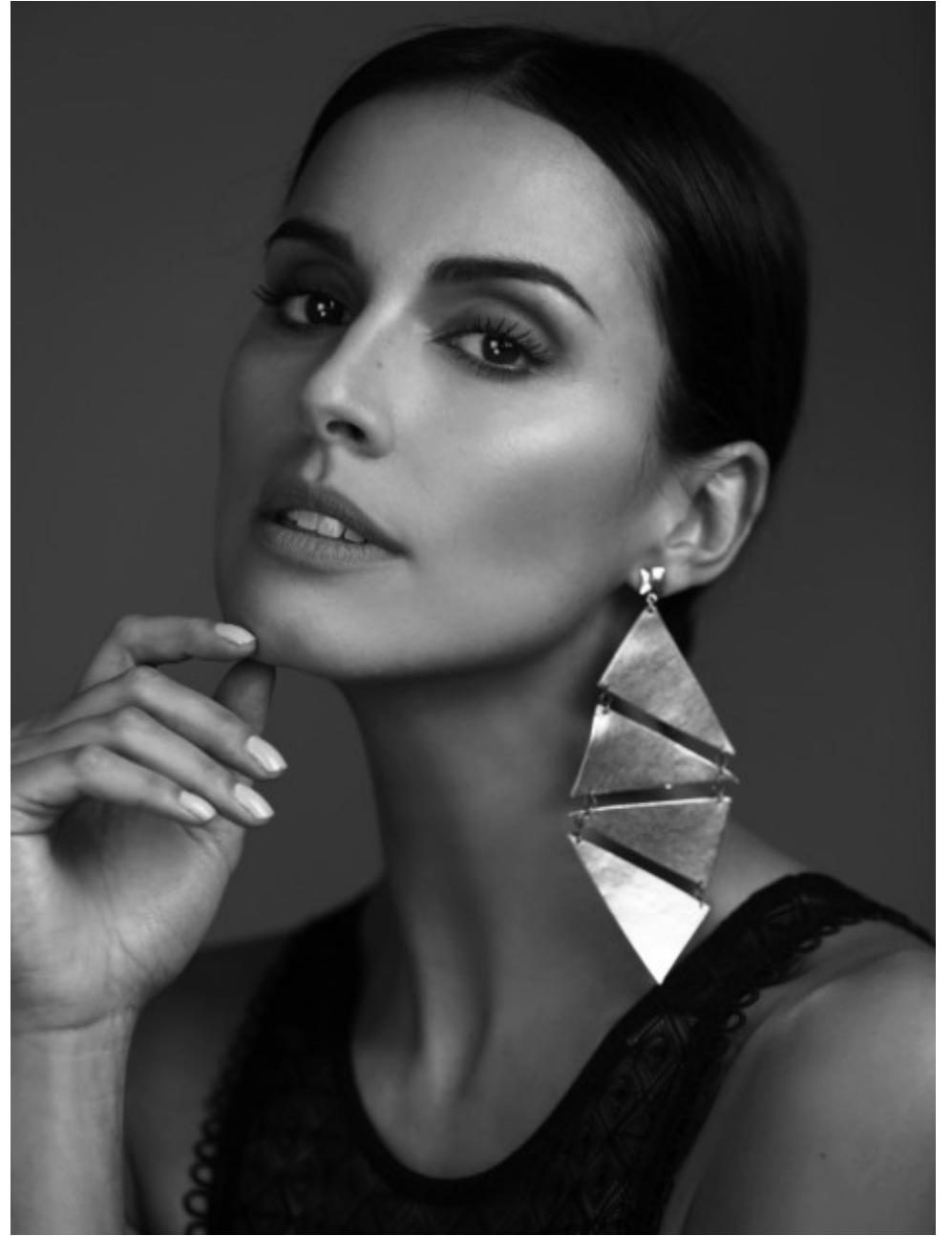
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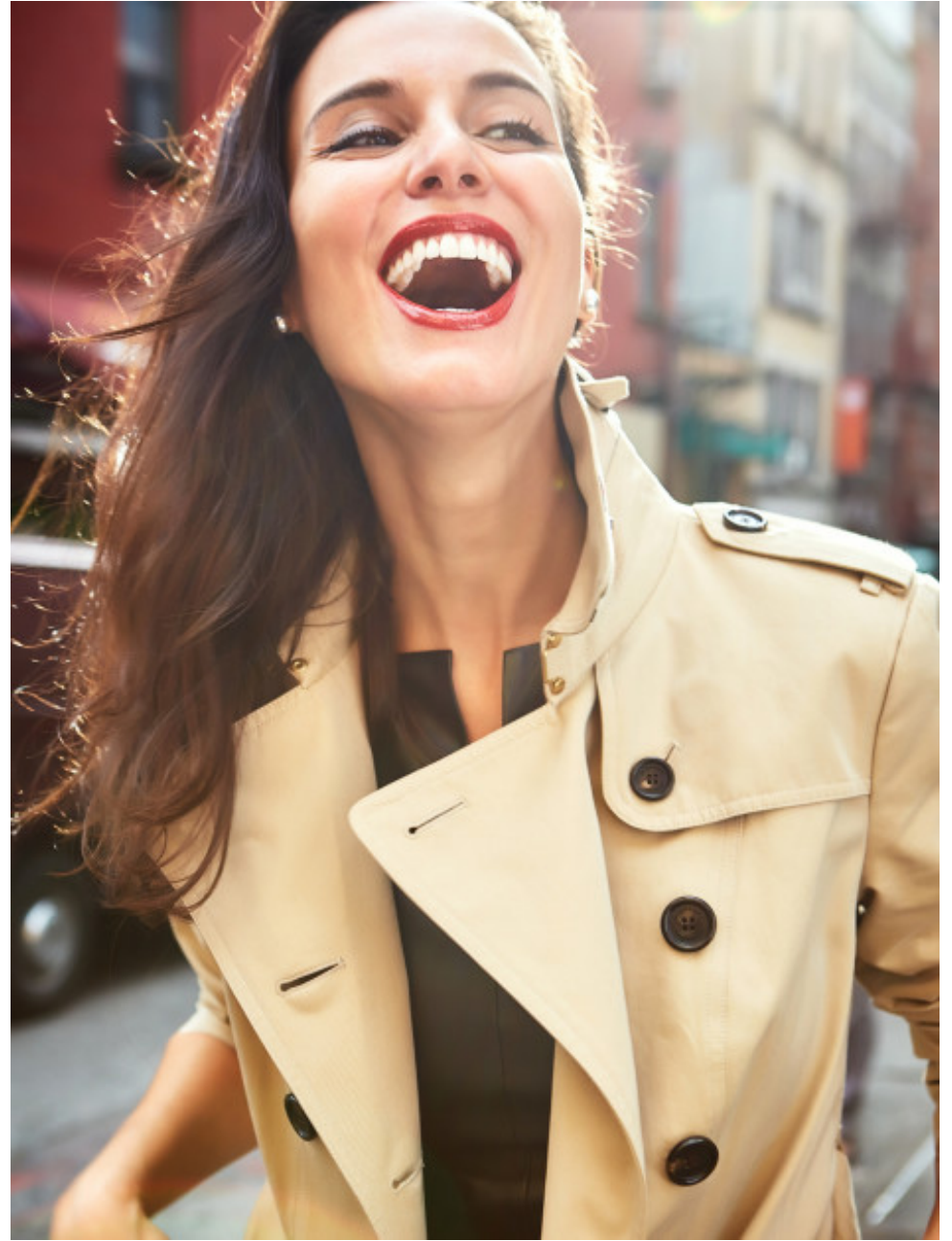




