

Skin Wellness Center of Chicago "Get Gorgeous" Placement
Fitness Magazine, June 2011

Lean Legs! Flat Abs! Firm Butt!

fitness

GET A BODY THAT'S...

SLIM, STRONG, SEXY

Drop Pounds, Blast
More Fat With This
Fast Shape-up Plan

Diet Rules You Should Ditch

(And the Happier,
Healthier Way to Eat)

Totally Confident

Lose the Hang-ups and Love Your Shape

Summer
Cookout Recipes
Minus the Guilt

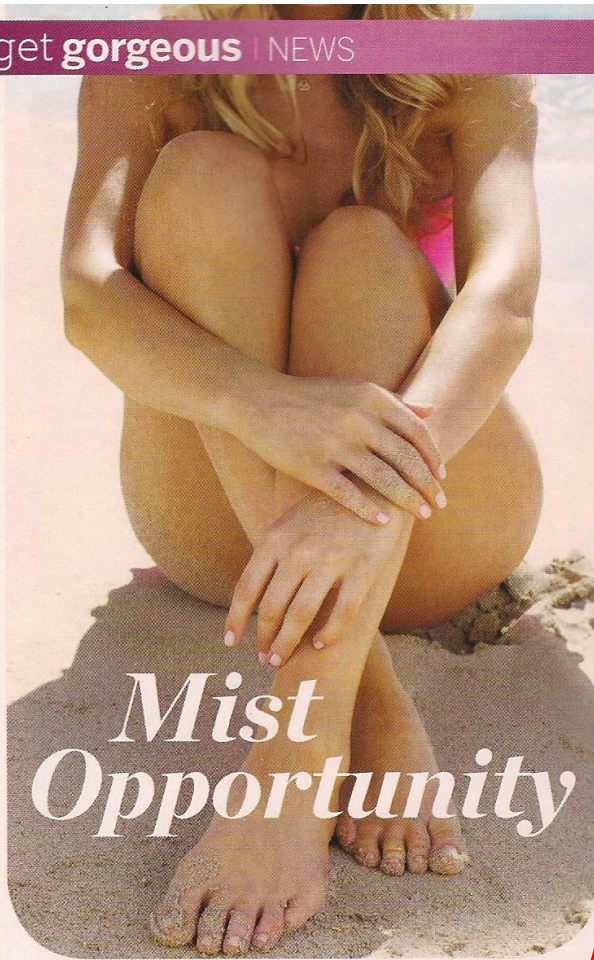
Age-Proof
Your Skin in
60 Seconds

Cut
500
Calories a Day
Without Ever
Missing 'Em

JUNE 2011 \$3.50
FITNESSMAGAZINE.COM



DISPLAY UNTIL JUNE 28



Mist Opportunity

Fifty percent of women say they don't have time to apply moisturizer to their bodies every day, a Nivea poll finds. Soften your skin in an instant with superquick sprays.

Best for...

in the morning



Moisturize parched parts with sesame oil-infused **The Body Shop Spa Wisdom Japan Yuzu & Rice Body Milk** (\$22, thebodyshop-usa.com), a spritz with a subtle floral scent that'll perk you up.

after exercise



Crisp-smelling **Kai Body Glow** (\$34, barneys.com) contains aloe and cucumber extracts to freshen and hydrate skin post-workout. Plus, the dry-oil formula absorbs in seconds.

before bed



Ahava Dry Oil Body Mist (\$38, ahavaus.com) is a richly nourishing spray that won't stain your sheets, and its calming, slightly sweet aroma is perfect for drifting off to sleep.

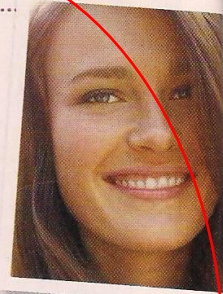


Gym dandy Star Swabs

Cotton tips are getting a multitasking makeover. The new **Japonesque Beauty Fixation Swabs** (\$5 for 24, aveyou.com) collection offers a single-use makeup remover, tinted lip conditioner, pre-tweezing treatment, cuticle conditioner, lipstick touch-up and nail polish touch-up. (Snapping an end of one of these sticks causes the liquid inside to flow to the other end for use.) Toss the mess-free, disposable fix-its into your travel bag or stock the slim carrying case with a mix of each.

Fresh Face

If you're like the almost two-thirds of women who never leave home without makeup, according to a U.K. survey, here's why it's better to go bare one or two days a week.



Banish blemishes. Your face will be less breakout prone if you take a hiatus from makeup, especially when exercising, says Brooke Jackson, M.D., dermatologist and founder of the Skin Wellness Center of Chicago. "You want skin to be able to sweat freely so bacteria doesn't build up in pores."
Prevent fine lines. You won't be pulling or tugging your face, as you would during makeup application and removal, so you'll reduce the daily wear and tear on your skin, keeping it tauter over time, Dr. Jackson says.
Boost benefits. Skin treatments like acne fighters and antiaging products work better on makeup-free skin. Cosmetics can dilute formulations and prevent them from penetrating.

PREVIOUS PAGE: CHRIS CRAMER; THIS PAGE: SHARON MACDONALD/GETTY IMAGES; BRIAN MCCAY

SAVE YOUR SKIN stat. Pout protection: Women who wear opaque lipsticks have lower rates of lip cancer, possibly because the formulas create a barrier against UV rays, according to Joshua L. Fox, M.D., a dermatologist in New York City.

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