

# Women's Health

Fitness Special!  
FLIP OVER

## Lean Body

Shailene Woodley

Smart, Cool & Shockingly Uncensored

### SECRETS

- > Flat-Belly Moves
- > Killer Tush Toners
- > Fast Fat Blasters

## Hot Sex Buzz!

New Bedroom Toys (Epic Orgasms Await—for Him, Too)

Health Update

**CURE PAIN WITH THIS ONE SOLUTION**

## Best Summer EVER!

Yummy Drinks, Sexy Hairstyles, and 57 More Fun Ideas

### Swimsuit Magic

Shrink a Size—Instantly!  
Shopping Guide p. 42

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Food Rules Slim Women Follow

July/August 2014

\$4.99 US/DISPLAY UNTIL AUGUST 5, 2014



WomensHealthMag.com

Beauty Buzz

# Liquid Dreams

The latest serums to hit beauty shelves: foundation, shadow, and blush so light and airy, you'll stay fresh-faced on the steamiest days.

By Karina Giglio

**EYE SHADOW**

Josie Maran Coconut Watercolor Eyeshadow in Polynesian Purple (\$18, [josiemarancosmetics.com](http://josiemarancosmetics.com))

**BRONZER**

Perricone MD No Bronzer Bronzer (\$35, [sephora.com](http://sephora.com))

**BLUSH**

Giorgio Armani Maestro Fusion Blush in #500 (\$52, at [Nordstrom](http://Nordstrom))

**FOUNDATION**

BareMinerals BareSkin Pure Brightening Serum Foundation SPF 20 (\$29, [bareminerals.com](http://bareminerals.com))

**FOUNDATION**

Physicians Formula Youthful Wear Spotless Foundation SPF 15 (\$15, at [drugstores](http://drugstores))

IF THERE WERE A want ad for ideal summer makeup, the requirements would be: looks fresh and feels light, but still covers blemishes; doesn't smear, flake, or crease in the heat; is neither overly matte nor overly shiny. There's a new type of cosmetic that actually lives up to this tall order—makeup serums.

These liquids deliver a fine wash of color with a water-like texture that defies melting. "Serum formulations help skin appear healthy because they're so sheer and natural-looking," explains New York City dermatologist Marina Peredo, M.D. "Plus, they shouldn't cause breakouts, because they typically don't contain rich oils." Another bonus: Despite their thin consistency, they deposit the types of anti-aging ingredients—think brightening algae extract and hydrating coconut water—you're used to finding in thicker products.

**USE A SOFT TOUCH**

Serums are concentrated, so use just a drop or two for sheer coverage; three or four for more. Finger-dab on eye shadow and blush. "For foundation, gently pat it on using an edgeless sponge applicator," says makeup artist Nick Barose.