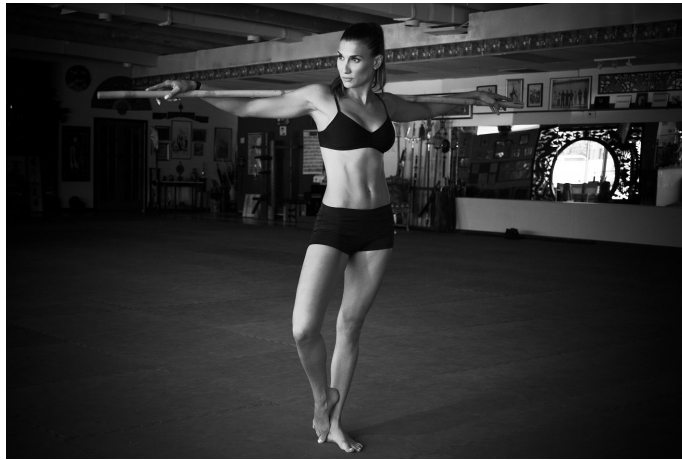


Estee Benitah Height 5'7.5" | 171cm Bust 34" | 86cm Waist 24" | 61cm Hips 34" | 86cm
 Dress 2 US | 32 EU Shoe 7 US | 38 EU Hair Brown Eyes Brown



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MANAGEMENT



get gorgeous

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!

THE ISSUE Sunblock is too greasy to wear under makeup.

SUNNY SOLUTIONS Every 30 days, your skin gets a little older, so you need to get the full SPF and UVA/UVB protection of a broad-spectrum sunscreen. The amount of sun radiation and damage that reaches your skin depends on the makeup ingredients you use. The sunniest skin care products are those that contain SPF 50+ UVA/UVB protection. Sunscreen ingredients listed: Octinoxate, Homosalate, Octisalate, Octocrylene, Titanium Dioxide, Zinc Oxide, and Avobenzone. **SPF 50+ UVA/UVB Broad-Spectrum Water Resistant Sunscreen SPF 50+ UVA/UVB** (see [www.fda.gov](#)) **SPF 50+ UVA/UVB Broad-Spectrum Water Resistant Sunscreen SPF 50+ UVA/UVB** (see [www.fda.gov](#)) **SPF 50+ UVA/UVB Broad-Spectrum Water Resistant Sunscreen SPF 50+ UVA/UVB** (see [www.fda.gov](#))

Photo: iStockphoto.com | J. J. Van Der Zanden

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!

By Nicole D'Amico
www.fox.com

Color models at all, most of us don't do the thought of slipping on a bikini (especially at the beginning of the season). Well, get ready to live your swimsuit-to-the-max life. This workout, created by Los Angeles-based trainer Patrick Coxson, comes with higher reps than most, but it's worth it. "Circles are designed to target the muscles while adding the burning cardio element in a key time-efficient manner," says Joe Schmale, Ph.D., senior exercise physiologist for TRX Fitness and Fitness Association. So even while you're performing the weight moves, your heart rate remains elevated to burn your overall fitness level. Results: a head-turning bod of the abs, firm butt and sleek thighs in just four weeks.

SUMMER-BODY COUNTDOWN
On your own time, since you can track it all from the comfort of your own bedroom. You'll be able to track your progress, but it's not a full-on workout. You'll need a pair of dumbbells and a resistance band. Do one session in the morning, one in the afternoon, and one in the evening. You'll lose weight and firm up your body parts, or at all, and you'll have a lot of fun.

BEGINNERS
If you're a beginner, start with the first two exercises. If you're a beginner, start with the first two exercises. If you're a beginner, start with the first two exercises.

INTERMEDIATE/ADVANCED
If you're a beginner, start with the first two exercises. If you're a beginner, start with the first two exercises. If you're a beginner, start with the first two exercises.

EVERYONE
Warm up with a few minutes of low-impact cardio. Do one session in the morning, one in the afternoon, and one in the evening. You'll lose weight and firm up your body parts, or at all, and you'll have a lot of fun.

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