

THE BEAUTY EXPERT

allure

MAY 2014

28 TIPS For Your SEXIEST Body Ever!

The Allure Guide to Getting Naked

Golden Goddess Makeup

Shimmer Anyone Can Wear

Hollywood Style Secrets

TV's Best-Dressed Stars

Olivia Munn

Will Shock You
(And Love Every Minute of It)

HAIR & MAKEUP PREVIEW

8 RUNWAY LOOKS
WE'RE DYING TO TRY



Grin and Bare It

We don't know about you, but we prefer to do a little prep work before going full monty—or even mostly monty. And we don't mean three months of squats. These tricks from nutritionists, trainers, and dermatologists aren't going to replace long-term exercise, but they will make a noticeable difference, if only in the short term. Plus, they're a little more fun than squats. **By Ramona Emerson**

1 Bore your palate. When people eat the same thing every day for breakfast (or lunch or dinner), they consume about 100 calories less within five days, according to a study published in the *American Journal of Clinical Nutrition*. May we suggest oatmeal or a protein shake for breakfast to streamline your morning routine—and your waistline?

2 Scrub away your cellulite. Thirty minutes before you hop into your bikini, scrub cellulite vigorously with a washcloth, loofah, or brown-sugar exfoliator. "When you irritate the skin, you draw water into it, and that fills in those little crevices for a few hours," says dermatologist Amy Wechsler. The 100 percent viscose rayon exfoliating gloves used at Korean spas are especially effective. We like the towel versions from Songwol.

3 Have lunch inside but cocktails outside. Need another reason to stay out of midday sun? Direct light eliminates definition and can make you look flat and washed out, says photographer Stacey Mark. Basically, we all look better in slight shadows. And if it's the hour before dusk—magic hour, as photographers call it—get outside in that golden light.

4 Swivel faster. Next time you're on the elliptical and mindlessly watching *TMZ*, add a 30-

second sprint for every one and a half minutes of your regular pace. "You can burn as many calories doing 30 minutes of sprints and rests as you can in an hour going at a steady pace," says Jacque Ratliff, an exercise physiologist for the American Council on Exercise.

5

Get serious about kettlebells.

If you want to build core strength fast, grab those cannonballs with handles. In a University of Wisconsin study, two hour-long kettlebell workouts a week increased participants' core strength by 70 percent after eight weeks.

6 Push up. "The triceps are the biggest muscles in your arms, so they're the first thing that makes your arms look good," says Josh Newman, an owner and coach at CrossFit NYC. The best triceps toner? The humble push-up, with a tweak. "You'll get the most tricep activation if your elbows go straight back—not out—as you lower down," says Ratliff. If you feel sore just reading this, trainers say it's fine to modify. "I'd rather see you do full range of motion

on your knees than a half range of motion on your toes," says David Kirsch, a trainer in New York City.

7 Kill all overhead lights. If you're indoors, nude-portrait photographer Brian Leighton suggests turning on just one floor or table lamp. "You want the light to come across your body at an angle," he says. "It creates shadows that enhance natural curves."

8 Don't ignore your back. A salicylic acid body wash is the best way to treat bacne, says dermatologist Ranella Hirsch. She suggests applying one with 2 percent salicylic acid (we like Neutrogena Body Clear Body Wash) before you get in the shower, since it needs to be left on for a full ten minutes.

9 Stop with the Brazilians. "For 90 percent of women, the triangle is the most flattering shape," says Jodi Shays, owner of Queen Bee Salon and Spa in Brentwood, California. And keep it proportional: "In general, the wider your hips are, the wider the top line of the triangle should be," she says.

10 Get a nude pedicure. It has a subtle, but real, leg-elongating effect. Go for a nonshimmery nail polish that matches your skin tone or is a shade lighter. We like L'Oréal Paris

Nail Color in Sweet Nothings for fair complexions, Sally Hansen Complete Salon Manicure in Mudslide for olive, and Hipp x RGB nail polish in F3 for dark skin.

11 Learn what burpees are. “They work your arms, core, legs, and heart,” says Kirsch. Start in a squat with your hands on the floor. Jump both feet back into plank position and do a push-up. Jump back to a squatting position. Then jump up. Now do them for 90 seconds every morning.

12 Make your body glow. Your new best friend is coconut oil. Not only is it rich in skin-softening fatty acids, but it’s also a dry oil, which means it’s absorbed quickly and leaves a nongreasy sheen.

13 Embrace seaweed. Sodium causes the body to retain water, making us look heavier than we are. A tablespoon of salt has almost 7,000 milligrams of it, but seaweed has less than 100 milligrams—and adds a similar salty flavor to food (and no, it won’t make everything taste like sushi). Swap regular table salt for dried seaweed flakes called dulse (available at Whole Foods).

14 Use antiperspirant on your buttne. Those red bumps on your rear are most likely caused by sweat. “Sweat is made up of salt and enzymes, which are irritating if left on your skin for a long time,” says dermatologist Ellen Marmur. Keep these areas dry (and bump-free) by putting antiperspirant anywhere acne usually forms.

15 Lift your butt. If someone is doing your spray tan, ask them to “spray a little tanner under the cheeks,” says Anna Stankiewicz, a spray tanner at OC61 in New York City. “It makes them look perkier.” If you’re doing it yourself, add a second coat, from just above the crease of your butt to about three inches below.

16 Lunge harder. Lunges are horrible, but if you’re going to do them (and trainers all say that if you want a cute behind and taut thighs, you need to), get the most bang for your butt. Start with a regular lunge, but instead of stepping back up, jump and land in a lunge with your other foot forward. Repeat for 90 seconds. “These lunges keep your heart rate up and burn more calories,” says Kirsch.

