

May 25, 2020

**EXTRA
LARGE
ISSUE**



Memorial Day mmm



TIREDNESS DISCOVERY

The 'sticker cure' for a fast-growing tiredness trigger—the more you're at home, the more you'll benefit!

+ *Surprise vitamin boosts your immunity to viruses by 64%*

STRESS ENDER

Savannah Guthrie: How she learned to outsmart tense & tired

WALK OFF BELLY FAT

The little pacing tweaks that helped Janine drop 141 lbs—so easy!

+ *This \$10 gizmo heals foot pain better than surgery*

ULTRA KETO

DROP 37 LBS BY MEMORIAL DAY

BODY BEAUTY!

The bathing suits, sarongs and shapers that slim you—fast!

+ *Arsenic found in rice! Soak this way to cut by 82%*

MONEY SAVERS

Groceries for less! Plus: 52 genius tips & tricks to save you \$100s

Cornell-trained MD: Easy oil swap speeds weight loss, silences sugar cravings and reduces diabetes risk!

Mitzi lost 65 lbs and saved \$150 a month on medical copays



Afraid of change?
See pg 50

**SPECIAL
SUPERSIZE
ISSUE**



Body-beautiful—*in seconds!*



Kristin Chenoweth

10 pro tricks that make trouble spots instantly disappear

DIMPLY SKIN?

Smooth it with this 2-step trick

Plan on showing some leg tomorrow? Apply a skin-smoothing patch (like Stretch Patch Cellulite+ Extra Strong Formula, MyStretchPatch.com) before bed tonight! The self-heating patch (heat helps ingredients absorb better) is infused with ginger root extract (which increases circulation to remove the excess fluids that make up and magnify cellulite) and hydrating *glycerin* (which plumps skin) to diminish dimples as you sleep. Then, before you go out, remove the patch and dab a silicone-based face primer, like Benefit Cosmetics The POREfessional Face Primer (Sephora.com), onto spots with cellulite. Silicone blurs and “fills in” dimples (this helps even if you don’t do the patch!) for smoother-looking thighs!

SKIN FLAWS?

Erase them with self-tanner

It’s been some time since our skin has seen the sun, and that pallid tone can make discolorations like spider veins, stretch marks and age spots appear more prominent. The quick fix makeup artist Mari Shten, who’s worked with Maye Musk and Bellamy Young, turns to? Self-tanner. “Applying an instant wash of sun-kissed color onto the body camouflages any spots, marks or scars, while the tanner’s warm, golden undertones cancel out the cool tones in purple vein clusters so they instantly disappear.”

To do: Apply three pumps of an instant self-tanner (like Jergens Natural Glow Instant Sun Sunless Tanning Mousse, CVS.com) onto a tanning mitt (like Ulta Sunless Mitt, Ulta.com) and rub evenly onto dry skin. Let dry for 5 minutes.

It’s the typical ‘summer’s coming’ dilemma: We can’t wait to feel the season’s warm breeze and the sun’s gentle heat on our skin, but it involves shedding our concealing layers and slipping into body-baring fashions that emphasize bothers like cellulite, belly bloat, pit pudge. To the rescue: Top beauty experts reveal the simple solutions to tackle skin and body *arghs* so you can wear that sundress, shorts or swimsuit carefree and confident!

RAZOR BURN?

Clear it with a shimmer stick

We’re constantly reaching for our razor this time of year to ensure legs remain hair-free. The downside? The older we are, the more sensitive our skin becomes and the more prone it is to shaving-related irritation. New York City dermatologist Debra Jaliman, M.D., says you can relieve the rash and cover it at the same time with a nutrient-infused shimmer stick! One she likes? Honest Beauty Magic Beauty Balm Stick (Target.com). “It contains sunflower seed oil, which is loaded with skin-repairing antioxidants, soothing vitamin E to reduce redness and inflammation and coconut oil, which deeply moisturizes skin to calm irritation *and* prevent future rashes from occurring.” What’s more, the balm leaves behind a slight sheen so leg skin glows, helping detract from redness or bumps.

