

SECRETS FOR A NATURAL GLOW P.142

SELF

SPECIAL HOLLYWOOD ISSUE

FLAT ABS IN 5 MINUTES!

THE BEST QUICK MOVES FOR A LITTLE MIDDLE

ACHY AND EXHAUSTED?
THE ILLNESS EVERY WOMAN RISKS GETTING

KEEP YOUR ROMANCE ALIVE P.166

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HOW THE SMART STARS DO IT (NO STARVING!)

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June 2008

YOUR SUMMER STYLE **ADVENTUROUS**

Pack your bags; it's vacation time! Have a great trip with these tips.



reese WITHERSPOON
In Rome, Witherspoon and Jake Gyllenhaal's megaglasses ward off prying stares and UV rays (which are present even on cloudy days).

TRAVEL LIGHT
Sign of a savvy traveler? Tiny suitcase. Yes, bright T-shirts are vacationy, but black and white are most versatile, says Jen Menchaca, designer of Nation Ltd. (Katherine Heigl is a fan.) Let jewelry add your pizzazz.

anne HATHAWAY
The Get Smart star satisfies her need for speed, jetting through the waters off St. Tropez, France, with boyfriend Raffaello Follieri.

Double-bag it
I bring an empty, foldable Longchamp bag in my suitcase. If you buy presents stop by an antique fair, it leaves you room to indulge.

High eye-Q
Ultra-dark shades mean eyes are ultra-protected, right? Not so, says ophthalmologist Jonathan Stein, M.D. Tint is unrelated to UV blockage. Find a sticker touting 100 percent UV protection.

JET-SETTER SKIN SAVER
Dry, in-flight air can leave skin parched and dull, but don't automatically reach for face lotion once you land. "Exfoliate when you get off the plane," says Kate Somerville, a celeb aesthetician whose clients include Kristen Bell. "Dry skin is actually dead skin cells, so you need to remove them." Now moisturize away!

jennifer ANISTON
Is your vacation long on sights, short on sports? Take a jump rope to tone all over and burn 214 calories in only 20 minutes.

Call to arms
Sure, paddle surfing gives you buff arms, but so can basic yoga moves, says Mandy Ingber, Aniston's yoga instructor. And you can do them in your hotel room! Her arm-specific picks: Sun Salutations to target your triceps and biceps; Warrior II to define your shoulders.



im on tour
I bear the hotel gym? Seeing counts as exercise—so long as you're not, not on a double-decker bus. At MapMyWalk, you can type in a city to maps of strolls of any pace. (In Paris, Alba could've chosen the 2.62-mile Tower walk or 37 others.)

jessica ALBA
Even a sightseeing pace (2 mph) burns 161 calories an hour. And you might go all day!


