

InStyle

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MAKEUP
HOW-TO

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On Fame, Guys
& Fashion

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10 Ways to Get Summer-Body Ready



1 CHEW SOME JUICY FRUIT

"Melons are the perfect hot-weather food," says L.A. nutritionist Jonny Bowden. "They hydrate without bloating and fill you up without putting you in a food coma." You might also want to limit artificial sweeteners, even in diet soda—they can cause temporary belly expansion, as do broccoli, cabbage and beans.



2 ROOT OUT UNWANTED HAIR FOR GOOD

Ready to toss your razor? Unlike IPL and electrolysis, the in-salon Depilar System is painless and works on all skin tones. "It's an enzyme-based gel an aesthetician can apply after waxing to destroy empty hair follicles," says N.Y.C. skin care expert Elke Von Freudenberg. Hair is gone in four to eight treatments.

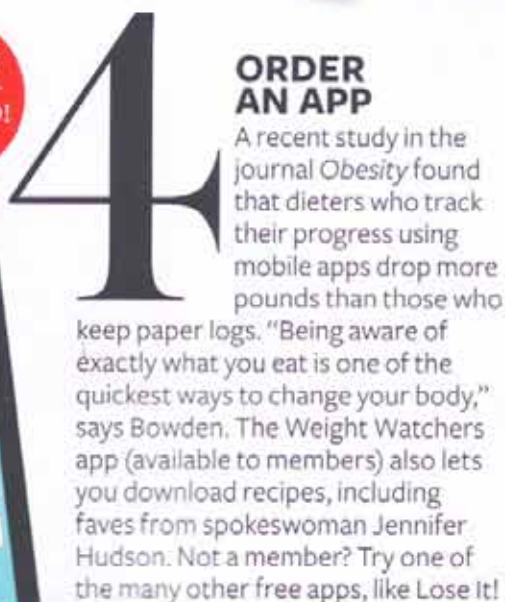
DEPILAR SYSTEM
\$20-\$150 per treatment; depilar.system.com for salons.



KIM KARDASHIAN

3 GO FAUX IT!

"A fake tan brings out muscle definition so you instantly look more toned," says L.A. tanning specialist Jimmy Coco, who bronzes Kim Kardashian. To define abs with a dab of tanning lotion, trace a line from sternum to belly button and diagonally along the obliques.



4 ORDER AN APP

A recent study in the journal *Obesity* found that dieters who track their progress using mobile apps drop more pounds than those who keep paper logs. "Being aware of exactly what you eat is one of the quickest ways to change your body," says Bowden. The Weight Watchers app (available to members) also lets you download recipes, including faves from spokeswoman Jennifer Hudson. Not a member? Try one of the many other free apps, like Lose It!

WEIGHT WATCHERS Mobile app, free with membership; itunes.com.

5 DEVELOP GOOD PASTE

Skip pricey microdermabrasion treatments that promise smooth skin and whip up your own remedy: Mix 3 parts baking soda and 1 part water into a paste, and apply in a circular motion before rinsing. "It's all about texture," says cosmetics chemist Ni'Kita Wilson of Englewood, N.J. "The grains act as an exfoliant, uncovering fresh skin underneath."

ARM & HAMMER Pure baking soda, \$1, at grocery stores.

