



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



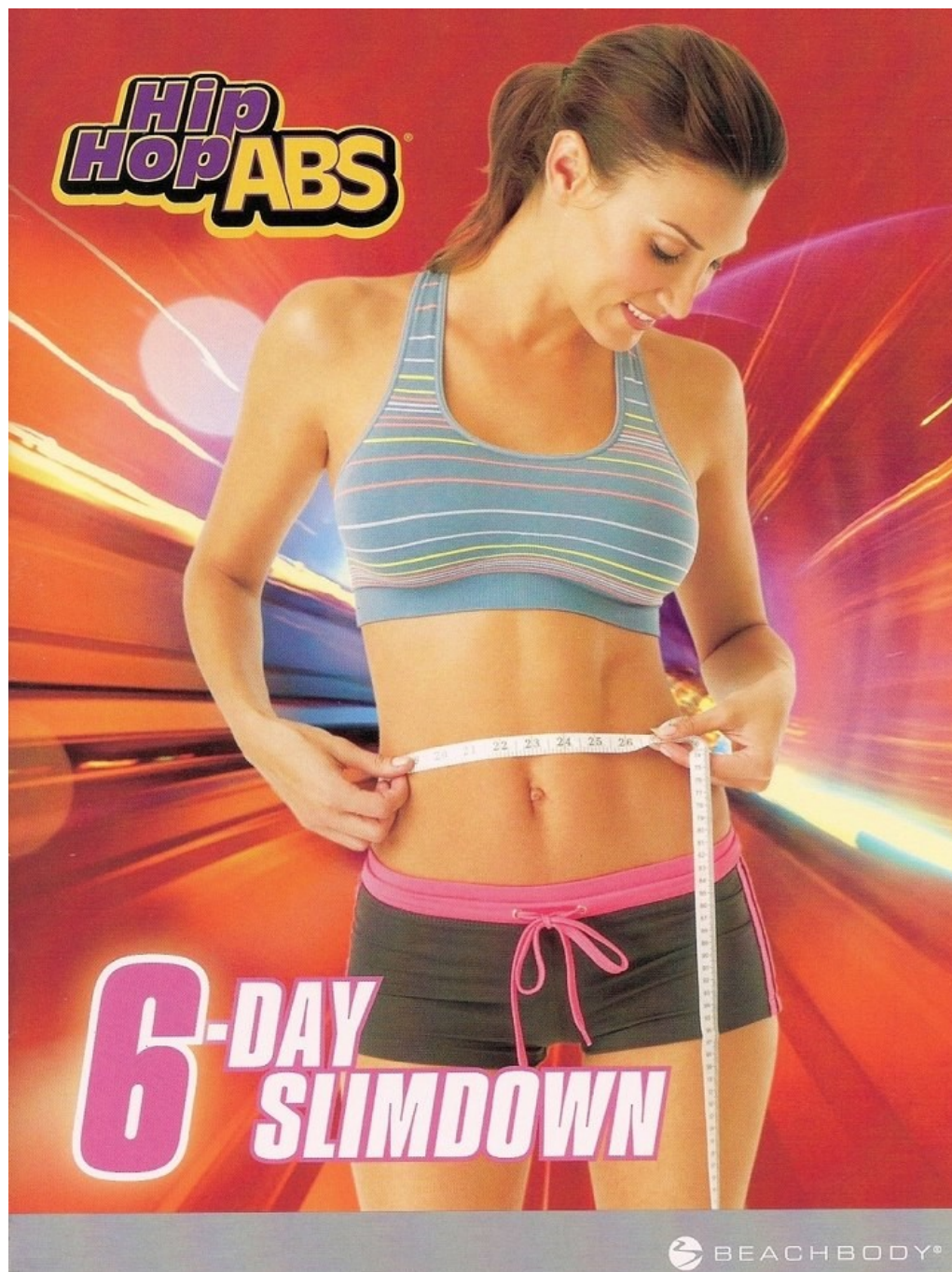
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MANAGEMENT



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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!

SKIP IT EXCUSE

"Sunblock is too greasy to wear under makeup."

SUNNY SOLUTION It's risky to rely solely on the SPF in your base: Derms say that to get the full SPF value listed on the packaging, it would require seven times the amount of foundation and 14 times the powder you normally wear. "Women don't put enough on, and the makeup's pigments may dilute the sunscreen," says Joshua Fox, M.D., a dermatologist in New York City. Pair makeup with a broad-spectrum sunscreen that's tailored to your complexion concern. Have dry skin? **Olay Regenerist UV Defense Regenerating Lotion SPF 50** (\$30, drugstores) contains moisturizing peptides. Want to prevent lines? **Shiseido Urban Environment UV Protection Cream SPF 35** (\$30, sephora.com) is packed with antioxidants. Looking to fade spots? **StriVectin SH Age Protect SPF 30** (\$49, Macy's stores) is infused with niacin to repair damage.



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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 15-minute sessions!

By NICOLE DORSEY
Photographs by BETH STUDENBERG

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Cover 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 swimsuit phobia good-bye. This workout, created by Los Angeles-based trainer Patrick Goudeau, tames your biggest trouble zones through a series of circuits. "Circuits are designed to strengthen muscles while adding a fat-burning cardio element in a very time-efficient manner," says Jan Schroeder, Ph.D., senior exercise physiologist for IDEA Health and Fitness Association. So even while you're performing the weight moves, your heart rate remains elevated to boost your overall fitness level. Result: a head-turning trifecta of flat abs, firm butt and sleek thighs in just four weeks. ▶

SUMMER-BODY COUNTDOWN

Circuits can be intense, since you don't have a lot of time to catch your breath between moves. Modify the workout to suit your level. You'll need a set of dumbbells and a step bench. Do each exercise for one minute, except where indicated. Try just one 15-minute circuit to zap a particularly persnickety body part, or do all three and burn up to 450 calories.

BEGINNERS:

- ③ Use 5- to 8-pound dumbbells where noted.
- ③ Skip the one-minute cardio burst after the first and last moves, doing just the two-minute interval after the second move.

INTERMEDIATE/ADVANCED:

- ③ Use 8- to 15-pound dumbbells and choose the more challenging options where noted.
- ③ Do the one-minute cardio burst after the first and last moves; include a two-minute interval after the second exercise.

EVERYONE:

- ③ Warm up with a few minutes of low-impact cardio; cool down and stretch when you're done.
- ③ Do each circuit twice.
- ③ Do any or all of the circuits two or three times a week, but don't work the same trouble zone on consecutive days.

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