

allure

THE BEAUTY EXPERT

MAY 2005

SPECIAL ISSUE!

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PREVIEW**

10 Prettiest Looks
From the Runways

PENÉLOPE CRUZ

Her Top Secret Love Life

EXERCISING RELIGIOUSLY HAS GIVEN YOU IMPRESSIVE BICEPS, BUT YOUR DIMPLED THIGHS STILL NEED A MIRACLE.

No magic potion will melt away cellulite, but taking certain vitamins and nutrients regularly may minimize it—especially if you act quickly. “The primary underlying problem with cellulite is small blood vessels within the skin that have been damaged,” says Howard Murad, associate clinical professor of dermatology at UCLA. “The dermis becomes weakened, and fat cells are able to migrate into that space.” In his new book, *The Cellulite Solution*, Murad outlines a diet packed with essential fatty acids, amino acids, glucosamine, and other nutrients that keep blood vessels and skin cells hydrated and impenetrable. He cautions against red meat, butter, and cheese, which can cause

inflammation in tissues, plus bloat-causing salt. After taking Murad’s supplements for eight weeks, subjects saw a 78 percent increase in skin firmness.

Not all doctors subscribe to a nutritional theory, though, and many see promise in new in-office cellulite treatments. Tri-Active, a new FDA-approved device, combines suction massage and diode lasers that shrink fat cells and loosen deep fibrous tissue to smooth puckering. “It’s the first technology I’ve seen that works for cellulite,” says Katz, who charges \$1,200 for 14 sessions. After six to eight treatments, most women start noticing improvements, and following the full course, Katz’s patients have stayed cellulite-free for up to eight months (he has only had the machine for that long).

Ionothermie—in which the skin is

coated with clay to help conduct electrical current to dimpled areas—makes that suction gizmo sound like a picnic. But despite the pins-and-needles discomfort, women are signing up. “One 60-minute treatment can remove an inch or two from your thighs,” says Mitchel Goldman, associate clinical professor of dermatology at the University of California in San Diego, who was one of the first to bring the French treatment to the United States four years ago. His patients often come in right before a beach party. Why the rush? “The cellulite comes back in a day or two.”

When all else fails—and it usually does—self-tanner succeeds in at least camouflaging the dimpling. “Cellulite looks worse when you’re white, white, white,” says Mary P. Lupo, assistant clinical professor of dermatology at Tulane Univer-

Work It Out

Bathing-suit season happens every year, and yet it somehow always catches us by surprise. “A lot of women come to me in early summer, wondering whether working out for just a few weeks can make them look better,” says Beverly Hills trainer Gunnar Peterson,

who has whipped Jennifer Lopez and Penélope Cruz into shape. The good news is that just three weeks is enough to see results—but “the further in advance you start, the better you’ll look and feel by the time that trip to the beach rolls around.” —J. COURTNEY SULLIVAN

	THE MOVES	THE REPS	THE TRICK
ARMS	For buff biceps, lift an eight-pound weight in one hand and a ten-pound weight in the other, and switch after each set. To tone triceps, hold two eight-pound dumbbells straight over your head with arms pressed against your ears. Bend elbows to lower dumbbells, and then raise up.	Begin with two sets of 12 to 15 repetitions, and work up to four sets over time.	“To tune biceps with dumbbells of different weights, always make sure that lifting the lighter weight is still a challenge,” Peterson says. “Obviously you’re not going to use one 20-pound dumbbell and one three-pound dumbbell, but the larger the difference in weight, the more you work your core.”
BACK	It’s hard to make your back look good without doing some good old-fashioned pull-ups on a bar. Using an assisted pull-up machine is fine, too, but if you have the choice between kneeling and standing, always stand. “You’re less stable when you stand, so you work more core muscles.”	Two to four sets of 8 to 12 reps.	“The aim should be to pull up your own body weight. If you’re using a machine, set it at what you weigh, and if you use a regular bar, try to do full pull-ups—reaching your chin over the bar each time—even if you need someone to spot you.”
ABS	For beach-ready abs, do crunches (with hands behind your head and elbows wide) in a variety of positions: Lift straight legs all the way up with toes pointed at the ceiling; rest calves on an exercise ball; bend knees to one side of the body. The best move is bicycle kicks while crunching.	Three to five sets of 20 to 25 reps. (The muscle fibers in your abs can take more stress.)	“Like any other muscle group, the abdominals are best improved by lifting weights. To do this, use a machine, a resistance band, or a dumbbell of up to ten pounds held to the chest. If your neck tightens, pause for a second and press your tongue to the roof of your mouth, then continue your set.”
LEGS	Alternate rear lunges while holding a medicine ball. Start with legs straight and perch the medicine ball at sternum level. Lunge back on the right leg until the left leg is at a 90-degree angle. As you raise your leg, rotate the medicine ball over the top of the left leg. Return to starting position and repeat.	Two to three sets of eight reps per leg.	“Lunges on their own are fine and will tighten legs,” Peterson says. “But holding the medicine ball works the abdominals and core muscles at the same time the legs are working.”
BUTT	Peterson calls squats “the king of all butt exercises.” Keep your back straight and your hands on your hips. Make sure your knees don’t extend beyond your feet, and vary your foot position (try feet close together, wide set, slightly turned out) to work more muscles.	Four sets of 12 to 20 reps.	“Squat with a purpose—bend down and push up as if you were driving your feet through the floor. This is an easy move to phone in, but you won’t get good results if you’re balancing your checkbook in your head while you’re doing it.”