Lean Body Secrets

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

Hot Sex Buzzz!
New Bedroom Toys (Epic Orgasms Await—for Him, Too)

Health Update
Cure Pain with This One Solution

Swimsuit Magic
Shrink a Size—Instantly!
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Best Summer Ever!
Yummy Drinks, Sexy Hairstyles, and 57 More Fun Ideas

Food Rules
Slim Women Follow

July/August 2014
Power Up Your Beauty Routine!

Body lotion that repairs sun damage. Liner that brightens tired eyes. Try these 20 game changers and watch magic happen.

By Jill Percia

Spritz Purposefully

Power Up With: Citrus-Floral Fragrance

Sprayable happiness? Uh-huh. Research shows that floral and citrus scents can help elevate your mood. One mist that will spread some cheer: Harvey Prince Hello Eau De Toilette ($55 for 1.7 oz, birchbox.com), bursting with plumeria and lemon.

Fortify While Degreasing

Power Up With: Strengthening Dry Shampoo

If dry shampoo’s a friend, then Amika Perk Up Dry Shampoo ($21, birchbox.com) is one with benefits: As it soaks up oil, it helps nourish with sea buckthorn berry extract. Spray it on and rub it in well, advises New York City salon owner Nunzio Saviano.

Protect Your Skin

Power Up With: Superstar Sunscreen

Basic SPF works, but even better is one that repairs skin cells from UV-induced DNA damage that can lead to skin cancer, says Emmy Graber, M.D., a Boston-based dermatologist. Try Supergoop! Everyday Sunscreen SPF 30 with Cellular Response Technology ($19, birchbox.com).

Treat Your Eyes

Power Up With: Calming Eye Cream

Your undereye skin needs lots of TLC to remain smooth and wrinkle-free. “An eye cream with hyaluronic acid [HA] and natural oils will help lock in moisture and hydrate,” says Graber. Try Pat on Balance Me Wonder Eye Cream ($38, birchbox.com), which has HA and carrot seed oil.

Wash and Smooth

Power Up With: Sugar Cleanser

While ingesting won’t help your skin, cleansing with sugar actually can. “Sugar is a natural form of alpha hydroxy acid which helps exfoliate dead skin cells,” says Graber. Try Sulf Exfoliating Facial Cleanser ($13, birchbox.com) to keep skin bright.