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**CORPO**

nesta edição

**NA CAPA**  
**FERNANDA MACHADO**  
**40** Ela disse adeus aos últimos 4 kg com treino em circuito e cortando carboidrato do jantar

**ROSTO LINDO EM 5 MINUTOS**  
**46** Truques caseiros para oheiras, ressecamento, espinhas...

**CABELOS NA COR DA MODA**  
**58** Como atualizar o look com tonalizante, tintura ou luzes sem danificar os fios

**76 85 BIQUINIS E ACESSÓRIOS QUE VALORIZAM SEU CORPO**

**ACABE COM A CELULITE EM 14 DIAS**  
**100** Menos 5 kg com dieta detox + cremes e tratamentos eliminam o aspecto casca de laranja + plano turbinado de bike alisa a pele, define bumbum e pernas

**MENOS 400 CALORIAS EM 24 HORAS**  
**116** Saiba como enagrecer no ambiente de trabalho

**SALGADINHO SECA-BARRIGA**  
**124** Saciar e não deixar o organismo absorver gordura

76

Eslegemos 53 modelos para você arrasar na praia

**POOL DAY**  
 O decote, que se estende quase até o umbigo, valoriza os seios, enquanto as aberturas laterais conferem um toque sexy e, ao mesmo tempo, fashion. A sofisticação fica por conta da fivela dourada.

