

Harper's BAZAAR

Best of
What's
New



JESSICA
BIEL

Get a Better Body

2 Weeks in 1

Holiday just days away? Use these tips to get BIKINI READY fast.

LOSE WEIGHT

Yes, you can eat! Juice detoxes may be a fashionable way to lose weight quickly, but “an intelligent approach to streamlining your diet is just as effective,” says L.A. nutrition expert Jackie Keller, who works with Charlize Theron. “Plus, if you’re eating real food, you can think, exercise, and be around people while dieting.” Key guidelines:

- **Cut out alcohol, soda** (carbonation causes bloating), chemical sweeteners (even those in gum, which may cause gas and cramps), white flour, excess salt, red meat, saturated fat, and processed foods. Limit yourself to one cup of coffee a day.
- **Replace refined carbohydrates** like white bread, white rice, and sugar with whole-grain brown rice, oatmeal, or wheat bread. “Never cut out carbohydrates completely,” explains Keller. “If you don’t have a sustained energy source, your body will burn muscle for energy.”
- **Start drinking green tea** and tossing dandelion greens into your salads. Both are natural diuretics. Broccoli, cabbage, and cauliflower can cause bloating, so nosh on asparagus, cucumbers, and celery instead.
- **Scale back.** Portion size is key to weight loss. Try downsizing your dinnerware. Put the same portion of food onto a smaller plate, and you may feel more satisfied.

FIRM UP

Change your exercise routine often, and increase the intensity, not the duration. “If you always do the same thing, you won’t see big changes,” says Tanya Becker, director of training at Physique 57 in New York.

• **“Incorporate strength training** into your regimen, which boosts your resting metabolism,” says Becker, who suggests finding a trainer or a fitness class that emphasizes muscle building. Three times a week, do Becker’s at-home sculpting exercises:

ARMS With your hands on the seat of a chair, fingers pointing forward, legs straight out, lower yourself a few inches and return to the starting position. Do two sets of 20.

ABS Lie on the floor with a pillow under your lower back and a ball under your feet. Roll the ball toward your seat and back out continuously for 30 seconds. Rest and repeat.

BUTT Sit on the floor with your left leg bent to the right in front of you and your right leg bent to the side, both feet facing right. Lift right leg a few inches off the floor, then push it back two inches and forward two inches for a minute. Reverse position to work the left leg. For demos, visit physique57.com.

BANISH CELLULITE

Cellulite affects more than 80 percent of women and can strike no matter what shape you’re in. It’s caused by fat cells clumping and pushing toward the skin’s surface.

• **For fast results,** head to your dermatologist. “We’ve been using the Accent Your Body laser,” says New York dermatologist Macrene Alexiades-Armenakas. “It boosts collagen, tightening skin and pushing fat back into its proper position.” Three to five painless 30-minute treatments at \$750 each are recommended. Most patients see results after two sessions, spaced one or two weeks apart. Results last about six months.

• **Treatments that boost circulation** or target water retention will temporarily tighten skin. Tracie Martyn (traciemartyn.com), whose Resculpting Facial is a pre-red-carpet staple for Madonna, now has a Resculpting Body Treatment. It uses low electrical currents to stimulate circulation and reduce puffiness, leaving your skin looking taut. Treatments start at \$170, and results last a week.

Caitlin Gaffey

The best last-minute cellulite eraser? Slather on some self-tanner.

