

Beach Body Special!

fitness

get gorgeous

2 FIRM YOUR REAR

You dutifully do your lunges, but you still see cellulite when you're trying on swimsuits. Now there's new hope: Mitchell Chasin, M.D., a laser surgeon



TIP Go for windblown, not blow-dried, on the days you plan to be in the sun.

get gorgeous

York City makeup artist Emily Kate Warren. Apply a matte bronzer in a two-inch-high vertical line, starting at your sternum (try **Benefit Hoola bronzing powder**, \$28, benefitcosmetics.com). Brush highlighting powder from your left armpit to the top of the bronzer line, then to your right armpit, to create an M shape (try **M.A.C Indescent Pressed Powder**, \$22, maccosmetics.com).

TIP Worship the sun safely—use SPF 30 or higher at the beach, and reapply every two hours.



3 HAVE SILKY SKIN

No, it's not true that leg hair grows faster in hot weather, it just feels that way because you're wearing skin-baring skirts and shorts. Get rid of stubble fast: Shaving is best for large areas, like legs (try **Bic Soleil Shimmer Shaver**, \$6.99, drugstores), while waxing is better in spots where precision is key, such as the bikini line (try **Nair Soothing Wax Kit**, \$7.99, drugstores), says David Bank, M.D., a dermatologist and director of the Center for Dermatology, Cosmetic and Laser Surgery in Mount Kisco, New York. For sensitive underarms, try a depilatory with calming ingredients, like **Veet Sensitive Formula Hair Removal Lotion**, \$5.99, drugstores, which contains shea butter. Immediately follow up any shave session with a moisturizing body oil or lotion to protect skin and enhance softness, says Dr. Bank. Try **Vaseline Cocoa Butter Vitalizing Gel Body Oil**, \$6.99, drugstores.

8 get complexion perfection

It's one of life's little ironies: In the winter you battled cold temperatures and dryness. Now, in the quest for clear, radiant skin, you have to overcome sticky heat and humidity. Time to update your skin-care wardrobe! Wash away pore-clogging oil and sweat with a refining cleanser, like **Sonya Dakar Cypress Citrus Wash**, \$45, sonyadakar.com. And swap your winter-weight cream for a lighter version with the same active ingredients, says Dr. Bank. A cool trick: Put your lotion in the fridge before applying—the cold temperature temporarily tightens pores and firms skin, he says. Or try **ICY Beauty Icy Quick Lift Sun Effect**, \$36, blissworld.com; the self-cooling mechanism inside the applicator quickly chills the cream inside.



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JULY 2008 \$3.50
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