

JUNE 2008

# Good Housekeeping

## Walk Off Pounds!



WAS 274 lbs.



Sarah Bell, now 154 lbs.

LOST 120 lbs.

Road-tested secrets for slimming down

**WIN! \$3,000 FITNESS PACKAGE!**

## GET MONEY BACK

Beat sneaky fees on cell, cable, more

## Dinner for 6 In One Hour

Simple Summer Party Menus

## Risky Theme-Park Rides

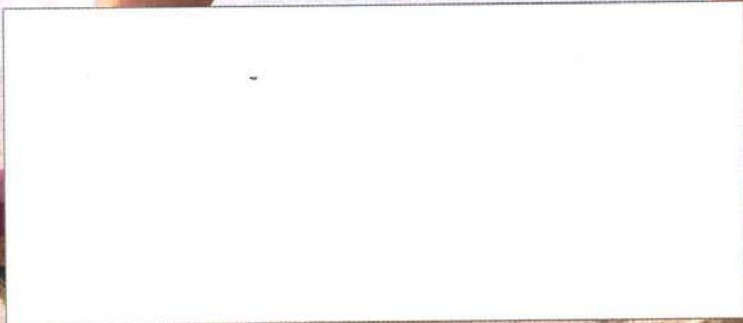
What every parent *must* know

## 5 EASY MARRIAGE TUNE-UPS

How to be happier, get closer

## Nancy Grace's Miracle Babies

The CNN anchor's year that changed everything



## CELLULITE SOLUTIONS

When it comes to this dreaded dimpling, women remain tempted by at-home potions—but no cream can eliminate cellulite, doctors say. Ingredients like caffeine might firm skin—which in turn lessens the look of lumpiness—but only briefly. “Studies show that cellulite creams last about 24 hours,” says dermatologist Leslie Baumann, M.D. “So it might be worth using one if you’re going to the beach.” For a longer-lasting solution, talk to your doctor about these treatments.

- **Endermologie** Fans have long sworn by this form of deep massage and have eagerly awaited the latest generation (Lipomassage) now available. The catch: It takes time to see a difference (eight to 16 sessions) and requires ongoing appointments. “Endermologie works,” says dermatologist David Goldberg, M.D., “but only as long as you keep doing it.” Cost: around \$100 per session.
- **Accent** This radio-frequency device shows real promise: In a study reported in *Dermatologic Surgery* in February, 30 women received treatments every other week for 12 weeks. Six months later, 27 of them still had significant improvement in their cellulite. And although prices are superhigh (\$750 and up per session), results appear to last. “We looked at the women 18 months later, and half still had improvement,” says Dr. Goldberg, lead researcher on the study. “I tell patients to expect once-a-year touch-ups.”

time: just out of the shower so you seal in moisture). Or switch to a body oil, which softens *and* adds a sexy, summery sheen. Try Sephora Dry Oil Spray (\$18, Sephora; 4).

**Self-tan like a star** For a just-back-from-Acapulco application, here are Los Angeles makeup artist Vanessa Scali’s top fake-it tips: Exfoliate first with a scrub, then apply moisturizer an hour before the self-tanner. Any less and you risk mixing leftover lotion with the tanner, which can cause blotchiness. (For GHRI-tested tanners, see page 68.) Can’t wait? For immediate color that washes away in the shower, opt for body bronzer. Try Tarte Glam Gams Bronzing Leg Stick (\$30, Sephora; 8).

**Glow—without the faux** If you’re after sheen, not tanning, try a low-level glimmer lotion like Jergens Soft Shimmer Skin Radiance Moisturizer (\$6, drugstores; 9) or Palmer’s Cocoa Butter Formula Body Gloss Lotion (\$6.40, drugstores). “They have a subtle, pearl-like quality that evens out your skin tone without adding color,” says Scali. “It will just look like your skin on its best day.”

**Stay sun safe** Bare legs are a given in summer, so it’s no surprise they’re a common spot for skin cancers. On workdays, try one of the new light body lotions spiked with SPF, like Eucerin Everyday Protection Body Lotion SPF 15 (\$9.49, drugstores) or Aveeno Daily Moisturizing Lotion SPF 15 (\$9.49, drugstores; 11). At the beach, opt for full-on sunblock like Coppertone Oil Free QuickCover SPF 30 spray (\$10, drugstores).

**Slim down the supermodel way** Here’s Hay’s trick to fake thinner legs (it’s the same one she uses on models at the Victoria’s Secret fashion shows): First, apply a tinted lotion like MAC



For smooth, flip-flop-ready feet, don't forget to exfoliate and moisturize first, then apply the pretty polish

Skinsheen Leg Spray (\$22.50, department stores; 6) for bronzy color. Then dip a fluffy powder brush into a shimmer powder like Isadora Mineral Body Glow (\$20, cosmeticmall.com), and draw a line from the top of your thigh down to your toes on both the front and back of your legs.

## 7 YOU WANT: PRETTY HANDS AND FEET

**Slough your soles** “There’s nothing sexy about a strappy sandal with a cracked heel,” says New York City celebrity manicurist Deborah Lippmann. To get rid of the roughness, she recommends scrubbing daily in the shower with a foot paddle or pumice stone and then following up with an ultrathick moisturizer. Try Dr. Scholl’s For Her Foot Butter (\$7, drugstores; 12).

**Protect those paws** Constant sun exposure makes hands vulnerable to age spots and wrinkling. Keep them from being an instant age giveaway with an SPF-enriched hand lotion like Neutrogena Age Shield Hand Cream SPF 30 (\$5.69, drugstores) or Lippmann Collection Rich Girl Hand Cream SPF 25 (\$24, Nordstrom). ■