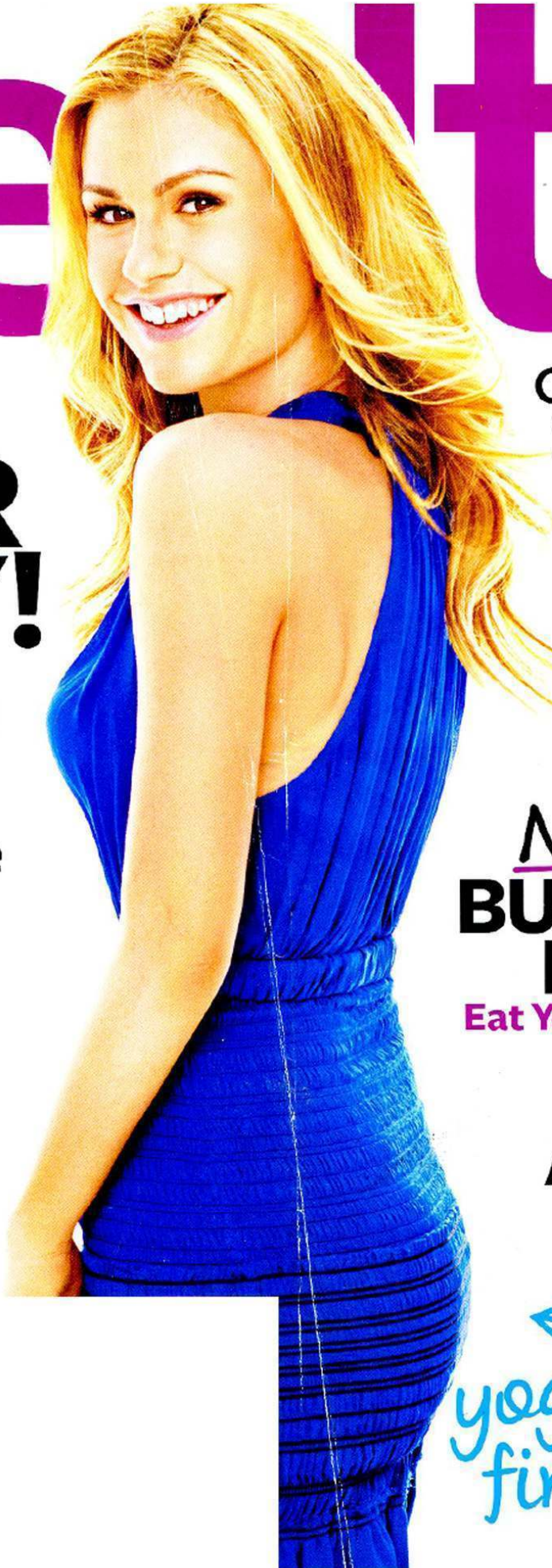


Health



**LOSE
YOUR
BELLY!**

**MELT 4 LBS
IN 7 DAYS**

BREAKING NEWS

**The #1 Mistake
Even Smart
Docs Make**

463

**Best-Ever Health,
Fitness, Beauty
& Money Tips**

Health.com JUNE 2011

**CURB YOUR
SUGAR
CRAVINGS**
p.66

TRUE BLOOD'S
**Anna
Paquin**
The fun way she
stays so sleek

**New FAT
BURNING
FOODS**
Eat Your Way Slim!

**AMAZING
ANTI-AGING
SECRETS**
p.34

←
*yoga for a
firm butt*



10 WAYS TO LOOK FABULOUS THIS SUMMER!

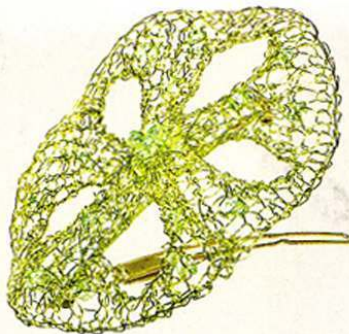
Beauty insiders share their hottest secrets and product obsessions—from faux-glow oils to teal nail polish.

By *Diana Cerqueira* | Photography by *Cheyenne Ellis*

[SECRET #1]

PUNCH UP YOUR LOOK WITH ONE BOLD ACCESSORY

Step up your style without going to much fuss: "Focus on one statement piece like a colorful bangle or eye-catching necklace," suggests Paul Petzy, a New York City fashion stylist. Glass, stone, or beaded jewelry is best for daytime (metals heat up in the sun, so save them for evening). **WE LOVE** Amrita Singh bracelets (left, \$50 each; amritasingh.com).



[SECRET #2]

TAME A MISBEHAVING MANE

Even good hair can go bad this time of year (the heat! the humidity! the ocean breeze!). But there's a 30-second fix, whether you have long or short hair: Keep a small hair accessory in your handbag. "Look for lightweight clips that are easy to pop in," Petzy advises. **TRY** Colette Malouf Crochet Sand Dollar Snap Clip in Seaweed (\$98; Henri Bendel).



