

Health

Sanaa Lathan's Secret

The Affair's new star gets real about beauty confidence, overcoming panic attacks & embracing happiness

LOVE
YOUR
ARMS
IN A
TANK
TOP

Pure

Joy!

TRUE
FRIENDS,
FUN FOOD
& FINDING
YOUR
BLISS

MELT-
PROOF
MAKEUP

PICNIC
LIKE
A PRO

EASY & DELICIOUS
PACKABLE EATS

YUP!
EVEN YOU
CAN
MEDITATE

BEAUTIFUL

Beach-bound for summer? Before you strip down, score some help from these butt-boosting, leg-lengthening, and bacne-busting essentials. **BY LISA DeSANTIS**

FLAWLESS BACK



STEP 1/ Get Clean

This area is hard to reach (and therefore clean), making it prone to zits as hair follicles get clogged with sweat and oil, says Dendy Engelman, MD, a dermatologist in NYC. Twice a week, use an antimicrobial cleansing brush, like **Michael Todd Soniclear Elite (\$149; ulta.com)**, which attaches to the **Soniclear Extension (\$12)**.



STEP 3/ Get Glowing

Bronze your back sans buddy by using a tanning mist with a 360 degree nozzle, like **St. Tropez Self Tan Express Bronzing Mist (\$40; sephora.com)**.

Hold it six inches away, then spray in sweeping motions for even coverage.

STEP 2/ Stay Clear

To heal existing pimples and prevent new ones, Paul Jarrod Frank, MD, a cosmetic dermatologist in NYC suggests using salicylic acid. Try **Paula's Choice Clear Acne Body Spray (\$25; paulaschoice.com)**.

