

FREE WORKOUT CARDS! Sculpt your arms just in time to go sleeveless

SHAPES

SHAPE
YOUR
LIFE

WIN!
A LUXURY
SPA
VACATION
FOR TWO
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SEXY BODY PLAN

**GET
FLAT
ABS &
A FIRM
BUTT**

by June 1

*** Why
your
allergies are
getting worse**

BUTT

by June 1

*** Why
your**

Smooth,
glowing
**BIKINI
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**THE
KELLY RIPA
WORKOUT**


She shows us
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THE HAPPY DIET

**KELLY RIPA
WORKOUT**

She shows us
the 6 moves
that got her
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 shape's essential guide to summer

your biggest
**SUMMER
BEAUTY**
problems—solved


It's almost time for bikinis, sundresses, and miniskirts.
Get your skin ready to see the light.



You've been keeping your entire body under wraps for months, but that's no reason you should let the thought of baring it (in cute minis, halter tops, and bathing suits) fill you with anxiety. Our head-to-toe guide will answer your most common get-gorgeous questions. In no time you'll be smooth and sexy enough for the beach, the boardwalk, or just your backyard.

by heidi axelrod • photography by arthur belebeau

It's almost time for bikinis, sundresses, and miniskirts.

A woman with dark hair, wearing a white bikini, stands on a beach. She is looking off to the side. A pink arrow points from the text on the right towards her left arm.

Is there a nongreasy body lotion that offers enough sun protection?

Yes, thankfully. Gone are the days of having to wear thick sunscreens to get any coverage. The newest skin-care technology allows SPF moisturizers to have a lightweight feel and be quickly absorbed. We love Vaseline's antioxidant-enhanced Intensive Care Daily Skin Shield Protective Moisture lotion with SPF 15 (\$3; at drugstores) and La Prairie's Cellular Protective Body Emulsion SPF 30 (\$135; laprairie.com) with skin-softening hibiscus and pear extracts. The beauty of these new hydrators is that you can slather them on after your shower—and reapply regularly throughout the day—even if you're just heading out to work, with no greasy aftereffect. Use them consistently and you'll be doing your skin a huge favor: "We're quick to blame sun damage on basking beachside, but the sun you get from daily activities is the primary cause of age-related skin damage," explains Arielle Kauvar, M.D., an associate professor of dermatology at New York University School of Medicine.

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2 What's the best way to look bronzed fast? You have two choices: body makeup or self-tanner. Either way, always exfoliate first; patches of dead skin cells absorb more self-tan product, leaving you with streaks. If you want to look tan within the hour, opt for makeup like Neutrogena's new Sheer Body Tint (\$10); this spray-on foam dries fast and won't leave color on your clothes. If you have a little more time, try the super-easy L'Oréal Paris Sublime Bronze Self-Tanning Glove (\$10); just rub the tanner-infused glove over your skin. Still stuck with streaks? Reach for L'Oréal Paris Sublime Perfector and Corrector wipes (\$10; all at drugstores), which contain exfoliators to remove excess color.

Two goof-proof ways to get sun-kissed skin



3 Why does my hair get so frizzy by mid-afternoon, even if I style it perfectly in the morning? Rising humidity is the culprit, says Beverly Hills stylist Jessica Tingley, who adds: "Don't fight it." Instead, "find a style that embraces your hair's natural texture, whether it's touchable curls, a beachy look, or a high ponytail." Then get on a frizz-busting regimen: Cleanse daily with a conditioning shampoo like Aveda Smooth Infusion (\$20; aveda.com) with hydrating babassu oil. Then apply a dollop of hair-smoothing cream all over towel-dried strands; we love Origins Hair Dresser Smooth Styling Cream (\$16; origins.com) with hydrating aloe and shine-boosting avocado-seed oil.

Blow-dry on a cool setting after using these styling products



4 I break out easily when it's humid. How can I keep my skin clear?

You have to change your cleansing routine. "It's easy for sweat to build up on your face and even on your body," says Fredric Brandt, M.D., a Miami dermatologist. "This perspiration mixes with dirt and oil from your skin and settles into pores, causing acne." To prevent breakouts, replace any creamy cleansers you're using with a salicylic acid-based one to slough off pore-clogging dead skin cells. We like Clean & Clear Continuous Control acne wash (\$5; at drugstores). And if you're not using one already, add a toner twice daily for double-duty cleaning. Try Kiehl's nutrient-rich Yerba Maté Tea toner (\$25; kiehls.com).



