

SELF



Ellie Goulding

On rocking out with royals and kicking ass at the gym

FLAT ABS

For crop tops, bikinis—or nothing at all!

Change is good

When to make a bold move

Reset your weight

Find your trigger, p.62

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43

secrets to your best body ever

Head-to-toe tricks you've got to try

(The #1 trick, p.74)

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YOUR SUMMER MANTRA

STRONG & SEXY

The newest workouts, fitspo & gear to up your game

Q. How do I get a vacation glow without going away?

Amanda, 24, Cinnaminson, New Jersey

Illuminate your face. Start the day with the skin-care version of a tropical juice: an exfoliating facial cleanser spiked with orange, lemon or grapefruit extract. (One to try: Yes to Grapefruit Daily Facial Scrub, \$10.) The wash acts as a very gentle peel, brightening dull skin, according to Tammy Fender, founder of Tammy Fender Holistic Skin Care. Our tip: Rub it in, then leave it on as you shower so the ingredients have more time to work before you rinse.

Open up your eyes. Vacation means being well-rested. On the flip side, lack of zzz's can impede skin's repair process, promoting redness, puffiness and dryness—most evident in the eye area because skin is thinnest there. To fake slept-until-11 eyes, place cooling eye patches under each while you get ready. “The chill causes vasoconstriction, reducing inflammation and temporarily tightening skin,” says Dendy Engelman, M.D., a derm for Clearasil and director of dermatologic surgery at New York Medical College.

Add (minimal!) makeup. No one wears a full face when languishing on a secluded beach. Mimic that relaxed, almost-bare effect in real life: Spot-cover dark circles and blemishes, then focus on just cheeks and eyes. A dewy flush says, “I’ve actually been outdoors.” To get it, “dab bright-pink cream blush on the roundest part of cheeks, blending up for lift,” says Tina Turnbow, a makeup artist in New York City. Curl lashes, add mascara and push lashes toward lids with a finger to set. Brush brows up with tinted brow gel.

Try a spritz. Look (and feel) like you’re basking in salt spray—gleaming and refreshed—with a hydrating face mist. Pick one that contains essential oils or hyaluronic acid instead of 100 percent water, which can actually pull moisture from skin as it evaporates, Dr. Engelman says.

Reported by Rachel Hayes



At second blush
Pat cream blush on your mouth, too: The monochromatic effect is breezy-chic.

fresh-faced finds



For eyes
Klorane Smoothing and Relaxing Patches with Soothing Cornflower, \$18 for seven pairs



For cheeks
Face Stockholm Crème Blush in London, \$25



For brows
Mally Beauty Brightening Brow Gel, \$20



For skin
Tata Harper Hydrating Floral Essence, \$85
Floral Essence moisturizing toner
4.1 fl. oz. / 125 ml



Got a question for Elaine?
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