

VOGUE

AUG

DAZZLE BY DAY

FOUR VOGUE EDITORS
PICK WILDLY
DIFFERENT—AND
CHIC—LOOKS
FOR FALL

**THE SPY
WHO
LOVED ME**
LIFE AS
A SECRET
AGENT'S
WIFE

**LONG IN
THE
TOOTH?**
HOW YOUR
SMILE
SHOWS
YOUR AGE

NICOLE ON FIRE

WHY SHE'S
BUSIER, AND
HAPPIER,
THAN EVER

**"IF I'M NOT
TAKING
CHANCES,
I GET
BORED"**
TORY BURCH'S
BOOMING
EMPIRE



**INSIDE
THE BOX**
THE BAG
TO CARRY
NOW



Beauty **Fitness**

High ROLLERS

Amid the current craze for foam props, Courtney Rubin asks, can they really make you long and lean—or is that a bit of a stretch?

Time to roll up the yoga mat? These days, those of us who dream of long, lean physiques are turning to—or rather, rocking over—foam rollers. Formerly the province of physical therapists rehabbing injuries, the noodle-shaped props have broken out of the treatment room to become a fitness obsession. Rolling key areas of the body such as hamstrings or hips back and forth for as little as a minute releases fascia—the connective tissue that webs through our muscles and contracts to produce stiffness and pain. Lose the kinks, the thinking goes, and you will improve body function and lengthen muscles, too.

In Santa Monica, fascia-and-alignment specialist Lauren Roxburgh's foam-rolling method is designed to redistribute bulk—her clients, who include Devon Aoki and Gwyneth

Paltrow, say the elongating effects of six months of biweekly \$495 sessions can help trim their waists. Rolling is also beloved for its performance-enhancing properties. "I recommend foam rolling over static stretching, especially prior to activity," says Nina Figueroa, owner of Base Physical Therapy in Manhattan, where the majority of clients are assigned foam-rolling homework.

Fans include Tenover's nail-salons cofounder Nadine Abramcyk. "It helps me exercise harder," she says. A former runner with a history of knee problems, the 36-year-old credits foam-rolling with getting her through Taryn Toomey's punishing Tribeca exercise classes. Makeup artist Gucci Westman has two rollers at home, one long, one short, to help her break up lactic acid before and after workouts. It can feel uncomfortable, she admits, "but it's a nice pain." □