17

Deprive yourself—temporarily.

Consider a weeklong bloat-elimination plan, says Robynne Chutkan, a gastroenterologist in Chevy Chase, Maryland: Seven days before the beach, stop drinking alcohol; five days before, cut the gluten (“It causes water retention”); and two days before, lose the dairy.

18 Sit like a pinup and lie like a pro. It’s a posture you probably don’t want to assume at the office, but if you’re at the beach, try the classic Bettie Page pose: Kneel, then sit down on your ankles, keeping your shoulders back. It showcases the perky part of your butt while hiding the rest. If you’re lying down, bend your knees and prop yourself up on your elbows to flatten your stomach and reduce your thighs.

19 Jump! “Jumping rope is better than running because it engages the whole body,” says Kirsch. Do three sets of 50 to 100 jumps, and change your foot movement—high knees, side steps, jumping jacks.

20 Book a massage. Massage stimulates the drainage of fluid from soft tissue, where it can build up and cause swollen ankles, knees, and waistlines. “Women who sit a lot can get swelling around the midsection because the vessels that go from the abdomen to the legs get constricted,” says Marmur. “Almost any massage helps.” Avoid deep tissue, which can exacerbate inflammation and swelling.

21 Shave your armpits more effectively. Instead of drawing the razor against the grain, which can be irritating, Marmur suggests a two-step plan: “First, shave in the direction of the hair. Then do it in a crisscross pattern. This captures stray hairs without being too rough on the skin.”

22 Take a deep breath. The goal here is to strengthen the transverse abdominus, the muscle behind your abs—when it’s toned, it basically acts like internal Spanx. Get in a sit-up position and place your fingers one inch down and in from where your pelvic bone juts up. Suck your belly button in like someone just dropped an ice cube on your stomach. Hold this position (it’s called the greyhound, by the way), but not your breath, for 60 seconds every day for two weeks. That’s how long it takes to start seeing results.

23 Commit to an exercise that will make the difference between a one-piece and a bikini. For a serious side workout, trainer Gunnar Peterson suggests seated angled knee-ins. Sit on the floor and extend your legs. Lift your left knee up and bring it in toward the right side, then switch, bringing your right (continued on page 234)

ONE-WOMAN SHOW

(Continued from page 230)

Carolina Herrera gown at tonight's *RoboCop* premiere. Clearly, she's no longer the geek, but she has amassed some helpful tips for the next new girl on the scene. In closing, the world according to Olivia:

Subvert stereotypes when you can. Munn points to her role in *Magic Mike* as an example of how she likes to play with gender roles. She based her character on an ex-boyfriend who wanted no-strings-attached sex. A common enough trope for a guy, "but if the girl does that, she's a slut or a whore, or she's got no morals," Munn says. "When you can, you can change those perspectives a little bit."

A confession is better than a correction. Ratner, she says, called to apologize about his comments and warned her he would try to retract them on *Howard Stern* the next day. When the interview went live, Ratner texted to alert her—and Munn found the clip online and emailed it to several news sites, including *Entertainment Weekly* and the Huffington Post. "I said, 'You gave enough time and space when he lied, and I hope you do the same now [that] he's telling the truth,'" she recalls. (Both did post stories.)

Don't go too crazy on Twitter. "I try to be personal without being private. You can't post pictures of you and your boyfriend cuddling up and then get pissed when somebody asks you about it on the red carpet. That's ridiculous," says Munn. Tonight, she adds, she will not be walking the red carpet with Kinnaman. "We don't mind taking pictures inside, but on the carpet, it is still business."

Respect your fans. In her case, the OMFG (Olivia Munn Fan Group). "I think it's strange when people don't sign autographs for people," Munn says. "Fans are just people who are helping you make your dreams come true."

Finally, try to be a good sport when playing the fame game—but break the rules when you can. "The reality is: This is the game that we're signing up for," Munn says. "You keep playing that game, and then one day if you can, you change the game." ♦

GRIN AND BARE IT

(Continued from page 201)

knee to your left side, almost like you're running in place. Do three sets, starting with eight reps per side, and build up to 20.

24 Spice up your diet. Capsaicin, the chemical that makes chilis hot, also causes the body to burn more calories, according to research. If you don't want to eat three habaneros with dinner (what's wrong with you?!), try a supplement like Capsiate Natura, which contains capsinoids, similar to capsaicin. "People burned about 80 extra calories when they ate [the capsinoid] dihydrocapsiate with a meal," says David Heber, director of UCLA's Center for Human Nutrition.

25 Start doing pull-ups. Yes, you totally can. The secret: Start with a little boost. Loop one of those big, stretchy exercise bands around the bar—a really big one to start—then grab the bar, and put one foot in the loop, hooking the other foot around your ankle. "You can progress from a wider band to a thinner band, and eventually no band," says Newman.

26 Work out in bed. No, not that kind. Before you get up, lie on your stomach and hug your pillow. Spread and straighten your legs, raise them a few inches, and pull your heels together. Within two weeks, the bottom part of your butt will be perkier.

27 Fake firmer arms. Copy celebrities when wearing sleeveless tops by holding your arms a bit away from your body and keeping your elbows at a slight angle. If you start to look like a robot, rest your hands lightly on your hips.

28 Drink. There's always this: *The Wolf of Wall Street* star Margot Robbie prepared for her first nude scene with three shots of tequila. It was 9 A.M. ♦