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Fresh Ideas for
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A full-page photograph of a woman with long, dark, wavy hair blowing in the wind. She is wearing a colorful, multi-colored striped bikini with purple trim. She is posing on a beach with the ocean and sky in the background. The word "Beauty" is printed in the top right corner.

Beauty

Bikini BOOT CAMP

Those teeny two-piecers have all the forgiveness of a *Housewives* reunion. Luckily, we've got everything you need to look hot in a swimsuit this summer, **from ab-toning maneuvers to self-tanning tricks**

BY LESLEY ROTCHFORD

SCULPT A KILLER BODY

The top fitness pros on celebrity speed dial get famous clients ready for the red carpet, nude scenes, and all those trips to Cabo. Now it's your turn to tone up and stay in shape

STAR-TRAINER SECRETS



JESSICA ALBA

DITCH THE DOWNTIME “Doing strength-training moves back-to-back, without resting, is the best way to get fit,” says L.A. trainer Ramona Braganza, who has cracked the whip for **Jessica Alba**. “This keeps your heart rate elevated so you burn calories while toning muscles.” Do one circuit of exercises, alternating between upper- and lower-body drills (say, chest presses and forward lunges). Then it’s OK to rest for no more than a minute before heading into another nonstop circuit.

BUILD UP SPEED Nothing peels off pounds quicker than running intervals. L.A. trainer Valerie Waters, who works with **Jennifer Garner**, starts clients off with one minute of running, followed by two minutes of walking, then switches to two minutes of running and one minute of walking.

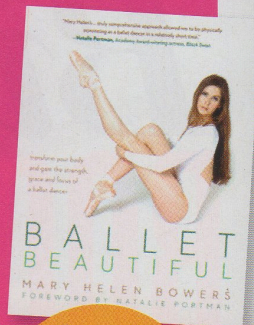
KEEP IT FRESH When your workout no longer feels challenging, increase the weights, alternate the number of reps, or crank up the incline on your cardio machine a few times a week. “Keep your body guessing—that’s what produces results,” says Beverly Hills trainer Gunnar Peterson, whose clients include **Sofia Vergara**.

2 MUST-DO EXERCISES

TAME THE POOCH “Suck abs back where they belong,” says Waters, by doing eight to 10 reps of this move every day: Lie on your back, knees bent, and place a small book on your stomach. Take a deep breath in, then exhale as hard as you can while tightening your belly.

SLIM YOUR STEMS

Mary Helen Bowers, who trained Natalie Portman for *Black Swan*, swears this works: Lie on your side, legs stacked. Lift your top leg as high as you can and rapidly pulse it up and down a few inches for at least 10 seconds. Then make 50 small circles with your foot, clockwise and counterclockwise. Do another set of pulses; repeat with other leg.



Bowers's new book, *Ballet Beautiful* (\$20; amazon.com), will be released in June.

3 SHAPE-UP MYTHS BUSTED

MYTH NO. 1
You can lose a lot of weight doing Pilates or yoga.

REALITY “Not unless you’re also watching your diet and doing calorie-burning cardio,” says L.A. trainer Kit Rich, who suggests one- to two-minute bursts of cardio (like jumping rope) between Pilates moves.

MYTH NO. 2
Women can’t bulk up from strength training.

REALITY “Other trainers will hate me for saying this, but you could end up with more muscle than you want,” says Waters. That’s not to say you should forgo strength training—it’s essential—but watch how much weight you’re using.

MYTH NO. 3
You need to work out every day to see big results.

REALITY Actually, three or four 30-minute sweat-fests a week is better than seven steady slogs—as long as you’re adding cardio and strength training into the routine and moving through exercises at a brisk pace, says Braganza.

EAT, DRINK & SHRINK

If old-school diet routines just aren't working for you, follow this outside-the-box nutrition advice

3 TAKE-IT-OFF TIPS YOU'VE NEVER HEARD OF

EMBRACE MONOTONY "Successful diets all have a degree of repetition," says New York nutritionist Lauren Slayton. "When the foods you're downing aren't new and exciting, you're less likely to overeat." Eileen Daspin, author of *The Manhattan Diet*, agrees: "Many of the women I interviewed for my book had oatmeal for breakfast every morning."

DON'T SKIM THE FAT Pour some whole milk into your A.M. coffee, and slip your spoon into 2 percent Greek yogurt instead of fat-free. "The extra fat actually slows the absorption of sugar in your blood, which helps prevent it from being stored as fat," says Slayton. "Plus, it's more satiating."

PICK HIGH-POTASSIUM FOODS "Sodium causes water retention—not what you want if you're putting on a bikini," says Tanya Zuckerbrot, a registered dietician in New York. Potassium counterbalances sodium and has a diuretic effect, so eating foods high in this nutrient, such as bananas, papayas, strawberries, spinach, watercress, and broccoli, will help alleviate bloating.

