

# GET A LEG UP

SMOOTH  
THINGS  
OVER



## QUICK FIX

While there isn't an instant at-home remedy for cellulite or stretch marks, you can minimize how they look with body bronzer or self-tanner. Try **DermaDoctor Brazilian Bombshell Skin Perfecting Body Lotion** (\$48, [dermadocor.com](http://dermadocor.com)), which helps blue flaws and protects skin with SPF 30. "Cellulite is genetic," says Bruce Katz, M.D., the director of the Juva Skin & Laser Center in New York City, who points out that he has patients who are ironman competitors and even they have cellulite. Staying at a healthy weight will help reduce the orange-peel appearance and prevent stretch marks, which occur when extreme changes in the skin's tension cause the

collagen there to tear and then repair itself, according to Dr. Katz. Exercise also helps by getting your blood flowing, which makes skin look better," he says. Buff trouble areas daily in the shower with **Orlane Paris Aqua Svelte Slimming Scrub** (\$65, [orlane.com](http://orlane.com)). It contains caffeine and algae, which firm skin short-term.

## GO-THE-DISTANCE SOLUTION

A deep massage with a cream containing caffeine or retinol may improve the appearance of jiggly bits for a little while, Dr. Katz says. You can DIY daily or book regular sessions, like the **Bliss Spa FatGirlFirm** (\$180 per treatment, [blissworld.com](http://blissworld.com)). "But it's only temporary."

Dr. Katz points out. For the most noticeable improvements, it takes a derm's laser. Dr. Katz recommends **Cellulaze** for cellulite. The laser works through a tiny incision in the skin, melting the fat that's pushing up into the skin's fibrous bands and creating the puckered texture. The laser also stimulates collagen to tighten the skin. "It's the most effective treatment, because it addresses the structural issues of cellulite and treats them all at once," Dr. Katz explains. Cellulaze requires one session, which runs \$4,000-plus. For eliminating stretch marks, a fractional carbon dioxide laser targets problem areas to speed up collagen production and replace scar tissue with new tissue (cost: up to \$800 a session). "It takes several treatments, but there's no recovery period," Dr. Katz says.

You've put in the treadmill miles and kickboxed your way to a killer body. Now it's time to show it off. Here's how to get glowing, smooth and firm all over for your moment in the sun.

# ON SUMMER

By Holly Crawford  
Photographs by Diana King





## FUZZ OFF



### QUICK FIX

Shaving with a five-blade razor is the most “effective and easiest option for hair removal, especially for women who have sensitive skin,” says **Jody Levine, M.D., a dermatologist in New York City** who recommends changing the razor head after about eight uses. But there’s an art to a silky-smooth shave. Get in the shower or tub and wait at least two minutes, then slather on moisture-rich gel. “Hydrating hairs makes them softer and easier to cut, and the gel provides a protective layer between the blade and your skin,” **Dr. Levine** explains. Gently pull skin taut to help the razor glide over it, and use light strokes. “Applying too much pressure will increase the chance of irritation,” she says. Try **Gillette Venus Satin Care Ultra Sensitive Shave Gel** (\$3, drugstores) and the **Schick**

**Hydro Silk Sensitive Care Refillable Razor** (\$10, drugstores).



### GO-THE-DISTANCE SOLUTION

Waxing is more painful than shaving, but the payoff is stubble-free skin for weeks. And the newest at-home kits make it easier than ever. “The precut strips that are warmed by rubbing them between your hands cut down on the mess and are gentle,” **Dr. Levine** says. We like **Nair Brazilian Spa Clay Body Wax Strips With Perfect Temp Technology** (\$8, drugstores) and **Completely Bare Wax on the Go-Go** (\$11, kohls.com). To ward off ingrowns, exfoliate first so the wax can grab each hair at the root. When your skin is clean and dry, apply wax in the direction hair grows and pat down firmly.

Then, while holding skin taut, quickly rip the strip in the opposite direction. Immediately apply gentle pressure to soothe skin. “To prevent irritation, don’t wax the same area more than twice,” **Dr. Levine** warns. “If you missed hairs, pluck them with tweezers.” Use a gentle antibacterial cleanser to ward off infection. Finally, apply an oil-based moisturizer (found in most kits) to hydrate. For lasting results, **Dr. Levine** recommends electrolysis. “It uses a minor electric current applied through a fine needle at the base of the follicle to permanently destroy hairs,” she says. The process can take years, however, because each follicle needs to be treated. If you don’t wait to wait, she suggests laser hair reduction. “It’s not permanent, because hormonal changes can cause regrowth, but a touch-up can remove any new hair.”