

FEEL GREAT! Your Head-to-Toe Summer Prep Plan



JENNIFER GARNER
Girl Next Door
Gorgeous!

112
NO-COST
STYLE
TIPS!

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SO LONG, CELLULITE

You've revved up your workouts and cut back on calories, but those dimples still won't leave

QUICK FIX ...

TREATMENT Molton Brown Heavenly Gingerlily Shimmer oil

SCOOP Light reflectors help camouflage lumps.

REALITY CHECK

It made our legs look glowy and more toned.

So what if it's an illusion?

COST \$45/3.3 oz.; moltonbrown.com.



DIY ...

TREATMENT Révive Cellulite Erasure

SCOOP This velvety cream uses cyclic AMP, a molecule that has been shown to trigger cells to release stored fat; caffeine tightens blood vessels and reduces the size of fat cells. Requires a month of twice-daily applications.

REALITY CHECK It didn't eliminate cellulite, but it did make our skin look more taut for a few days. And it smells like fresh oranges.

COST \$210/6.7 oz.; reviveskincare.com.



GO PRO ...

TREATMENT Smooth-Shapes laser

SCOOP Dermatologists use a combination of light energy and suction to shrink fat cells, increase lymphatic drainage and firm the skin. Results are visible after eight 20-minute treatments.

REALITY CHECK It feels like multiple snaps of a rubber band, but we saw results after two treatments.

COST From \$200 per treatment; smoothshapes.com for doctors.

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\$3.99US \$5.99CAN

