

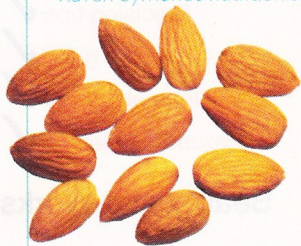
20 BEACH-READY TIPS

HOW TO LOOK YOUR BEST
IN A SWIMSUIT, FROM TRAINERS,
STYLISTS & NUTRITIONISTS

1 Eat nuts

Raw nuts give you energy and cut cravings. One portion equals 12 almonds, 30 pistachios or 12 walnuts.

—PHILIP GOGLIA,
Raven-Symoné's nutritionist



2 No multitasking

Stay off your cell phone at the gym! If you are checking messages, that means you aren't working hard enough.

—NICKY HOENDER,
Shedding for the Wedding
trainer

3 Moisturize at night

Use **coconut oil** on your body at night. It will help soothe and hydrate the skin if you've stayed in the sun too long.

—ROSE-MARIE SWIFT,
makeup artist to Gisele
Bündchen



ADARA Organic
Coconut Oil, \$12;
b-glowing.com



4

STAND UP
STRAIGHT!

Confidence
is key. Good
posture will
make you
look and feel
thinner.

—BETHENNY
FRANKEL

5 Treat your feet

Keep your heels crack-free by using the elements on the beach: **Mix sand with your tanning products** and buff your heels. Rinse by putting your feet in the water.

—ELLE, celebrity manicurist to
Jennifer Lopez



6 Nix the soda

Be careful of diet soda. Just as refreshing, but so much better for you, is **iced tea**.

—JACKIE KELLER, wellness
coach and founder of NutriFit

7 Blot, blot, blot

Blotting papers are great to remove the oils from your face and give you the feel of freshly washed skin during the day.

—RENEE ROULEAU, celeb
esthetician who has worked
with Jessica Simpson



TATCHA
Aburatorigami
Blotting Papers, \$12
(for 30 sheets);
tatcha.com



8

PERFECT SNACK!

Replace a bowl of chips with a bowl of berries.

—BOBBY STROM, trainer who works with Blake Lively



9 Find tunes that rock

I train my clients with **hip-hop music** (by artists like Kanye West and Common) while we do resistance training. Then we switch to high energy **dance music** (by Lady Gaga and Katy Perry) for cardio. The song dictates the rate of reps and cardio intensity.

—HARLEY PASTERNAK, trainer to Jennifer Hudson

10 Fill up on popcorn

Pirate's Booty Aged White Cheddar puffs are baked, not fried, and a guilt-free 130 calories per serving.

—RAMONA BRAGANZA, trainer to Jessica Alba



11 Sip some tea

Try drinking decaffeinated **green tea** at night. It has fat-burning properties, and a cup before bedtime will help satisfy your desire to snack.

—JACKIE WARNER, trainer



12 Reach for energy-rich snacks

If what you're craving is a crunchy snack, forgo the plain pretzels. Instead, try a **sliced apple with almond butter**. The nutrient-rich combination will keep you full and aid digestion.

—DAVID KIRSCH, celebrity trainer who works with Heidi Klum

13 Hydrate, hydrate

Add **flavor** to your water with a splash of cranberry juice, and sweeten with stevia.

—MANDY INGBER, yoga instructor who works with Jennifer Aniston

14 Get a healthy glow

Luminizer will add that sexy glow over the cheekbones and can be used to highlight the collar bones and shoulders.

—ROSE-MARIE SWIFT, makeup artist



RMS BEAUTY
Living Luminizer,
\$38; rmsbeauty.com

15 Use sunscreen on your hair

Don't forget to **protect your tresses** from the summer sun! Every time you apply sunscreen, give your hair a spritz as well.

—MARK TOWNSEND, Dove celeb stylist for Lea Michele

16 Get a fake tan

I get a **spray tan**. It definitely makes you look 5 lbs. thinner and makes you feel more confident.

—PATRICIA BANNAN, author of *Eat Right When Time is Tight*

17 Veggies first!

Eat **raw food** at the beginning of every meal—a salad or a few veggie sticks. Raw food will act as a cushion to the other heavier foods that follow and help to digest them better.

—KIMBERLY SNYDER, author of *Beauty Detox Solution*



Josie Maran

18 Make waves

Salt water is a great hair-styling product. Scrunch some into your hair and voilà! Perfect beachy waves.

—JOSIE MARAN, model and founder of Josie Maran Cosmetics

19 Postpone a facial

Get one at the start or the end of summer, but not during.

Skin is sensitive to the sun post-treatment.
—SCOTT-VINCENT BORBA, skincare expert to Mila Kunis

20 STRENGTHEN YOUR ABS

Hold your body up on your hands in plank position for a minute to work your core.

—KATHY KAEHLER, longtime trainer to Julia Roberts