

Happy Begins Here

Health

HOT BODY NOW!

- ✓ Flat Belly
- ✓ Lean Legs
- ✓ Tight Butt

AGE-PROOF YOURSELF

Inside and Out

Too Many Mammograms?

The New Bottom Line



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BONUS
HOLLYWOOD SHAPE-UP SHORTCUTS
 ★★★

MARIA MENOUNOS
How She Lost 40 Lb. & Got This Fit



67

WAYS TO LOOK GORGEOUS ALL SUMMER

CURB SUGAR CRAVINGS

With This Mind Trick



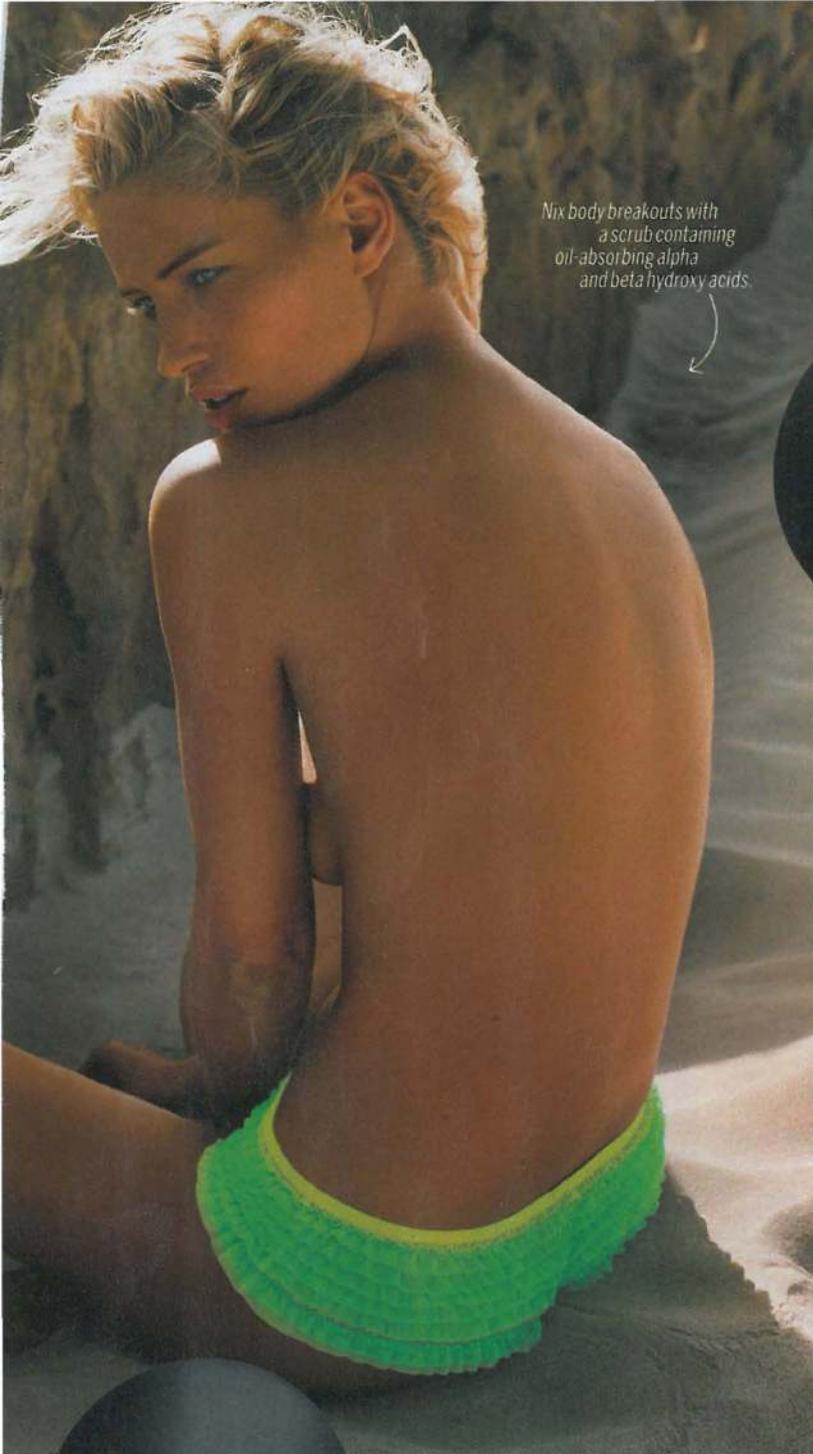
HOT BODY NOW

PHOTOGRAPH BY [unreadable]

look great bare

**WHETHER YOU TEND TO SHOW A LITTLE SKIN OR A LOT,
THERE ARE QUICK WAYS TO GET A SLEEK, BRONZE AND DIMPLE-FREE BODY.
OUR HEAD-TO-TOE TIPS HAVE YOU (UN)COVERED.**

by alix
strauss



Nix body breakouts with a scrub containing oil-absorbing alpha and beta hydroxy acids.

your self tan, GLOWIER!

“Self-tanners have come a long way from the streaky, orangey messes they once were,” says St. Tropez skin-finishing expert Sophie Evans. A gradual-bronze lotion, like (9) Suave Professionals Visible Glow self-tanning body lotion (\$9; at mass retailers), is great for beginners or anyone who wants to build a tan over a few days. For quicker results, opt for a rapid-release mousse, which can leave you a full shade darker in about an hour. Try (10) Karora Express bronzing mousse (\$40; ulta.com). Bronzing oils with DHA, like (11) St.

Tropez Self Tan Luxe Dry oil (\$50; sephora.com), give you instant sheen and color that shows up eight hours later. Can't commit? Temporary bronzers offer immediate color that washes off. A good one: (12) Xen-Tan Flawless Logic (\$32; nordstrom.com). Blend self-tanners using a light circular motion with your palm, says Karora founder Karen Brown, as fingers tend to create stripes. And be generous: “Skin can absorb only a certain amount, so you can never apply too much tanner,” adds Evans. “When not enough is used, you pull at the skin, causing streaks and unevenness.” ■

