

the  
**busy  
girl's**  
guide  
to a  
**beautiful  
body**

*By Jacqui Stafford*

featuring medical advisors  
Lori Brightman, MD & Lori Musto, DO

# the busy girl's guide to a beautiful body

The secret to feeling great about your body is creating the right balance. A balance of healthy foods, smart dieting and, of course, exercise cannot only make you feel better but look better, too.

Confidence is the key. When you go in with a positive attitude and know you can make changes, it will influence the decisions you make and even affect your appearance.

In this guide, we'll cover some tips and tricks that can help you overcome or disguise your biggest beauty hang-ups and discover the top beauty secrets of the pros.

## best beauty secrets from the pros:

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Recognized as a leading authority on beauty, style and fashion, Jacqui Stafford has brought her unique sense of style and global insights to the pages of *Shape* as executive style director since May 2003, where she writes a monthly fashion column.

The British-born journalist and style guru has numerous TV appearances to her credit, including makeover and trend segments on *The Today Show*, *Weekend Today*, *The View*, *VH1*, *Extra*, *Entertainment Tonight*, *Good Morning America*, and *The Tyra Banks Show*. She regularly appears as a guest host to critique the major runway fashion shows for New York, Paris and Milan on *Full Frontal Fashion*, and provides red carpet celebrity analysis for *Fashion Police* on the *Style Network* and *E! Entertainment*.



## your wardrobe

One of the easiest ways to boost your confidence is by learning what to highlight and what to hide. By simply changing what you wear and how you wear it, you can transform yourself from drab to fab with just a few quick tips.

For example, with these body types, here's what you should wear:

**a fuller waist:** Look for shirts that are slightly tapered at the sides to create the illusion of a waist.

**big butt:** Highlight a trim waist with belts, and go for A-line, or slightly flared skirts and dresses that skim over thighs and butt.

**flat chest:** Add the illusion of a bust with embellished tops, ruffles and eye-catching details.

**short legs:** Choose longer length pants that hit just an inch off the ground and wear with heels to add height. Avoid capris, which can make your legs look shorter.

### **swimwear.**

With the right swimsuit, you can disguise flaws, show off your assets and make a big impact on your return to sun and surf. What's the most flattering style for most body types? Choose a halter-neck bikini with a fuller-fabric bottom that ties on the side. The halter-neck top allows for you to adjust it to fit perfectly, and the side ties can be tied just slightly to the front to add the illusion of slimmer thighs.

## dress for success.

		biggest flaw						
		big behind	tree trunk legs	wide hips	no waist	flat chest	flabby arms	big belly
best asset	itty bitty waist	Waist-cinching skinny belts on A-line skirts	Fitted tops paired with wide-leg pants	A-line skirts and dresses	—	Halter top with ties around waist	A bell-shaped sleeve to even-out heavy arms	—
	lean legs	Wrap dress that hits just at knee	—	A-line skirt that hits above the knee	Attention-drawing skirts with short hemlines	Body-skimming skirt with printed fabric top	Attention-drawing skirts with short hemlines	Structured, tapered top with long pants
	flat tummy	Fitted tank and A-line skirt	Fitted tank and long-length dress	A-line skirt that sits below natural waistline	—	Halter-neck tops	Fitted skirts and pants	—
	hourglass figure	Tops that nip in your waistline	Waist-cinching tops and wide-leg pants	Belted A-line dresses	—	Body-skimming halter-neck tops	Scoop-neck, bell-sleeve tops	V-neck top with empire waist
	ample chest	Scoop-neck tops and A-line skirt	Structured jacket and wide-leg pants	Curve hugging tops and A-line dresses	Tops with rusching to add illusion of waist	—	Body-skimming tops with loose sleeves	Darker shaded top with supportive straps
	toned arms	Asymmetrical tops	Sleeveless cami	Sleeveless cami and A-line skirt	Sleeveless cami and belted waist	Sleeveless cami with rusching detail	—	Sleeveless cami with empire waist

- To downplay an ample bust, look for swimwear with solid colors on top and a printed fabric on the bottom.
- To disguise a heavy waistline, slimming stripes or color-blocking prints can create the illusion of a smaller mid-section.
- To draw the attention away from hips and thighs, go for slimming vertical stripes, seaming details or plunging décolletés to draw the eye to the center part of your body. Also, choose lighter tops and darker bottoms.