To do: Sweep the balm onto razor burn, then rub in and blend with fingertips. Rashes will instantly look less noticeable, but use for two to three days, and they’ll heal completely!



Kyra Sedgwick

GC IMAGES/GETTY (2); GETTY, TEXT: LAUREN GATCOMBE



Isla Fisher

BACNE?

Banish it with a 'cold' rub

While breakouts may have seemed like a distant teenage memory, similar hormonal changes can cause body acne to recur in women over 50. What can help heal bacne quickly: the medicine-cabinet staple Vicks VapoRub Topical Cough Suppressant (RiteAid.com). "The rub contains *camphor*, which has antibacterial properties that help kill acne-causing bacteria," says dermatologist Debra Jaliman, M.D. It's also infused with anti-inflammatory eucalyptus oil that controls redness and swelling within seconds of making contact with skin. **To do:** Dab a pea-size amount of the rub onto blemishes with a cotton swab and leave on skin since the salve's nutrients continue to repair irritated skin all day long.

SAGGY BUST?

Lift it with cleavage 'contouring'

The easy way to fake a breast lift—surgery-free? Celebrity makeup artist Mari Shten uses bronzer and a fluffy powder brush to contour the chests of her famous clients! "It creates breast-defining shadows along the cleavage, which helps breasts appear higher and fuller," she explains. Her pro tip: Opt for a waterproof bronzer like Tarte Mini Amazonian Clay Waterproof Bronzer (Sephora.com) to ensure the color stays put and won't become streaky if you're sweating or swimming.

To do: Swirl a powder brush in the bronzer and apply down the center of the chest between breasts, then blend the color up and out creating a V-like shape along the upper curve of the bosom. For an added optical lift, swipe a cream highlighter (like e.l.f. Cosmetics Shimmer Highlighting Stick, elfCosmetics.com) along the top of each breast.



Padma Lakshmi



Holly Robinson Peete

BELLY BLOAT?

Shrink it with a sheet mask

Those salty treats and bubbly beverages we've been indulging in while cooped up have a way of swelling the belly, making us look and feel up to 10 pounds heavier. Whether you plan to don a bikini or just want to feel comfortable in last summer's sundress, you can trim the midsection fast! Aesthetician Sarah Akram, who's worked with Catherine O'Hara and Kate Walsh, suggests a firming belly sheet mask that contains peptides and bergamot oil, like Freeman Beauty Happy Belly Firming + Smoothing Sheet Mask (Walmart.com). "Peptides are made of amino acids that signal skin cells to boost collagen production, which has an instant tightening and firming effect on skin along the belly." And bergamot oil increases circulation, which helps rid the body of excess fluids to further de-puff the belly.

To do: Apply mask to the stomach and let sit 15 minutes, then rub the excess serum into skin.

Simple secrets to healthy summer hair

Harsh seasonal elements like heat, sun and water can do a number on our strands and scalp. These genius finds fend them off!

To thwart scalp sunburns

A scalp burn not only hurts, the inflammation can cause hair growth to stall. An SPF powder like Derma E Sun Protection Mineral Powder SPF 30 (iHerb.com) can help. Its *titanium dioxide* and *zinc oxide* protect the scalp from the sun, while the powder adds volumizing texture to roots.



To stop color fade

Chlorine from the pool and salt from the ocean can alter dye molecules, making hair's hue look dull. The fix? A post-swim shampoo like TRISWIM Chlorine Removal Shampoo (Amazon.com). Its *magnesium sulfate* binds to chemicals and salt, rinsing them away before they can affect hair's hue.



To combat dryness

UV rays can scorch strands, leaving them parched. Sidestep the straw-like results by misting a leave-in spray, like Sun Bum Revitalizing 3-in-1 Leave-In Treatment (Ulta.com), onto damp hair. Its banana extract hydrates, quinoa repairs fried hair and built-in sunscreen shields locks from further sun damage.





Jennifer Aniston

CREPEY CHEST?

