

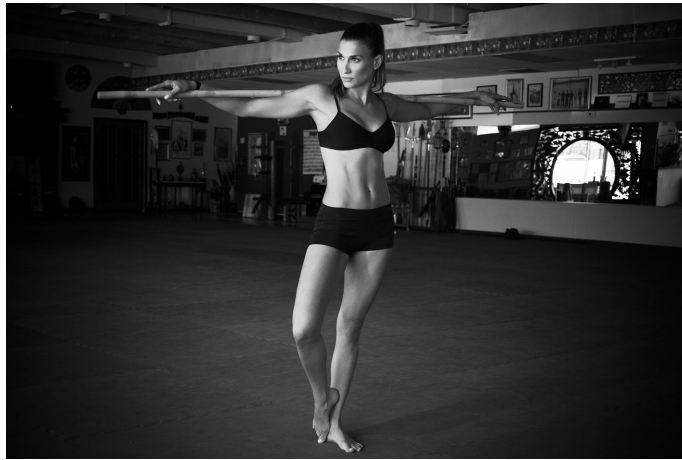
Estee Benitah    Height 5'7.5" | 171cm    Bust 34" | 86cm    Waist 24" | 61cm    Hips 34" | 86cm  
 Dress 2 US | 32 EU    Shoe 7 US | 38 EU    Hair Brown    Eyes Brown



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**CGM**  
CAROLINE GLEASON  
MANAGEMENT





Stay pretty and protected all summer long with these new head-to-toe defenders and dermatologists' secrets for preventing sun damage, burning and skin cancer. Now go out and play!

By Eleanor Langston

# sun? set!

get gorgeous

THE SUNBLOK™ Sunblock is too greasy to wear under makeup.

**SUNNY SOLUTIONS** It's only one week until you'll be out there, so get the full SPF and UVA/UVB protection of Sunblock now. It's the most effective way to prevent sunburn and skin cancer. Sunblock is also a great makeup primer. It's made with SPF 50+ and UVA/UVB protection. It's also a great makeup primer. It's made with SPF 50+ and UVA/UVB protection.

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Photo: iStockphoto.com | iStock.com

So long, sarong! Get a Beach Body by July 1

Terrified of a two-piece? Don't be. Blast maximum calories while toning your toughest trouble spots in quick-fix 10-minute sessions!

Photo: iStockphoto.com | iStock.com

**Color models aside,** most of us dread the thought of slipping on a bikini (especially at the beginning of the season). Well, get ready to kiss your sarong! This workout, created by Los Angeles-based trainer Patrick Cookson, comes with helpful insight: some fitness pros think of it as a "bikini workout" because it's designed to target the muscles you'll need to look good in a bikini. "It's a key time-efficient exercise," says Joe Scheraga, Ph.D., senior exercise physiologist for TRX. A healthy and fit woman, Scheraga says, even while you're performing the workout, your heart rate remains elevated to burn your overall fitness level. Results: a head-turning bikini in just four weeks.

**SUMMER-BODY COUNTDOWN**  
On your own time, since you don't have a lot of time to spend, you need to be efficient. Start with the most difficult moves, then do the rest of the workout. Do the most difficult moves first, then the rest of the workout. Do the most difficult moves first, then the rest of the workout.

**INTERMEDIATE ADVANCED**  
Do 10-15 minutes of cardio, then do the rest of the workout. Do the most difficult moves first, then the rest of the workout. Do the most difficult moves first, then the rest of the workout.

**EVERYONE**  
Warm up with a few minutes of low-impact cardio, then do the rest of the workout. Do the most difficult moves first, then the rest of the workout. Do the most difficult moves first, then the rest of the workout.

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