

SPECIAL
DOUBLE ISSUE

People

KATE'S
NEWLYWED
LIFE!

THE PRINCESS DIARIES

In her new role as
duchess and wife,
Kate dazzles the
world with her
real-girl glamour.
Plus the couple
pick a palace!



**MOST
AMAZING
BODIES!**



IDOL'S
Jordin Sparks

**'HOW
I LOST
30 LBS!'**



**GABRIELLE
GIFFORDS**
Her Courage
& Recovery

JUNE 27, 2011
DISPLAY UNTIL JULY 4, 2011

\$4.99US



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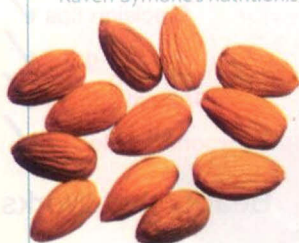
PEOPLE.COM

20 BEACH-READY TIPS

HOW TO LOOK YOUR BEST
IN A SWIMSUIT, FROM TRAINERS,
STYLISTS & NUTRITIONISTS

1 Eat nuts

Raw nuts give you energy and cut cravings. One portion equals 12 almonds, 30 pistachios or 12 walnuts.
—PHILIP GOGLIA, Raven-Symoné's nutritionist



2 No multitasking

Stay off your cell phone at the gym! If you are checking messages, that means you aren't working hard enough.
—NICKY HOENDER, Shedding for the Wedding trainer

3 Moisturize at night

Use **coconut oil** on your body at night. It will help soothe and hydrate the skin if you've stayed in the sun too long.
—ROSE-MARIE SWIFT, makeup artist to Gisele Bündchen



ADARA Organic Coconut Oil, \$12; b-glowing.com

4

STAND UP STRAIGHT!

Confidence is key. Good posture will make you look and feel thinner.

—BETHENNY FRANKEL

5 Treat your feet

Keep your heels crack-free by using the elements on the beach: **Mix sand with your tanning products** and buff your heels. Rinse by putting your feet in the water.
—ELLE, celebrity manicurist to Jennifer Lopez



6 Nix the soda

Be careful of diet soda. Just as refreshing, but so much better for you, is **iced tea**.
—JACKIE KELLER, wellness coach and founder of NutriFit

7 Blot, blot, blot

Blotting papers are great to remove the oils from your face and give you the feel of freshly washed skin during the day.
—RENEE ROULEAU, celeb esthetician who has worked with Jessica Simpson



TATCHA Aburatorigami Blotting Papers, \$12 (for 30 sheets); tatcha.com