Layer SPF makeup to shield your skin from sun damage

5 Sunscreen seems too heavy to wear under makeup; can I skip it altogether if my cosmetics have SPF? If you're just commuting to work or running errands, makeup with SPF provides ample defense against the sun's harmful UVA and UVB rays, says Zoe Draelos, M.D., a clinical associate professor of dermatology at Wake Forest University School of Medicine. If you'll be out in the sun for more than 10 minutes, however, you need sunscreen for adequate protection. Your best protective makeup option is an oil-free tinted moisturizer such as Neutrogena's Healthy Skin Glow Sheers SPF 30 (\$12; at drugstores), a bronzing powder like Physicians daily for double-duty cleaning. Try Kiehl's nutrient-rich Yerba Maté Tea toner (\$25; kiehls.com).

...with hydrating aloe and shine-boosting avocado-seed oil.

Sunscreen seems too heavy to wear under makeup;



6 Will cellulite creams really smooth out bumps?

Yes, these products do work, but not permanently. (Only a healthy diet and regular exercise can get rid of cellulite for good, says Brandt.) Cellulite creams and lotions help minimize the appearance of dimples by temporarily plumping the surface of skin with ingredients such as caffeine. Some of the newest versions also contain antioxidants like vitamin C to boost production of skin-firming collagen, which also helps smooth out the bumps. Our new favorites: Victoria's Secret Active Body Lift treatment (\$29; Victoria's Secret) and Chanel Body Excellence Firming and Shaping Gel Anti-Cellulite (\$75; chanel.com) with extracts from the antioxidant-rich purple bingle root. Another new product is amino acid-infused Nivea Body Good-Bye Cellulite patches (\$13 for six; at drugstores), which can be applied directly to skin.



Apply these patches to dimpled skin two or three times weekly

7 Should I switch my fragrances for summer?

You don't have to look for a whole new scent, but you may want to wear a lighter formulation of your current favorite. An eau de toilette spray and body mist, for example, have lower concentrations of alcohol, which results in a less heady bouquet. Applying your scent to only one or two pulse points helps prevent fragrance overload. If you're tempted to try something new, pick up YSL Paris Jardins Romantiques (\$50; Saks Fifth Avenue) with mandarin and grass notes; Estée Lauder Summer Fun Pleasures (\$50; esteelauder.com), a mix of violet and peony; or Chanel Chance Eau Fraîche (\$75; chanel.com) with fresh vetiver.

Just-right-for-summer scents are refreshing and energizing



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8 My skin is a little oily. Is it okay to skip moisturizer?

No. Whether it's dry, oily, or normal, every skin type needs moisturizer; hydration is what keeps your complexion from looking dull. The key is finding the right kind for your complexion.

"If your skin is on the shiny side, choose lightweight, oil-free lotions that are water-based," says Kauvar. Best bets: Shiseido the Skincare Day Moisture Protection SPF 15 (\$38; sca.shiseido.com for stores) and Clinique's tinted Super City Block Oil-Free Daily Face Protector SPF 40 (\$17; clinique.com) with skin-brightening licorice.

Lightweight, oil-free moisturizers with SPF



9 I have stretch marks on my thighs and want to wear a bathing suit without feeling self-conscious. Is there an easy way to fade them in a hurry?

Assuming the stretch marks are no more than a year old, dermatologists typically recommend prescription retinoids like Renova, Retin-A, and Tazorac. "These work by stimulating the production of tissue-firming collagen, a disruption of which triggers the formation of stretch marks," says Brandt. Talk to your doctor about these products, but keep in mind that they can make skin sensitive to the sun, so you'll need additional UV protection while you're using them. Also note that they're not safe for pregnant or nursing women. For a quick fix, opt for a self-tanner, which can camouflage the appearance of stretch marks by tinting your skin.

Lightweight, oil-free moisturizers with SPF

