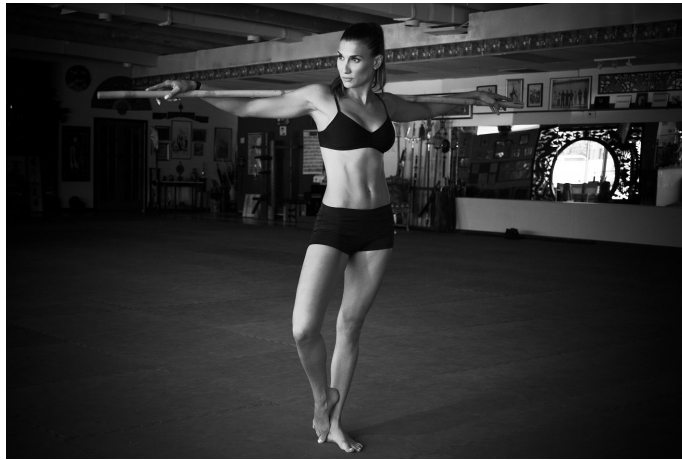


Estee Benitah Height 5'7.5" | 171cm Bust 34" | 86cm Waist 24" | 61cm Hips 34" | 86cm
 Dress 2 US | 32 EU Shoe 7 US | 38 EU Hair Brown Eyes Brown



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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!

get gorgeous

THE SUNBLOK 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 the original Sunblock now! Since the amount of radiation and UV rays that reach your skin varies by location, you may need more than one Sunblock. For example, if you're in the U.S., a dermatologist in New York City may recommend a higher SPF than someone in a tropical location.

Sunblock ingredients to look for: Sunblock. When you're out in the sun, you need protection from UVA and UVB rays. Look for Sunblock SPF 30 or higher. Sunblock SPF 30+ is the best. Sunblock SPF 30+ is the best. Sunblock SPF 30+ is the best.

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 adore: 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 week, created by Los Angeles-based trainer Patrick Cook, comes your biggest muscle-toning fix: a series of circuits. "Circuits are designed to target the muscles while adding the burning cardio element in a key time-efficient manner," says Joe Schwanke, Ph.D., senior exercise physiologist for TRX Health and Fitness Association. So even while you're performing the weight moves, your heart rate remains elevated to burn your overall fitness level. Result: a head-turning tuck of the abs, firm butt and sleek thighs in just four weeks.

SUMMER-BODY COUNTDOWN: On your own time, since you don't have a lot of time to catch your overall fitness level, it's important to take the time to do it. You'll need a pair of dumbbells and a stopwatch. Do one set of each exercise for 10 minutes, rest for 1 minute, and repeat. You'll get a ton of toning and burn 300 to 400 calories.

BEGINNERS: Start with 10-minute workouts where you rest. Do the exercises in a circuit for 10 minutes, then rest for 1 minute, and repeat. You'll get a ton of toning and burn 300 to 400 calories.

INTERMEDIATE/ADVANCED: Start with 15-minute workouts and increase the time as you challenge the body. When you're done, rest for 1 minute, and repeat. You'll get a ton of toning and burn 300 to 400 calories.

EVERYONE: Warm up with a few minutes of low-impact cardio, and then get into the circuit. Do one set of each exercise for 10 minutes, rest for 1 minute, and repeat. You'll get a ton of toning and burn 300 to 400 calories.

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