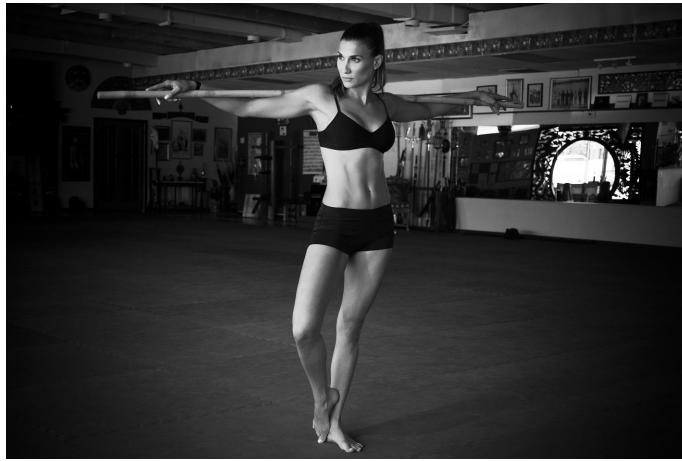


Estee Benitah Height 5'7.5" | 171cm Bust 34" | 86cm Waist 24" | 61cm Hips 34" | 86cm
 Dress 2 US | 32 EU Shoe 7 US | 38 EU Hair Brown Eyes Brown



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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 SUNSET
Sunblock is too greasy to wear under makeup.

SUNNY SOLUTIONS It's only one more step in your daily routine that you get the full SPF and UVA/UVB protection from the sun's rays. These new products are designed to prevent sun damage by blocking out the sun's rays and keeping your skin hydrated. They also contain antioxidants and vitamins to help protect your skin from the sun's harmful rays.

SUNNY SOLUTIONS (from left): Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12), Sunblock SPF 50+ (\$12).

Photo: getgorgeous.com | p. 43

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!

Color models aside, most of us don't think of slaying on a bikini (especially at the beginning of the season). Well, get ready to say your swimsuits goodbye. This workout, created by Los Angeles-based trainer Patrick Cook, comes with higher reps than your usual 20-minute session. "Circuits 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. A healthy and fit woman, however, even while you're performing the weight moves, your heart rate remains elevated to burn your overall fitness level. Results: a head-turning bikini by the 30th, from butt and tuck-tight in just four weeks.

SUMMER-BODY COUNTDOWN
On your own time, since you don't have a lot of time to count your reps. You'll be able to do more reps than you can do in a 10-minute session. You'll be able to do more reps than you can do in a 10-minute session. You'll be able to do more reps than you can do in a 10-minute session.

BEGINNERS
Start with 10-minute intervals where you do 10 minutes of cardio, 10 minutes of strength, and 10 minutes of cardio.

INTERMEDIATE/ADVANCED
Start with 15-minute intervals, and then 20-minute intervals. Do 15 minutes of cardio, 15 minutes of strength, and 15 minutes of cardio. Do 20 minutes of cardio, 20 minutes of strength, and 20 minutes of cardio.

EVERYONE
Warm up with a few minutes of low-impact cardio, and then do 10 minutes of cardio, 10 minutes of strength, and 10 minutes of cardio. Do 15 minutes of cardio, 15 minutes of strength, and 15 minutes of cardio. Do 20 minutes of cardio, 20 minutes of strength, and 20 minutes of cardio.

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