Mail, Cyann, R\$ 375

76

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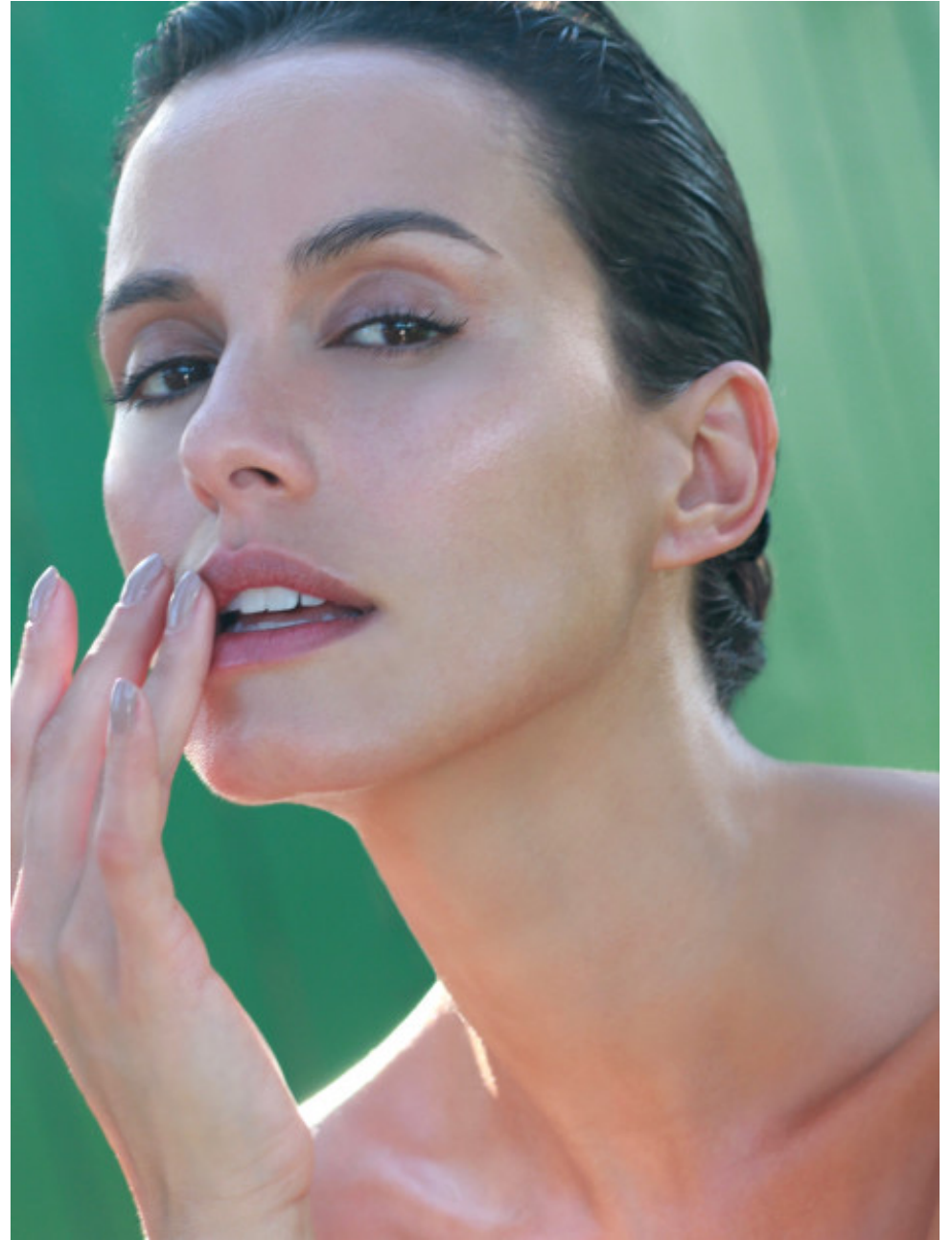
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