HOT BODY NOW!

- Flat Belly
- Lean Legs
- Tight Butt

AGE-PROOF YOURSELF
Inside and Out

Too Many Mammograms?
The New Bottom Line

YOUR LEGS, SILKIER!
Leave on shaving cream for 30 seconds before you start. It softens hairs and makes them stand up for a closer shave, says Amy Taub, MD, assistant clinical professor of dermatology at Northwestern University Medical School. Try (3)
- Skintimate Skin Therapy Sensitive Skin moisturizing shave gel ($4; at mass retailers) and a razor with lubricated blades, like (4)
- Gillette Venus Embrace Sensitive razor ($12; at mass retailers).

MARIA MENOUNOS
How She Lost 40 Lb. & Got This Fit

67 WAYS TO LOOK GORGEOUS ALL SUMMER

CURB SUGAR CRAVINGS
With This Mind Trick