

InStyle

August 2014

What
to Wear
NOW!
& INTO
FALL!

**90 BEST
NEW FALL
SHOES!**

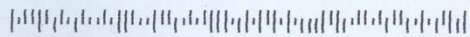
**BRING
YOUR
HAIR
BACK
TO
LIFE**
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ZOOEY!
ON BEING
NORMAL,
LABEL SNOBS
& WORLD
DOMINATION

**FASHION
EDITORS'
GUIDE TO
JEANS**

**55 New
Ways
To Wear
Your
Fave
Pair**

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BEAUTY AT ANY AGE

Bottoms UP!

With bikini season in full effect, we're betting your bum is getting some serious attention—best not ignore not-so-cute issues like acne and cellulite. Let's go over your backstory

20s

How pivotal is a shower to your post-workout routine? Dermatologists say many of their 20-something patients tend to develop acne in this area from neglecting to wash up after boot camp. "They'll do errands or go for coffee and end up sitting in bacteria," says N.Y.C. dermatologist Debra Jaliman, who recommends sudsing pronto with a body wash containing zit-fighting salicylic acid, in addition to exfoliating with a scrub.

Rear Rx Neutrogena Body Clear Body Wash Pink Grapefruit, \$8; neutrogena.com. St. Ives Fresh Skin Apricot Scrub, \$4; at drugstores.



30s

There will be bumps ahead: Tiny skin growths called keratosis pilaris, the result of small amounts of a protein forming plugs within hair follicles, often pop up now, as skin begins to dry out, says N.Y.C. dermatologist David Colbert. Banish pesky nubs with a twice-weekly dose of moisturizer containing exfoliating lactic or glycolic acid. If you're also taming some post-acne hyperpigmentation (dark spots), rub on a serum with brightening ingredients like kojic acid to help even out skin tone, says Dr. Jaliman.

Rear Rx Amlactin Ultra Hydrating Body Cream (with lactic acid), \$16; at CVS. SkinCeuticals Phyto+ (with kojic acid), \$80; skinceuticals.com.



40s

You say you've been spared stretch marks? Well, hand in your free pass now. Weight fluctuations over the years, from pregnancy or dieting, often add up to elastic tissue loss, helping these little lines take hold. Try using anti-aging body and face creams. Ingredients such as retinoids and peptides "build new skin-firming collagen, which provides structural support to skin," thereby diminishing marks, says Dr. Jaliman. An antioxidant moisturizer (such as Lierac's with pomegranate) can also keep skin taut by warding off cell-damaging free radicals.

Rear Rx Ahava Firming Body Cream, \$39; ahavausa.com. Lierac Cohérence L.I.R Day & Night Lifting Cream, \$85; lierac-usa.com.



50s+

As you go through menopause, declining estrogen levels cause sagging, which means you're prone to sporting cellulite around your tush and thighs. Keep up with your daily peptide creams, applying them at night. In the A.M., slather on a lotion spiked with caffeine, which helps temporarily mask dimples and drooping by tightening the surrounding tissue, says Smithtown, N.Y., dermatologist Marina Peredo. Try a caffeine-powered scrub in the shower twice a week.

Rear Rx Clarins Body Lift Cellulite Control (with caffeine), \$69; clarins.com. Juara Invigorating Coffee Scrub, \$37; juaraskincare.com.



TONE that TUSH

These three exercises done three times a week equals one kick-ass silhouette, promises Exhale spa's mind-body manager and glutes guru Nicole Uribarri.



STANDING FOLD OVER
Hinge your upper body forward at a 45-degree angle, bending from your hips. Place hands on hips and keep abs engaged as you lift the working leg up toward hip height. Keep the leg extended off the ground and pulse it upward. Do three sets of 30 reps, then switch to other side.



PELVIC TILT
Lie flat on your back, knees bent, with feet hip-width apart and parallel. Press feet into the floor, lift hips, then extend one leg straight up so the bottom of that foot faces the ceiling. Lift and lower your hips, contracting the glutes as you pulse your extended leg up. Do two sets of 40 reps, then switch to other side.



TABLETOP
Position yourself on all fours; align your wrists under shoulders and knees under hips. Pull in from the abdominals and keep your back flat as you extend one bent leg up to hip height. Pulse it higher than hip height for four sets of 30 reps, then switch to work the other leg.

polyester-spandex sports bra (\$40), shorts (\$30), and mesh sneakers (\$85). Adidas; adidas.com.