

Issue 1112  
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WEEKLY

# Us

## MY BEST BODY!

**CARRIE UNDERWOOD**  
reveals how she did it



**BLAKE & GWEN**  
**TENSION  
WITH  
HER EX**



**40**  
Stars  
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Hot Body  
Tips



# LOOK SMOOTHER THIS SUMMER

Bare your body with confidence thanks to these fitness, nutrition and skincare tips from experts

## 1 The Moves

*Gwyneth Paltrow's L.A. trainer Lauren Roxburgh designs two foam-roller exercises that liquefy knots of fat.*

36x6-inch LoRox Aligned foam roller, \$50, [optp.com](http://optp.com)



ROXBURGH

### BACK-OF-THIGH ROLL

Sit on a mat with legs stretched out in front and slide the roller under hamstrings. Place one hand on each side of hips, fingertips facing forward. Using your arms, push your seat off the mat. Move hamstrings back and forth over the roller 10 times. Do five times a week for one month.

### INNER-THIGH ROLL

Sit on a mat, bend your right leg in a 90-degree angle in front of you and extend your left leg straight behind. Place the roller horizontally under the right sitz bone. Lengthen the spine and lean forward, putting weight on your hands. Push yourself back so the roller moves from thigh to knee, then back to thigh. Do eight times, then repeat on left leg. Aim for five sets each week.



## 2 The Snacks

*NYC dietitian Brooke Alpert picks three foods that help prevent puckering and strengthen skin structure. Eat them daily for a month.*



ALPERT

**ORANGES** Nibble on one a day to boost vitamin C, says Alpert. An *American Journal of Clinical Nutrition* study notes that the antioxidant builds collagen. Translation: fewer dimples!

**RAW ALMONDS** Trade sugary bites for 20 naturally sweet nuts, advises the expert: "Sugar attacks collagen and elastin, causing sagginess." Bonus: Almonds' vitamin E helps fight wrinkles.

**AVOCADO** Antioxidants in half a fruit "promote skin elasticity," she says. Healthy fats also ward off weight gain, which can lead to cellulite production, explains Alpert.





To maintain her sculpted legs, Jaime King practices the Ballet Beautiful method.

## The Topicals

NYC dermatologist *Joshua Zeichner* touts creams that temporarily refine skin texture when used twice daily for a month.



Salmon egg enzymes exfoliate legs, says Zeichner, while olive extract drenches skin. (\$120, [restorsea.com](http://restorsea.com))

Peptides in this lotion-to-oil blend can spur collagen production, which helps firm skin, says Zeichner. (\$36, [murad.com](http://murad.com))

Zeichner says caffeine in the Body Shaping Cream can help flush out excess fluid and break down fat around the abdomen. (\$65, [clarins.com](http://clarins.com))

CLARINS

## 4 The Doctors' Fixes

MDs praise three in-office treatments that deliver long-lasting results.

**RADIESSE** The filler that treats laugh lines also plumps puckered skin on the outer thighs and rear. NYC dermatologist Paul Frank mixes it with sterile water for a low-concentration dose that inflates grooves. "It's like putting a little air back into a balloon," he says. Results last for up to two years. (\$1,500 to \$4,000 per area)

**BTL VANQUISH ME** Radio-frequency waves emitted by a nonsurgical device (left) shrink fat cells over four weekly 45-minute sessions. Expect a 1- to 4-inch reduction around the waist and thighs, says NYC dermatologist Dendy Engelman. (\$500 to \$750 per area)

**CELLFINA** During the FDA-approved treatment to eradicate cellulite, an iPhone-size device grabs silver dollar-wide areas. Next, it slides a miniature blade 6 millimeters below the skin to cut the bands of tissue that can cause dimpling, says L.A. plastic surgeon Grant Stevens. (\$4,000 to \$6,000 per area)