your thighs, SLEEKER!

While there's still no cure for cellulite (perhaps the geniuses in Silicon Valley will get around to it one of these days), you can reduce its appearance

with creams that contain caffeine—it temporarily dehydrates fat cells, so skin seems firmer—and peptides, which stimulate collagen and elastin. Find both in Wilma Schumann Body Contouring serum (\$60; wilmaschumann.com). Deep-tissue massage can also remedy a cellulite situation: “Improved

circulation helps break up dimples and puckering,” explains Paul Jarrod Frank, MD, director of Fifth Avenue Dermatology Surgery & Laser Center in New York City. Try a rolling pin (yep, the baking kind) or a body brush with rounded nubs; firmly run your weapon of choice up and down trouble spots 20 times once a day.

high-tech helpers

Call it mission slim-possible: A new generation of noninvasive in-office treatments zap excess pockets of fat. While they're on the pricey side, they do the job and results can last for years, dermatologists report, as long as you eat a balanced diet and exercise regularly. A look at three of the most popular ones:

VELASHAPE III

► This radio-frequency device improves the look of cellulite and firms jiggly bulges. Four 60- to 90-minute treatments (\$300 to \$500 per session) reduce the circumference of target areas by about 2 centimeters.

COOLSCULPTING

► It's literally very cool: The machine works via a super cold suction cup that's placed over the pudgy area, freezing fat cells so they die off. Sixty minutes and \$650 to \$800 bucks get you a 20 percent reduction in treated areas.

I-LIPOCELL

► A combo of laser, vacuum massage and radiofrequency, it shrinks fat cells and tightens skin. Patients can lose up to an inch of total body fat per each 20-minute treatment (\$250 a pop); most people choose to get three to eight sessions.