[SECRET #3]

SWAP OUT YOUR SCENT

Your go-to fragrance may be gorgeous the rest of the year, but come summer it can suddenly seem overpowering. (As your body temperature rises, fragrance actually becomes more potent.) So swap it for a super-lightweight fruit- or citrus-based scent. **OUR FAVE** Marc Jacobs **Splash in Curacao** (\$68; Bloomingdales), a fruity-citrus combo. For a spritz that stays put but doesn't overpower, apply to only one of your "hot spots" (wrists, neck, or behind your knees), says fragrance expert G erald Ghislain, perfumer and creator of *Histoires de Parfums*.



[SECRET #4]

ADD POW TO YOUR NAILS

In a polish rut? Back away from the sheer pink, and reach for a fresh, sea-inspired color. "Because most green shades combine a blue and yellow base, they look great on all skin tones," says Shari Gottesman, founder of Perfect Formula Nailcare. **TRY** M.A.C Nail Lacquer in Ocean Dip (left, \$15; maccosmetics.com) and OPI Lacquer in Mermaid's Tears (right, \$9; JCPenney).

[SECRET #5]

SPARKLE IN YOUR SWIMSUIT

Metallic suits are hot this season—and the latest versions look sophisticated, not trashy. Here's how to find your best shimmery shade: If you're fair, you'll look great in warm, creamy gold (think of caramel), says Crystal Eley, designer for Crystal Jin swimwear. Medium to dark skin tones will shine in deeper shades of gold, along with copper, bronze, or gunmetal.

WE LOVE La Blanca bikini (at left, top, \$57; bottom, \$59; swimnsport.com); accessories info on page 140

[SECRET #6]

GIVE YOUR STRANDS
A SEXY SHINE

Surprise: You can actually use oil as a styler without looking greasy. And today's hair oils are super-hydrating and keep frizz under control. They also act as a built-in layer of protection from drying and color-fading UV rays. "Comb a dime-size amount of oil into damp strands post-shower, then throw hair in a ponytail or low chignon and go," says Nicholas Penna Jr., owner and lead stylist of SalonCapri in Massachusetts. **OUR FAVE** Shu Uemura Art of Hair Essence Absolute (\$65; shuueamuraartofhair-usa.com) with camelia oil, a natural detangler.

[SECRET #7]

GET GLOWING FASTER

Warm up pale legs quick with a bronzing oil. It adds color, moisturizes dry skin, and unlike self-tanners, doesn't take hours to turn you golden (just minutes to dry). Best part? Application is foolproof. "Massage it into skin like you would a moisturizer, and use your fingers to blend, blend, blend!" explains Physician's Formula makeup artist Joanna Schlip. Just remember, a little goes a long way (a dime-size amount covers a full leg). And don't forget to bronze the tops of your feet—they're often the giveaway to a faux tan. **TRY** Sephora Collection Illuminating Bronzing Oil (\$14; sephora.com).



[SECRET #8]

BE SHADY

Protect your eyes and make a style statement with a good pair of sunglasses. Go for frames that offer UV protection and are big enough to provide additional coverage from sunlight, says Julie Allison, creator of Eyebobs. **WE LOVE** Ray-Ban blue-rimmed aviators (\$150; Sunglass Hut).

[SECRET #9]

SMOOTH YOUR BIKINI LINE

Ingrown hairs happen, whether you shave, wax, or use a hair-removal cream. The solution? "Run a cotton ball soaked in a glycolic- and salicylic-acid-based moisturizer along your bikini line two days after hair removal, and continue every few days," suggests Enrique Ramirez, founder of Face to Face NYC Day Spa. (Do a patch test first to make sure it's not too irritating.) **TRY** Shaveworks The Cool Fix Targeted Gel Lotion (\$25; sephora.com); the acids exfoliate dead skin cells, allowing potential ingrown hairs to pass through.

[SECRET #10]

GLAM UP EYES FOR NIGHT

The freshest way to look gorgeous: Play up your eyes with rich color, and keep the rest of your makeup to a minimum. "Apply a powder formula (cream-based shadows can lead to messy meltdowns) with a damp shadow brush to lock in color," says Suzy Gerstein, a New York City-based celebrity makeup artist. "Just dab the bristles in water to get them moist (not soaked), then blot off any excess by pressing it onto a tissue." **WE LOVE** Guerlain Terre Indigo 4-Shade Eyeshadow (\$59; Nordstrom), which features a mix of sultry orange, blue, and chocolate shades.



BEACH CHIC!
Caffe Swimwear bikini (\$224; swimwearboutique.com); Urban 1972 top (\$39; urban1972.com); Quetzal Rae bracelet (\$98; quetzalrae.com)