

**SIZZLING SEX MOVES—FOR YOU & HIM!**

*It's Good to Be You™*

# Women's Health

## SHRINK YOUR BELLY!

**Fast-Track Weight Loss**

## Easy Money

Outsmart Cash Traps and Double Your Dough!

## Get Lean, Sexy Legs!

- ✓ Banish Stretch Marks
- ✓ Blast Cellulite
- ✓ Sculpt Gorgeous Muscle

## SLEEP TIGHT EVERY NIGHT

p.136

## Look Thinner Now!

Styles That Shed Pounds—Instantly



**Calm Mind, Fit Body**  
The Secret Connection



**Emily Blunt**

(with *The Adjustment Bureau* costar Matt Damon)

Discover How Guy Friends Boost Your Happiness

March 2011  
\$4.99 US DISPLAY UNTIL MARCH 15, 2011

0 71486 01251 1 03>

WomensHealthMag.com

> **Act quickly.** "It's easiest to treat fresh stretch marks that are still red," says Chapas. "At that point you still have a shot at reversing the inflammation and preventing a scar." Look for a product containing onion extract, which studies have shown can reduce redness as well as the wrinkly texture; try Mederma Stretch Marks Therapy (2). Apply it twice a day for four to 12 weeks. For older marks that are light pink or gray, a high-potency Retin-A cream (prescribed by a dermatologist) can rebuild collagen and minimize the marks when applied nightly for 12 weeks.

> **Lighten up with a laser.** For new red marks, Waldorf recommends a pulsed dye laser, which delivers heat that stimulates the growth of new, healthy collagen while collapsing blood vessels to fade color quickly. You'll see improvements after just one or two treatments (each visit will cost around \$400 to \$800). To remove older pale marks where the main issue is the wrinkly, depressed texture, try fractional resurfacing, which targets the damaged skin, stimulates the production of collagen, and helps restore the skin's elasticity and smoothness. Treatments typically cost \$750 and up, and you'll need about five of them.

#### Erase Age Spots

Many people slather their upper bodies with SPF but then skimp on protecting their legs. Big mistake. "Between shorts, skirts, and the sun's reflection off the sidewalk, legs are one of the most common places women develop melanoma and sun damage in the form of red or brown spots," says Chapas.

> **Head for cover.** To keep discoloration from looking even worse (and prevent future spots from developing), start wearing SPF now. Legs need at least half an ounce (half a tablespoon per leg) of broad-spectrum SPF 30 anytime you're baring them. Try Yes to Carrots Hydrating Body Lotion with SPF 30 (3).



2/ Mederma Stretch Marks Therapy, \$40, at drugstores



4/ Cover FX Total Coverage Cream Foundation SPF 30, \$42, sephora.com



3/ Yes to Carrots Hydrating Body Lotion with SPF 30, \$15, at drugstores



1/ Bliss FatGirlSlim, \$29, blissworld.com

## People slather their upper bodies with SPF but then skimp on their legs.

> **Try a fading formula.** The good news: Over-the-counter creams can fade sun spots a bit. The bad news: They take at least 12 weeks to work. Look for ingredients such as lactic acid (which exfoliates the top layers of skin), soy, licorice extract, and kojic acid; they can all block pigment production. Try AmLactin Moisturizing Body Cream (\$13, at drugstores).

> **Heat to treat.** The Fraxel Re:Store Dual Treatment zaps and peels the dark pigment in

your skin's surface layer and is the best option for treating large body areas. "Once the discolored cells absorb the heat from the laser light, they temporarily darken, scab on the surface, and then flake away," explains Waldorf. Healing time is three to four weeks, and you may need more than one treatment (each session costs \$200 to \$1,000, based on the size of the area).

#### Disguise Veins

Caught in a tangled web of unsightly spider veins? Blame your mom or your kids. "Genetic predisposition and hormones associated with birth control and pregnancy are big factors," says Luis Navarro, M.D., founder and director of the Vein Treatment Center in New York. But being on your feet all day or regularly wearing body slimmers can take a toll too—these supportive undergarments cause blood to pool in your

legs and may make your veins bulge. A 40-milligram dose of horse chestnut seed extract has been shown to improve the tone of veins, increase blood flow, and reduce swelling. Try The Vitamin Shoppe Horse Chestnut Seed Extract capsules (\$9, vitaminshoppe.com).

> **Inject your veins away.** Asclera vein treatments are the current gold standard in treating small spider veins (those up to three millimeters in diameter). The chemical substance is injected into the veins, irritating their lining and causing them to collapse. Results are permanent (you'll need two or three sessions at around \$500 each), but if you're prone to spider veins, your body may create new ones in other places.

> **Play hide and no seek.** A heavy-duty water-resistant concealer designed specifically for the body, such as Cover FX Total Coverage Cream Foundation SPF 30 (4), can erase all signs of spider veins... at least for the day. Apply it in long, even strokes, and use a damp makeup sponge to smudge away any hard lines. ■