

FEEL GREAT! Your Head-to-Toe Summer Prep Plan



JENNIFER GARNER  
Girl Next Door  
Gorgeous!

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NO-COST  
STYLE  
TIPS!

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## SO LONG, CELLULITE

You've revved up your workouts and cut back on calories, but those dimples still won't leave

### QUICK FIX ...

**TREATMENT** Molton Brown Heavenly Gingerlily Shimmer oil

**SCOOP** Light reflectors help camouflage lumps.

### REALITY CHECK

It made our legs look glowy and more toned.

So what if it's an illusion?

**COST** \$45/3.3 oz.; moltonbrown.com.



### DIY ...

**TREATMENT** Révive Cellulite Erasure

**SCOOP** This velvety cream uses cyclic AMP, a molecule that has been shown to trigger cells to release stored fat; caffeine tightens blood vessels and reduces the size of fat cells. Requires a month of twice-daily applications.

**REALITY CHECK** It didn't eliminate cellulite, but it did make our skin look more taut for a few days. And it smells like fresh oranges.

**COST** \$210/6.7 oz.; reviveskincare.com.



### GO PRO ...

**TREATMENT** Smooth-Shapes laser

**SCOOP** Dermatologists use a combination of light energy and suction to shrink fat cells, increase lymphatic drainage and firm the skin. Results are visible after eight 20-minute treatments.

**REALITY CHECK** It feels like multiple snaps of a rubber band, but we saw results after two treatments.

**COST** From \$200 per treatment; smoothshapes.com for doctors.

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\$3.99US \$5.99CAN

