

Go Bare! The Ultimate Summer Skin Guide

SHAPE

SHAPE YOUR LIFE

Searcy Abs!

Get 'em in 15 Minutes p202

Lose Weight This Weekend

No Deprivation Required p186

Eat Your Way Happy

Mood-Boosting Munchies p42



THE BIGGEST LOSER'S

Jillian Michaels

THE TV STAR SHARES HER

20 MINUTE WORKOUT

GET FIT WITH YOUR GUY

Improve Your Sex Life & Your Body

MAY 2011 / \$4.99 U.S. / \$5.99 CANADA
SHAPE.COM / DISPLAY UNTIL MAY 23, 2011



1

Banish Bumps

● Feeling the burn in the gym is a good thing. Feeling it post-shave? Not so much!

THE FAST FIX: Calm redness and inflammation with a cream that contains 1 percent hydrocortisone, like **Cortizone 10 Creme** (\$9; drugstore.com). For ingrowns: Swiping the area with a mild glycolic acid peeling pad, such as **Completely Bare Razor Bump Blaster** (\$32; completelybare.com), unclogs the follicle. To prevent problems in the future, use a fresh razor—we like **Venus ProSkin MoistureRich** (\$10; drugstores)—and a moisturizing shave cream. “A blade that glides easily is less likely to cause irritation, razor burn, and ingrowns,” says Anna Paré, M.D., a dermatologist in Atlanta.

GOT MORE TIME? Laser hair removal is a longer-lasting option. “A dermatologist will zap the root of the hair, which damages the follicle and slows growth,” says Paré. You’ll see results after three sessions, but most women need six to get the job done. Ask your M.D. about the **LightSheer Duet** (about \$300 per session; skinandhealth.com), which uses suction to ease pain.

2

Send Cellulite Packing

● That confidence-busting orange-peel skin on your butt, thighs, or abdomen is the result of fat trapped in the connective tissue between the layers of your skin.

THE FAST FIX: “A cream with caffeine can help temporarily,” says Paré. “It improves circulation just under the surface, so skin contracts, giving you an immediate firming effect.” Try **Clarins High Definition Body Lift** (\$65; clarins.com).

GOT MORE TIME? Consider signing up for **SmoothShapes** (\$500 per treatment; cynosure.com), which involves the use of an infrared laser, massage, and a vacuum to shrink the fatty deposits. You’ll need eight sessions to see full results. An even newer option, called **Cellupulse**, is also showing some promise in clinical studies. Originally used by doctors to treat sports injuries, the therapy, which employs sound waves, was found to have a welcome side effect: cellulite reduction. In the meantime, keep doing those squats! Building up muscle also has a skin-smoothing benefit.

