

Zoey Deschanel
 Make the
 Most of
 Your Days
 of Summer

YOU
 AT YOUR
 BEST

SELF

BODY BONUS

Get glowing

"An exposed back can be as alluring as décolleté," says Trée Bodge, a makeup artist in New York City. Her tricks to give skin a seductive shimmer:

- **Moisturize** more. It's easy to ignore your back, but hydrated skin reflects light better, so you look sleeker. Choose a lotion with water-capturing glycerin.

- **Play up** curves by running a finger dipped in bronzer down spine from midback to base to highlight the sexy hollow (at right: Givenchy Glow to Wear Satiny Body Enhancer, \$37; Sephora.com).



SELF

Perfect your posture

A straight-up stance makes you appear more confident and trims inches from your waist. Assume the position with these simple tricks from Paul Drew, Ph.D., author of *Red Carpet Posture* (Perfect Paperback):

- **Imagine** an orange between your shoulder blades. Shift them down and together as if squeezing the fruit. Doing this will help roll back shoulders so you won't hunch.
- **Post** a photo of an athlete with great posture in your office: When you see it, you'll remember to stop slouching.



SELF

Loosen up with self-massage

Feel as fantastic as you look

with tips from Rich Guyer, M.D., of the Back Institute in Philadelphia:

- **Heat** muscles pre-massage to help them relax. Moist heat is best, via bath or shower, or a hot pack (\$18; ThermaCare). The aching area for 15 minutes.

- **Work** out deep knots with the Trigger Point Therapy roller underneath your hip, forearm on floor, foot on roller. Push off and glide roller 2 inches back, then 1 inch down sequence until you feel relief. Repeat on opposite side.

SELF

Ease lower back ache through

Hatha yoga poses to release back tension

Paula Lynch, of Yoga for Dummies:

- **Stretch.** Child's pose: Sit on heels, round back against floor, palms down, forehead on floor.

- **Breathe.** Flip over a stack of blankets, sit on sides, palms up, feet in air in three stages: belly, holding breath for 30 seconds; second, diaphragm, holding breath into rib cage for 30 seconds; third, lifting the top of your chest. Pause; exhale; take three normal breaths. Repeat twice.

SELF

Go backless, not braless

Show off your back's new definition

• **Shower** after workouts with an antibacterial cleanser, says David E. Bank, M.D., a dermatologist in Mount Kisco, New York. Three times a week, slough off pore-clogging dead cells with a loofah and an exfoliant that has salicylic acid (like Peter Thomas Roth Blemish Buffing Beads Body Wash, \$22; Sephora.com).

• **Treat any blemishes** with a

Rosemarie Ingleton, M.D., a dermatologist in New York City.

"It will also help loosen dead cells and reveal fresher underlying skin."



SELF

BONUS
Fitness Cards
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Get The Life You Want!

31 Ways to Have Less Stress and More Fun (On the Cheap!)



Courtesy of FGPR