

May 16, 2011

for women

First



Memorial Day mmm...



...hot off the grill!

WALK OFF
3 belly inches
each week



Leslie Sansone
EXCLUSIVE!

HEALTH NEWS

Natural cure for thinning hair
2-second secret to better sleep

GOOD NEWS FROM THE NIH

ENERGY SECRETS

21 quick and natural tiredness cures

BODY BEAUTIFUL

- ✓ Arm jiggle—*toned!*
- ✓ Loose skin—*nixed!*
- ✓ Cellulite—*erased!*
- ✓ Leg veins—*shrunk!*

DROP 43 LBS

by Memorial Day

FEEL GREAT!

- ✓ Heading for the hills revs metabolism automatically
- ✓ Water therapy flushes the toxins that attract fat

Researchers have discovered a protein powder that **ACCELERATES WEIGHT LOSS BY MORE THAN 500%**

You deserve a break!



Clarissa lost 50 lbs!

Display until 5/16/11

ALERT!
New online scams: how to stay safe
\$2.49

summer gorgeous!

If you've got **3 weeks**

...and want to **reduce**
"chicken skin" by 80%

"*Keratosis pilaris* (or 'chicken skin') occurs when skins' keratin proteins form hardened 'plugs' in the follicles on the back of the arms," explains Michele Green, M.D., a dermatologist in New York City. To soften the plugs, she advises applying a lotion that contains 12 percent lactic acid (like AmLactin Body Lotion, \$17 for 8 oz., at drug-stores) after showering. "In a few weeks, skin can appear 80 percent smoother."

...and want to **lighten**
dark underarms by 15%

Hormones and thickened skin (resulting from irritation) can cause hyper-pigmentation under the arms, says Dr. Green. For lighter underarms she suggests applying a deodorant or cream containing licorice extract (like Godiva LicoWhite Anti-Perspirant Deodorant, \$7, at GodivaSkinCare.com). Licorice boasts melanin-suppressing *glabridin*, a flavonoid that will gradually even out skin tone with daily use.

...and want to **slim**
cankles by 25%

Building muscle tone in calves can help ankles appear thinner by comparison, says Alycea Ungaro, author of *Pilates Practice Companion* (DK Publishing, 2010). For ankles that look 25 percent tinier, she recommends her "two by four" calf-building exercise: Using a wall for balance, slowly bend your knees, then raise your heels. Next, straighten your legs (so you're on your tiptoes), then lower your heels. Do two reps of six every other day.

Photos, these pages: Greg Hinsdale. Hair: Michael Johnson. Makeup: Mary Irwin for Agency Gerard. Stylist: Frank Polanco. Clothing, left: T.J. Maxx tank top; Zappos.com shorts; Clothing, right: Marshalls dress. Illustration: Jessica Son. Text: Carey Ostergard and Lorraine Sullivan.

Turn for more beach-ready tips



If you've got **2 weeks**

...and want to **cut chest crepeyness by 35%**

"The thinner skin and outward-jutting angle of the décolleté make it more susceptible to sun damage than the face, increasing the possibility of wrinkles and discoloration," observes Michele Green, M.D. To plump the skin and help reverse sun damage, she suggests slathering on a retinol cream (like Roc Retinol Correxion Deep Wrinkle Serum, \$22 for 1 oz., at drugstores) each evening. "Retinol is proven to rebuild collagen," adds Dr. Green. "Within two weeks, the décolleté can look 35 percent smoother."

...and want to **fade "bacne" by 85%**

To eliminate that pesky back acne for good, apply a double-duty toner containing 2 percent salicylic acid (to exfoliate and disinfect) and glycolic acid (to fade and prevent scars). One to try: Neutrogena Rapid Clear 2-in-1 Fight & Fade Toner (\$8 for 8 oz., at drugstore.com)—online reviewers claim up to 85 percent less blemishes and scars in just a couple weeks. Bonus: For even coverage and faster results, pour the toner into a spray bottle and spritz your back after showering.

...and want to **smooth leg bumps by 70%**

Those strange leg bumps that look like scars or blemishes but refuse to go away are often ingrown hairs, notes Dr. Mao. "Pressure from crossing legs and sitting forces the skin to thicken over hair follicles, trapping the hair within," he explains. The solution guaranteed to nix 70 percent of "chronic" ingrowns: Exfoliate daily with a dry brush (like the EcoTools Bamboo Bristle Bath Brush, \$6, at Walmart stores). Says Dr. Mao, "You'll have soft, radiant ingrown-free skin."