

THE BEST SWIMSUIT FOR YOUR BODY Real women, real solutions

# SHAPE

SHAPE  
YOUR  
LIFE

**LOOK  
10 LBS  
THINNER  
INSTANT  
TRICKS**  
P. 106

**NO FASTING NECESSARY!**

## BIKINI BODY DETOX

Beat belly bloat,  
drop pounds **FAST**

**Blast fat  
and boredom**

The 30-minute  
cardio plan  
you'll **LOVE**, p. 80

The  
**CANCER  
FIGHTER  
IN YOUR  
FRIDGE**

Summer 2009

**SEXY SURFER  
MARISA  
MILLER**  
"The 6 firming  
moves  
I swear by"

**RESULTS IN JUST 1 MONTH**

## SCULPT EVERY INCH

Get flat abs,  
a toned butt &  
jiggle-free arms

**BONUS!  
FREE  
WORKOUT  
CARDS**

**EXACTLY  
WHAT TO EAT  
BEFORE  
EXERCISE**, p. 28

# PLUS!

Tasty ice cream treats  
150 calories or less

#BXBJLBQ \*\*\*\*\*CRR-RT L0T\*\*C-074  
#SHP028877394/9# DEC10  
M'3 WSHPT 6/21/09 0025 #341 #115728  
KENDRA KOLB  
MDSKINCARE  
444 MADISON AVE STE 802  
NEW YORK NY 10022-6965

\$4.99 U.S. \$5.99 Canada  
Shape.com



## get lasting hair color



Safeguard strands with tips from Rosetta Napolitano, a colorist at the Warren-Tricomi salon in Greenwich, Connecticut.

Soy and wheat proteins make this super-strengthening

► **Before you take a dip in the pool:**

Combine equal parts conditioner (we like Nexxus Dualiste Color Protection + Anti-Breakage Conditioner, \$16; at drugstores) and water in a spray bottle, then add a spoonful of olive oil. Mist your entire head with the mixture so strands can't soak up color-altering chlorine.

► **When you're at the beach:** Spritz on a UV-protective spray, like Warren-Tricomi Protect: Organic Hair Shield (\$30; [ulta.com](http://ulta.com)), to keep your hue from lightening in the sun.

The rays are tough on your ends; try to trim them once a month



## eco-conscious dream cream

► **Want to do right by your skin and the planet?** This month pick up Kiehl's Limited Edition Superbly Restorative Argan Body Lotion (\$55; [kiehls.com](http://kiehls.com)). **It contains fair-trade, hydrating ingredients; is easily absorbed; and comes in a bottle made of post-consumer recycled plastic.** Plus, up to \$100,000 of the proceeds go to the Waterkeeper Alliance, a charity dedicated to protecting bodies of water across the country.



The line's eye-catching labels were designed by celebs

shape shops

## this sud's for you

These four new soaps have raised the bar on cleansing.

**Super scrubber**

MD Skincare Botanical Bar (\$24; [mdskincare.com](http://mdskincare.com)) removes rough, dull, dead cells with orange peel and papaya extract.

**Extra protection**

Bethesda Sunscreen Soap (\$8; [bethesdaskincare.com](http://bethesdaskincare.com)) leaves behind a protective layer of SPF 10 on your body after each shower.

**Ultra-soothing**

Burt's Bees Baby Bee Buttermilk Soap (\$5; [burtsbees.com](http://burtsbees.com)) softens with glycerin and calms irritated skin of all ages with oat flower.

**Posh pick**

Coach Legacy Soap Trio (\$38; [coach.com](http://coach.com)) comes individually wrapped in pretty paper and imparts a subtle floral scent.