De-crease it with *this* SPF

The wrinkly results of years of UV exposure on our delicate-skinned décolletage can have us shying away from halter tops, V-necks and tank-style dresses. Since slathering the area with SPF is key to protecting skin and warding off new sun damage, look for one infused with sparkles to instantly turn back the clock! “Shimmer causes light to bounce off of skin along the chest, which blurs the appearance of fine lines and wrinkles so the chest looks immediately more youthful,” says Newport Beach, California, dermatologist Zenovia Gabriel, M.D. One we like: Coppertone Glow Hydrigel Sunscreen 50 (CVS.com). It’s formulated with light-reflecting particles, as well as hydrating beeswax that deeply absorbs into skin, plumping neck and chest creases.

To do: Massage a nickel-size amount onto neck and chest skin before heading outside. Reapply every 80 minutes while outside for optimal sun-protection benefits.

PIT PUDGE?

Slim it with a lymph massage

What’s to blame for those unflattering rolls that pop up under the arm in sleeveless tops or bathing suits? Hot temperatures cause the lymphatic system to be sluggish, resulting in a buildup of fluids and toxins that accumulate under the arms and make the area appear puffy. A lymph massage can help—fast! “The motions of massage increase circulation, which encourages lymph drainage, eliminating trapped fluids and toxins to shrink pit pudge,” says celebrity aesthetician Ildi Pekar. Also smart? Massaging the area with grapefruit essential oil, a diuretic that boosts the body’s ability to flush away retained water.

To do: Dilute 3 drops of grapefruit essential oil in 1 Tbs. of coconut oil (it hydrates and prevents irritation). Rub a nickel-size amount onto hands, then place one hand on each side of the neck below each ear and sweep hands down toward the shoulders five times. Next, sweep fingertips across the collarbone (starting from below the neck out toward shoulders) five times. End by massaging armpits in a circular motion for one minute.

GETTY (2); GC IMAGES/GETTY

UPPER ARM JIGGLES?

Firm them with a toning serum

You can get gorgeous arms sans exercise, says dermatologist Debra Jaliman, M.D., when using a slimming serum infused with marine plankton extracts and caffeine, like Cheeky Physique Arm Sleek Upper Arm Firming Serum (CheekyPhysique.com; enter code FIRST25 for 25% off at checkout). Plankton extract is packed with moisturizing fatty acids that deeply penetrate skin, so arms appear instantly smooth and supple, says Dr. Jaliman. “And diuretic caffeine has a skin-tightening effect that helps make triceps look tauter in minutes.”

To do: Massage three pumps of the serum onto upper arms in the morning until fully absorbed.

DROOPY BOTTOM?

Boost it with lifting tape

With each year, it seems our backside gets lower and lower—and wearing a form-fitting skirt (or even worse, a swimsuit!) puts a big old spotlight on this unflattering effect of gravity. The good news? Celebrity stylist Danielle Tavia says you can perk the rear right up with lifting tape, like Skinnies Instant Lifts Swimmers (InstantLifts.com). “The strategic placement of the skin-safe adhesive helps hoist up the butt, giving it a figure-flattering boost,” says Tavia. Plus, the tape is waterproof, so it can be worn under a swimsuit for added backside confidence.

To do: Simply press the bottom of the tape mid-butt cheek, then pull the top up (it lifts the tush up with it) to your desired derriere position, then press the top of the tape into place.



Jennifer Lopez

Stay-cool, slimming shapers—found!

If just the thought of wearing a second layer makes you overheat, try one of these no-sweat ways to erase inches no matter how high the mercury rises

Beat sagging + boob sweat

The contoured cups and wide straps of True Body Lift Mesh Scoop Neck Bra (TrueAndCo.com), a wire-free tank bra, lifts droopy breasts while the mesh-lined back band lets air flow freely to regulate body temperature.



Trim thighs + nix painful chafing

“Garters” like Bandelettes (Bandelettes.com) offer gentle compression to rein in jiggy upper thighs without having to cover the entire area. Plus, they’re made of stretchy lace that creates a breezy barrier between thighs to end friction-inducing chub rub.



Smooth rolls + end sweat stains

Made with a blend of breathable fabrics like viscose and polyamide, Yummie Seamlessly Shaped 2-Way Reversible Tank (Yummie.com) pulls heat away from the body, while its firm-control hold helps flatten bulges in the front and back.