**Lori Brightman, MD**

Laser & Skin Surgery Center of New York

*Board Certified Dermatologist*

OK, so maybe you know how to dress to disguise what you don't like and draw attention to what you do. But what do you do when you have some bumps, lumps and blotches that can't be disguised? Never fear, technology can be your friend! Dr. Lori Brightman provides the following tips to ladies looking for flawless, smooth skin:

**cellulite.**

Cellulite, the unsightly dimpled skin that 90 percent of adult women experience regardless of size and health is unavoidable, but the appearance can be minimized without downtime and major surgery.

Treatments like VelaShape™ can minimize the appearance of cellulite, even in hard to reach places in as little as four treatments on the surface of your skin.

FDA cleared for both cellulite reduction and circumferential reduction\*, VelaShape is proven effective at taking inches off women's thighs, waists, upper arms and buttocks. Unlike some treatments, VelaShape is non-invasive, meaning there's no surgery or downtime for treatments. The treatment combines suction, heat and massage to literally shrink the size of your fat cells, providing a smooth appearance and decreased circumference of the treatment area.

For further information or to locate your local VelaShape provider, visit [www.velashape.com](http://www.velashape.com).



before



after

Post three VelaShape treatments.

Photos courtesy of the Laser & Skin Surgery Center of New York.

**adult acne.**

Although it garners less attention than the teenage form, adult acne is very common and can cause people to call in sick, draw the shades and wait for the worst to pass.

As we age, skin can become more sensitive and therefore more prone to breakouts. Stress, cosmetics, hormones and birth control pills can all

be contributing factors to adult acne. Stress can cause your oil glands to overcompensate. Dense cosmetics can create bacteria-laden clogged pores. Hormones cause overactive oil-producing sebaceous glands, and birth control pills with androgen can cause breakouts.

To combat this adult issue, take what you learned when you were young. Wash your face with a mild cleanser twice a day and avoid touching your face. Remember what your mother said: "Don't pick at it or it will only get worse." Also, look for non-

comedogenic cosmetics that won't clog pores. Read the labels to find moisturizers that do not have oils but do have antioxidants like Retinol to prevent wrinkles while you dodge pimples. Acne brought on by hormones is best treated with birth control pills low in androgens.

Finally, don't forget that good health means good skin, too. Drink lots of water and eat a healthy diet. This doesn't affirm the myth that chocolate causes acne, but that good foods can help remove toxins in the body.

## wrinkles and aging skin.

Along with age comes the battle scars. However, you don't have to settle for what life throws at you. You can remain or regain fabulousness at any age.

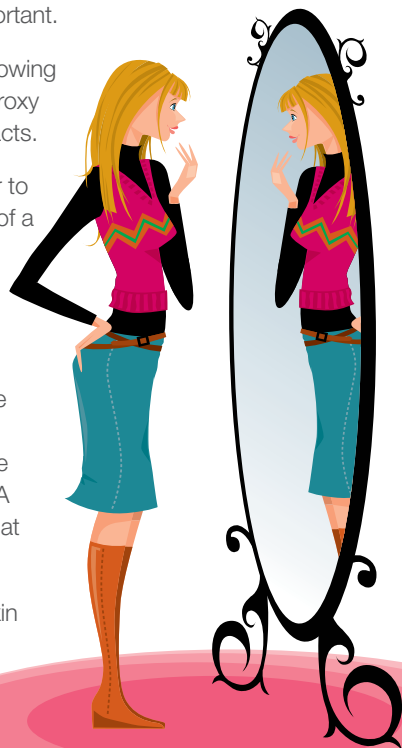
Before dreaded wrinkles come along, as well as when they have already appeared, you should be moisturizing early and often — and don't forget your neck and hands. Splash your face with cold water before applying makeup because the coolness can temporarily shrink pores. Also, body and hand lotion should include sunscreen year-round. Sunscreen deactivates within two hours so reapplying is important.

