

LOOK BETTER AT THE BEACH

The quick, the easy, and the innovative—expert advice to help you feel your best come summer. By Megan Deem

It's the homestretch: Memorial Day is just around the corner and, with it, bathing suit season. Despite how strong your prep game is, it's rare to find someone who feels 100 percent body positive 100 percent of the time. Could we all use an extra confidence boost now and again? Sure. Can it come in the form of self-acceptance and love (and going cold turkey on social media)? Theoretically, yes. Other times, though, a simple skin-care upgrade or a 15-minute derm appointment can mean the difference between a maillot and a muumuu. Here, the most effective body-boosting options to try today.

GLOW UP If your goal is more even skin color and texture, the solution is surprisingly low-tech: Exfoliate and moisturize. “Whatever the color inconsistency, after 30 [consecutive] days of this regimen, crepiness and tone will be improved,” says Beverly Hills dermatologist Harold Lancer, M.D. “That’s because you’re encouraging cell turnover on a consistent basis and keeping skin hydrated.” He recommends his Lancer The Method: Body Polish (\$65) and Body Nourish (\$75), but you can also try Dove Exfoliating Body Polish (\$8.99) and Augustinus Bader The Body Cream (\$165).

SMOOTH DIMPLES Anticellulite creams and a dry-brushing ritual may temporarily firm skin, but they don't provide a long-term fix. For that you need to visit a doctor's office. The latest device that has experts excited is TempSure Firm from Cynosure. The noninvasive treatment combines radio frequency and massage to help iron out divots. “Radio-frequency heat stimulates collagen production, which tightens the area, while massage increases lymphatic drainage to also reduce the appearance of cellulite,” says Nazanin Saedi, M.D., a dermatologist in Philadelphia who recommends a series of four to six treatments (typically \$400–\$850 each) spaced at two-week intervals to see maximum improvement.

FLATTEN AND FIRM We've seen fat-blasting machines and muscle-stimulating ones. Now comes InMode Evolve, which painlessly blends radio frequency and suction treatments into one FDA-cleared device. “We vacuum in the fat, then a series of high-voltage waves go through it, puncturing holes in the fat membrane,” says Erez Dayan, M.D., a plastic surgeon in Lake Tahoe, Nevada. “This causes cell death, and the fat is excreted by the body.” He advises having three sessions 14 days apart (packages start at \$1,500).

EAT INTELLIGENTLY While cruciferous vegetables like cauliflower, kale, and brussels sprouts will always be a part of a healthy diet, you may not want to chow down on crudites the day before you slip on a swimsuit. According to Yasi Ansari, a registered dietitian in Los Angeles, these types of foods take longer for the body to break down and can cause bloating. Some proactive ways to clear your GI tract include staying active and eating probiotic-rich food like yogurt, kimchi, and kefir. Consuming potassium-laden food (think avocados, potatoes, and mushrooms) will help counteract water retention. Finally, sprinkling herbs like fennel and cumin in soups and salads can also decrease the incidence of gas.

GET IN A FAST WORKOUT It's no secret that models and actresses often do a few push-ups or lunges before they have to expose skin on camera. “Resistance exercises drive blood flow to the area you're working, which makes it appear perkier and more defined temporarily,” says Ngo Okafor, a personal trainer and owner of Iconoclast Fitness in New York. Before leaving for the beach, Okafor suggests doing three rounds of 20 reps each of exercises that target the specific area you're showing off: bicep curls and tricep kickbacks for sculpted arms, squats and donkey kicks to lift the butt, or both regular and bicycle crunches for abdominal definition. “Do this right before you head out,” he says, “and you'll feel and look great.” ■

We've seen fat-blasting machines and muscle-stimulating ones. Now comes a device that does both.

Photograph by Victor Demarchelier

Season's greetings. Bikini bottom, Araks. Rings, Cartier. BEAUTY BAZAAR A faux glow can also make skin look firmer in a flash. Try St. Tropez Self Tan Express Bronzing Gel (\$44). See Where to Buy for shopping details. Fashion editor: Miguel Enamorado

MANICURE: KRISTINA KONARSKI FOR CHANEL

