

Go Bare! The Ultimate Summer Skin Guide

SHAPE

SHAPE
YOUR LIFE

Sassy Abs!

Get 'em in
15 Minutes p202

Lose
Weight
This
Weekend

No Deprivation
Required p186

Eat Your
Way Happy

Mood-Boosting
Munchies p42

THE
BIGGEST
LOSER'S

*Jillian
Michaels*

THE TV STAR
SHARES HER

20
MINUTE
WORKOUT

GET
FIT
WITH
YOUR
GUY

Improve Your
Sex Life &
Your Body

MAY 2011 / \$4.99 U.S. / \$5.99 CANADA
SHAPE.COM / DISPLAY UNTIL MAY 23, 2011



TREND ALERT

At Long Lash

Emphasize your eyes with minimal effort—and makeup.

• Want to cut out a step from your morning routine? Try LashDip, a semi-permanent treatment that mimics the look of mascara for up to six weeks. Created by two beauty experts in Chicago, the service starts when an aesthetician gently curls your lashes with a heated wand. An ultra-black waterproof gel is then brushed on until each hair is fully coated. After the gel hardens, your fringe will look dramatically darker and fuller, and it won't flake, smudge, run, or sweat off. While the treatment may seem pricey (\$200 and up), it's worth the splurge if you want to save time in the morning or are planning that beach getaway. Go to lashdip.com to find a salon in your area.



• Wake up looking wide-eyed with this service.



Look Books

These new tutorials supply easy-to-follow advice for getting pretty.

Eva Scrivo on Beauty by *Eva Scrivo* The celebrity stylist and colorist reveals how to find the right cut and hair hue for you.

TAKE-HOME TIP: Sit, don't stand, while blow-drying your hair. Your arms won't tire as quickly, so you'll be less likely to rush through the process and end up with frizz and flyaways.

Makeup Your Mind: Express Yourself by *François Nars* The master face painter, who founded NARS cosmetics, transforms women of all ages and ethnicities and explains how to get each look.

TAKE-HOME TIP: Blush doesn't belong only on your cheeks. Continue the color to your temples and hairline for the most natural-looking flush.

Feed Your Face by *Jessica Wu, M.D.* A dermatologist to the stars,

Wu believes eating the right foods can rejuvenate your complexion.

TAKE-HOME TIP: Cut back on omega-6 fatty acids (found in safflower oil and many processed foods). They cause inflammation, which can lead to skin redness and wrinkles.

• Ace your beauty routine with these head-to-toe tips!

MANE-TENANCE

Size Matters

OD'ing on styling products can weigh down your do. Lighten up with this portion control guide from Davide Torchio, owner of the Davide Torchio Salon in New York City.



SHINE SERUM

USE A blueberry-size blob*. Rub the product between your palms and smooth onto dry hair from mid-shaft to your ends.



STRAIGHTENING BALM

USE A strawberry-size dollop. Apply to damp strands, then comb through to evenly distribute the formula.



MOUSSE

USE An apricot-size puff. Massage into roots until the foam dissipates. Flip your head over when drying to boost volume.

*AMOUNTS BASED ON A WOMAN WITH SHOULDER-LENGTH HAIR

CLOCKWISE FROM TOP: DONNA THOMPSON/GETTY IMAGES; MICHAEL ROSENFIELD/GETTY IMAGES; KEVIN MAZUR/GETTY IMAGES; BILL CALLI/GETTY IMAGES; NICOLA GROSELL