

SELF

YOU
AT YOUR
BEST

**Zoey
Deschanel**
Make the
Most of
Your Days
of Summer

Lose Weight At Any Age

In Your 20s? Burn Calories To Shrink From Head to Toe	Over 30? Slim Down And Create Sexy Curves	40 and Up? Firm Your Abs As You Shed Stubborn Fat
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BEAUTY SPECIAL

GET AN ALL-NATURAL MAKEUP LOOK

Plus New Breakthroughs
For Clear, Glowing Skin p. 46

#1 Superfood It Revs Up Your Metabolism!

INTRODUCING...

The Sex Pyramid

Romantic or a Quickie:
What Kind of Lovemaking
Do You Need Tonight? p. 120

Get The Life You Want!

31 Ways to Have Less Stress
and More Fun (On the Cheap!)

**BONUS
Fitness Cards**
Redo Your
Rear View!
p. 65



beautyflash

Color coordination Swiping on lipstick now could make you steadier on your feet later in life. Women over 60 who use various types of cosmetics every day have better stability than those who pass on primping, a report by L'Oréal Research in Paris reveals. **Experts theorize that wearing makeup improves your confidence,** which in turn leads to enhanced posture and balance.

Going strong Got brittle nails? Paint them into a corner with Dermelect's three new lacquers; **they use peptides extracted from wool to thicken flimsy nail tips and make them more flexible.** The line's strengthener, Launchpad, \$18, kept a SELF tester's fragile fingernails from breaking, even after washing dishes!

Double up If you rely solely on the sunscreen in your foundation for sun protection, you might get burned. **Makeup settles into lines and pores, so defense against wrinkling rays can be uneven,** says Bruce Katz, M.D., a dermatologist in New York City. To shield against damaging UVA and UVB light, apply sunblock (Dr. Katz suggests SPF 30) and wait two minutes before following with base.

Get even For skin that's hit a rough patch, smooth scaly areas with a natural concoction from Hema Sundaram, M.D., a derm in Washington, D.C.: **Mix a cup each of sea salt (to cleanse), cornmeal (to exfoliate) and olive oil (to hydrate), then rub it all over your body.** Not into DIY blends? Slough with Ahava Uplifting Butter Salt, \$24, a scrub with softening jojoba oil and nourishing calcium.

Steep benefit Bag the antioxidant perks of tea without brewing a cup. Fresh Black Tea Age-Delay Eye Cream, \$65, contains real tea to block the free radicals that can age your skin, plus lychee extract to increase elasticity.

Smile saver Attention, multitaskers: **Lip plumpers not only give you a sexier mouth; they can also help you look younger.** As we get older, teeth thin and provide less support for lips, causing skin around your grin to sag, says Michael Apa, D.D.S., a dentist in NYC. For a temporary reprieve, pucker up with Pout & Polish, \$20, a plumping and whitening duo, then kiss skimpy lips good-bye!

Smooth move New FDA-approved at-home lasers, such as Silk'n SensEpil, \$500, and Tria, \$795, can reduce hair regrowth. **After zapping legs, arms and underarms once every two weeks for six weeks, users had 43 percent less fuzz over the next six months,** a study from *Dermatologic Surgery* finds. Like in-office versions, the gadgets emit heat that causes cells at the base of the hair follicle to die.



Teetering in your heels? Lipstick may help.