If you find a moisturizer with a combination of most of the following ingredients, you are heading in the right direction: retinol, hydroxy acids, coenzyme Q10, copper peptides, kinetin and tea extracts.

If you are a road warrior, be sure to move the visor in your car to the left side to block ultraviolet rays. Experts say the left side of a woman's face tends to look older because it incurs more sun damage from driving.

Non-invasive treatments are another option as you age. Most women have heard of injectables like Botox and Restylane, but you can actually make your skin produce more of its own collagen and fill in those lines from the inside out. Check out treatments like Refirme™ for skin tightening and the triniti™ skin series for wrinkle reduction and color correction. A few quick trips to your doctor's office can keep your wrinkles at bay for years.

For further information or to find your local Refirme or triniti skin series provider, visit [www.refirme.com](http://www.refirme.com) or [www.trinitiskin.com](http://www.trinitiskin.com).



## hairy situations.

It may not be a popular topic at dinner parties, but many people have hair on some part of their body that they'd rather not have to fuss with managing. Some hair removal options include:

**razor:** You can shave without razor burn. Be sure to always use a shaving gel and shave in the same direction of the hair growth.

**waxing:** Waxing can last longer than a shave, but know how to avoid ingrown hairs by applying tea tree oil or a bikini wax lotion to the area following the procedure.

**laser:** Save the costs of repetitive shaving and waxing and explore laser hair removal. With laser hair removal, an initial investment means you may never have to shave again. Look for a physician-supervised laser hair removal provider and new technology, such as elōs™ based technology, that can safely and effectively treat all skin types.



## three fast never-fail-you skin savers:

- Always remove your makeup and wash your face at the end of the day. A little maintenance can go a long way.
- Sunscreen is essential. Even in winter, the sun's rays can damage your skin. Face and body lotion should have a minimum of SPF 15 with broad spectrum coverage.
- Avoid rubbing the skin under your eyes. If you use an eye cream, always blot gently, preferably with your ring finger, because it will use less pressure than an index finger and will stave off wrinkles.

# yourhealth



## Lori Musto, DO

Beverly Hills Rejuvenation Center

*Health and Wellness Specialist*

You've heard it over and over again: eat right and exercise. But when you're on the move and only have a split second to grab lunch, what do you do? Here are some tips from Dr. Lori Musto to keep your waistline and your sanity from breaking:

## a girl's gotta eat.

- **eat breakfast:** There's a reason it's called the most important meal of the day. It helps get your metabolism going and those who start with breakfast tend to consume fewer calories during the day than those who don't eat breakfast.
- **a diverse diet with portion control allows you to "splurge" occasionally on treats:** Eating regular, small meals often instead of a couple of large ones helps your body digest more efficiently. Simple foods should always be on your grocery list such as:
  - Fiber, which you can find in apples, bran flakes and foods with whole grains.
  - The best foods to eat to lose weight rapidly are fruits, vegetables and fish.
- **Other weight-conscious foods:** Berries, lean meat, leafy greens, whole grains, yogurt, nuts and golden veggies like squash and carrots.

Many times when you think you're hungry, you're actually thirsty. Stay well-hydrated and avoid alcoholic and caffeinated drinks. Drinking water can help prevent sneaking extra snacks throughout the day.



## Quick tips to help take off the pounds:

- Stick to one serving and watch your portion control.
- Skip the late-night snack. Try to avoid eating two to three hours before bedtime.
- Make smart substitutions, such as a vinaigrette instead of ranch dressing, an English muffin instead of a bagel, and mustard instead of mayo. You can save up to 250 calories each day, adding up to 5 pounds in just 10 weeks.
- Lose the mayo and cheese on your sandwich.
- Delete the extras by thinking about what you're grabbing from a snack table at work, from your child's leftovers, or an extra packet of dressing.
- Cut out one tablespoon of butter or margarine each day.