THE NEW DIET FOODS

Fill up your tank without adding junk to your trunk!



RHYTHM KALE CHIPS OK, so the calories are comparable to a serving of potato chips, but you get loads of vitamin A and calcium in this satisfying treat. (\$6/2 oz.; Whole Foods Market.)



KIND BARS Some diet bars are made with all sorts of bad stuff, but these are the real deal—all-natural, low-sugar, low-carb—and they taste divine. (\$2/1.4 oz. bar; at grocery stores.)



GLOW COOKIES Nibble without guilt: Made with virtuous chickpea flour, they are generously sized and have about 100 calories each. (\$6/5.4 oz.; glowglutenfree.com.)



TONNINO TUNA Spoon it over salad. Rich in omega-3s (helpful for losing weight), it's packed in spring water or heart-healthy olive oil in a variety of tasty flavors. (\$8/6.7 oz.; tonnino.com.)



GOOD LIBATIONS

You don't have to take alcohol off the menu; just make smart choices. Sensible sips: red or white wine, hard stuff and a mixer, or this lightened-up cocktail from Zuckerbrot's upcoming book, *The Miracle Carb Diet*.

SUMMER SANGRIA

- 1 bottle (750 ml) pinot noir
- ¼ cup brandy
- ½ cup sliced strawberries
- 1 lime, thinly sliced
- 1 lemon, thinly sliced
- 1 orange, thinly sliced
- 1 apple, peeled, cored, and sliced
- ½ kiwi, thinly sliced
- 1 cup club soda
- 1 cup diet ginger ale

In a chilled pitcher, mix wine, brandy, and fruit; refrigerate overnight. Remove from fridge, add club soda and diet ginger ale, then pour into ice-filled glasses. Makes 6 to 8 servings. Per serving: 100 calories, 0 g fat, 7 g carbohydrates, 2 g fiber, 0 g protein, 130 mg sodium.

WAY TO GLOW

Get the sun-kissed look you crave—without even hitting the beach or lounging poolside



BRONZERS WITH BENEFITS

EAU DE GLOW

The crafty formula adapts to the skin's pH level for natural, non-streak color. Bonus: Orange blossom and rose are behind the pretty, chemical-free smell.

Dior Bronze Self-Tanning Oil Natural Glow for Face & Body, \$38; dior.com.

LIQUID GOLD

Like your tan deep, dark, and tropical? This is your product. A touch of added gleam comes courtesy of "pure 24kt gold leaf" (for real!).

Xen-Tan Absolute Gold, \$73; at Neiman Marcus.

A SUMMER SMOOTHIE

Mangosteen oil, touted as an antioxidant, and coconut oil leaves skin feeling baby-butt soft. The iridescent bronze hue is nice too.

Too Faced Royal Oil Coconut Oil body bronzer, \$35; toofaced.com.

HIDE AND CHIC

The pearlescent finish does a good job of concealing flaws. More to like: The peachy-gold color washes off easily with soap and water.

Laura Mercier Body Bronzing makeup, \$38; lauramercier.com.

2 MINUTES TO PRETTY

0:00-0:55 FOUNDATION

Opt for a three-in-one cream. This combines great coverage, sunscreen, and anti-aging ingredients in a single product. What's more, it's less greasy than a lot of other foundations. (Smashbox Camera Ready BB Cream SPF 35, \$39; sephora.com.)



0:56-1:35 MASCARA

A water-resistant formula is best. "It won't smear if you sweat or decide to take a dip," says makeup artist Molly Stern. (Hard Candy Shiny When Wet waterproof mascara and liquid liner, \$7; walmart.com.)

1:36-2:00 LIP STAIN

"Nothing flatters a tan better than a fun pop of lip color," says Stern. Just be sure the formula is sheer and has SPF. (Fresh Sugar Coral Tinted Lip Treatment SPF 15, \$23; sephora.com.)

WARM WEATHER, COOL DOS

Don't tangle with hair that goes flat or frizzy in sultry temps. These looks are cute, kink-free, and ridiculously easy to re-create

THE BREEZY BRAID



ELIZABETH OLSEN

Sweep hair to one side, start braiding at the nape, and cinch with an elastic a few inches above the ends. Pull out strands near the face.

THE WRAP STAR



JENNIFER LOPEZ

Secure hair in a low bun, then circle a scarf around your head, starting at the hairline. Tie into a knot at the base of the neck under the bun.

THE SLEEK PONY



BLAKE LIVELY

Tightly slick back hair and fasten into a pony at the back of the head. Wrap the elastic with a 1-inch section of hair and pin in place.