


# Woman's Day

Walk off  
**10 LBS.**

Easy no-gym  
15-min. plan

plus  
ALISON  
SWEENEY'S  
shapeup  
secrets



yum!

**GREAT  
GRILL  
RECIPES**  
KEBABS, PIZZA,  
STEAK, SHRIMP

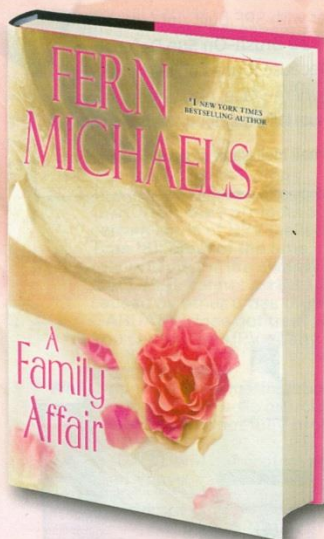
**7**  
pains  
you  
should  
*never*  
ignore

  
**SUMMER  
TRAVEL  
DEALS**  
P.103

Swimsuits  
that slim **from  
\$16**

JUNE 2014  
womansday.com

# Celebrate Strong Women



You're invited on a journey of unexpected love, friendship, and family for the wedding of a lifetime.

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# Beauty, Simplified

Take a well-deserved break from your daily routine. These affordable shortcuts will buy you more time to enjoy the season!

# 1

## Skip face cream

Yes, you read that correctly—but only if you apply an SPF 30 or higher that moisturizes. Try L'Oréal-Paris Advanced Suncare Silky Sheer BB Face Lotion SPF 30 (\$9.99; at drugstores). It's formulated with vitamin E to promote healthy skin, and has a slight tint to even out your complexion.



GETTY, STILL: JEFFREY WESTBROOK/STUDIO D. SOURCES: MARINA PEREDO, MD, FOUNDER, SPATIOQUE MEDICAL SPA, SMITHTOWN, NY; ANNIE TEVELIN, FOUNDER, SKINOWL.