## don't excise, exercise.

Like brushing your teeth and taking a shower, you must build exercise into your routine. Morning exercisers are more likely to stick with it with fewer excuses to throw them off track during the day.

Research shows that short bouts of exercise can be just as effective for weight loss and health as longer workouts.

A little bit of activity can add up. Start with 20 minutes of activity every day such as:

- Do some chores. Mow the lawn or rake the leaves. Housework burns calories, and you have to get the work done anyway.
- Play games with your kids. Shoot some hoops, play some hopscotch or toss a ball.
- Take a brisk walk at your lunch break.
- Do little things like walking more (an old diet trick is to purposely park farther away from your destination rather than finding the closest spot or get off a stop earlier on the bus/subway).



## sleep.

Joint research between Stanford University and the University of Wisconsin revealed that those who slept less than eight hours a night had a higher level of body fat. The study indicated that the level of body fat seemed to correlate with their sleep patterns. Specifically, those who slept the fewest hours per night weighed the most.

Sleep can also affect your looks. There is a reason it is called “beauty rest.” Sleep deprivation can give way to dark circles and dull skin. Here are a few ways to rest peacefully:

**establish a new bedtime:** Gradually go to bed 15 minutes earlier each night for a few nights in a row. In the morning, try to get 20 minutes of light to help regulate hormones that make you tired in the evening.

**go dark:** Light can suppress the release of melatonin, the sleep hormone, making it difficult to sleep soundly. Try to make your room as dark as possible or consider an eye mask.

**release tension:** A warm soak in the tub an hour before bed creates a rise and fall in body temperature that can make you sleepy.

If you can only fit in a few gym-free exercises, these are the best to get your body in shape:

**pushups and sit-ups:** Keep your back flat for pushups and do not use your neck muscles during sit-ups.

**squats:** Stand with your feet shoulder-width apart and drop your hips into a seated position. To add resistance, pick up some small weights.

**the plank:** Lie face-down on the floor with your elbows resting on the floor next to your chest. Go to a pushup position while resting on your elbows or hands. Then squeeze the abs and keep your body in a straight line for 30-60 seconds, then slowly lower yourself to the floor and rest for 15-30 seconds. Start by doing the plank on your knees and gradually work your way up.

**back extension:** Lie face down with your arms at your side. Slowly lift your head toward the ceiling and look up as far as you can go. You can extend this by lifting your legs as far as you can and hold for 5 seconds and release.

**lunges:** Lunge forward making a 90-degree angle with your front knee. Do not allow your back knee to touch the ground. Return to an upright position and repeat with the other leg.

## gainingbodyconfidence

The sobering reality is that most diets fail and often lead to weight gain. Regardless of the season, more than half of all American women are on a weight-loss regimen.

Here are some guidelines that can help you work toward growing your body confidence:

- Listen to your body. Only eat when you are hungry.
- Be realistic about the size you are likely to be based on your genetic and environmental history.
- Exercise regularly in a way you enjoy.
- Expect normal weekly and monthly changes in weight and shape.
- Decide how you wish to spend your energy – pursuing the “perfect body image” or enjoying family, friends, school and life.\*\*





## fast never-fail-you beauty tips.

- Your doctor is not just for when you are sick. Make sure you get regular checkups and don't be afraid to ask questions. You are the "customer."
- Take 5. Take five minutes to exercise, five minutes to rest and five minutes of extra sleep each day.
- Any flaw can be disguised or have attention diverted to an asset. With smart and stylish pieces, you can dress without stress.
- Educate yourself on alternative quick-fix preventative methods.

Other online resources to help you look your best:

- [www.shape.com](http://www.shape.com)
- [www.jacquistafford.com](http://www.jacquistafford.com)
- [www.velashape.com](http://www.velashape.com)
- [www.refirme.com](http://www.refirme.com)
- [www.trinitiskin.com](http://www.trinitiskin.com)

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\* VelaShape is FDA cleared for temporary reduction of thighs circumference.

\*\* Adapted from *BodyLove: Learning to Like Our Looks and Ourselves*, Rita Freeman, Ph.D.