



shortcuts to  
**S**exy  
legs & butt

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337 ways to trim, tone, camouflage, and beautify

# Beach Blanket Beauty

**There's no way to hide anything on the beach.** Certainly not behind the itchy-bitsy teeny-weenie fashions that have wiggled their ways onto the butts of today's sun worshipers. It seems that cellulite, fat on your fanny, and any tiny blemishes are all magnified under the summer sun. It's a spotlight for flaws that normally hide under pants or skirts. But relax. After you follow these tips there will be no more shrieking from the dressing room when you try on the latest two-piece. This chapter will help you minimize the flab, give your skin a healthy sun-kissed look (yes, it's possible!), and ensure that nothing is sagging behind

you while you stroll the sand dunes. And with a butt and legs like you'll boast, the umbrella in your piña colada won't be the only thing causing a stir. ~

*Health and Beauty Bytes*

**(141)** Trade in dull skin for glowing skin

Over your lifetime, you will shed some 90 pounds of dead skin—yuck. Exfoliate dull legs and bums with this homemade summery citrus scrub. Mix a paste out of  $\frac{1}{2}$  to  $\frac{2}{3}$  cup granulated sugar and the juice of one lemon. While showering, invigorate your skin with the paste. Use the inside of the lemon rind to rub heels and elbows. And blondes, save a little lemon juice to put on your hair at the beach for a sun-kissed shine.

## **(148)** Soothing aloe vera

Smooth skin with aloe before and after sun exposure. Aloe will hydrate sun-worshipping skin and its anti-inflammation agents will help heal any sun damage. Grow a plant of your own, cut off a bit of the stalk, split it in half, and rub the clear goo on your legs.

## **(149)** Sunless tanning

Although avoided by today's smart bathing beauties, the first intentional tan was sported by Coco Chanel in the 1930s. If you crave the cocoa color but shun the sun, give sunless tanning creams and sprays a try. With light creams and user-friendly sprays, these tanners are a girl's best friend. Follow these tips for a streak-free, natural-looking tan:

1. For great results, exfoliate with a scrub before you apply.
2. Use an oil-free moisturizer on your skin before you apply the tanner. (Oil will cause streaks and uneven application.)

3. Use long, even strokes to apply. Work from top to bottom. Try to mimic the long, smooth motions of the professional massage therapist.
4. You want it to look natural, so be wary of putting a lot on your knees, ankles, wrists, and elbows, where creases can occur.
5. Wash your hands immediately after applying the tan.
6. Let the tanner dry for a few minutes, then buff yourself all over with an old sock turned inside out. Use small circular motions to ensure evenness.
7. Wait at least 10 to 15 minutes before you put on clothes.

## **(150)** **Healing sands**

It's no wonder that Brazilian women are ready to bare it all (à la the Brazilian wax). They rub sand on their bodies to break up cellulite. When lying on the beach, grab a handful and start to rub it on any spots that are troublesome, like the backs of your thighs and butt cheeks. (Be inconspicuous, though; this could look a little weird to beachgoers.)