

Fitness
Special!
FLIP OVER

Women's Health

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**

**Shailene
Woodley**

*Smart, Cool &
Shockingly
Uncensored*

**Best
Summer
EVER!**

Yummy
Drinks, Sexy
Hairstyles,
and 57
More Fun
Ideas

**Swimsuit
Magic**
Shrink a Size—
Instantly!
Shopping Guide
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Food
Rules
Slim
Women
Follow

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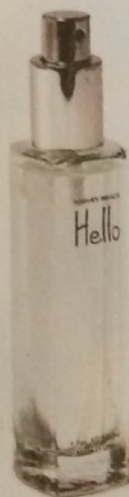
WomensHealthMag.com

FSR

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 carbs won't help your skin, cleansing with sugar actually can. "Sugar is a natural form of alpha hydroxy acid which helps eliminate glow-zapping dead skin cells," says Graber. Try Sukie Exfoliate Foaming Cleanser (\$33, birchbox.com) to keep skin bright.



(or day) is no time to be painting on stark jet-black liner, which can smudge right off. A pearlescent gray pencil is a good alternative. "Silver pigments reflect light, widen the appearance of eyes, and add extra spark," says New York City makeup artist N. Scibelli. Try Cynthia Rowley Beauty Eyeliner in Silver (\$16, birchbox.com).

