

New Trick For Instant Energy!

Women's Health

Summer Special

LEAN & SEXY!

75

15 Minutes,
3 Days A
Week

Ways To Look Hot
On The Beach

- > Fun Workouts
- > Best Bronzers
- > Cute Suits
- > & More!

Fatty Foods
That Slim

Post-Gym
Beauty
Secrets
Calm Skin,
Smooth Hair

FLAT ABS!

X-Men's Olivia Munn
Her Exact Workout

LOSE 5, 10, 15 POUNDS

Should You Get An IUD?

KEEP 'EM OFF FOREVER

June 2016

\$4.99 US/DISPLAY UNTIL JUNE 28, 2016



WomensHealthMag.com

What's the bizarre reason you can't find a foundation match?

- | | |
|--|----------------------------------|
| A
YOUR BLOOD TYPE IS O POSITIVE. | B
YOU'RE AN INTROVERT. |
| C
YOU'RE SLEEP DEPRIVED. | D
YOU'RE NEARSIGHTED. |

ANSWER: **B.** Wacky, but a new study found extroverts were more spot-on than introverts at matching shades. Researchers say introverts tend to second-guess themselves and wind up choosing the wrong hue. To find a perfect match, swipe foundation between your cheek and your jawline in natural light, says makeup artist Michelle Radow. If it's indistinguishable from the rest of your facial skin after you rub it in, that's the one! Or lean on tech: Custom foundation service MatchCo (\$49, getmatch.co) assesses your skin tone via iPhone scans of your wrists, cheeks, and forehead, then blends and ships your unique formula within 48 hours.

POP QUIZ!

WHAT'S THE DIFF?

Freezing vs Injecting a Double Chin

You can't exercise away a waddle. Two new work-arounds tackle the tough spot for noticeable (permanent) results, and neither is as invasive as lipo. Which is right for you?

If you can pinch an inch or more of fat beneath your chin:

CoolMini (\$1,000 per session; two recommended) suctions and freezes fat so that it self-destructs. It can sting slightly (like touching ice) but numbs skin after five minutes.

If you have an isolated pocket of under-chin fat:

Kybella (\$1,500 per visit; four optimal) contains lipid-dissolving deoxycholic acid and is designed to be injected into fat pads too small to fit in a suctioning device. It feels like any other needle.

Source: Rebecca Kazin, M.D., associate director of dermatology at the Washington Institute of Dermatologic Laser Surgery in Chevy Chase, Maryland

YOU SHOULD SHAMPOO BEFORE CONDITIONING



First

Shampoos and conditioners were marketed as a duo as early as 1956, when Suave launched its first lanolin-based cream conditioner. Back then, shampoos were so harsh they needed to be chased by a conditioner. That order became the standard.

Then

In the '80s, hairstylists called for conditioning hair before wetting, then washing and conditioning again, says NYC colorist Joel Warren. The theory: Conditioner is more effective on dry hair, but traditional cleansers strip hair all over again—ergo, the final step.

Now

Hair-care company Tresemmé found that volume seekers, fearing a weighing effect, are skipping conditioner and missing out on moisture. So they've created a solution: Condition first, then cleanse with a formula designed to preserve the benefits of step one.

The Takeaway

Flipping the use of these products is great for fine (not coarse or curly) hair, says cosmetic chemist Ni'Kita Wilson. Choose a 'poo with the smoothing agent dimethiconol, like Tresemmé Beauty-Full Volume Shampoo (\$5, at drugstores), for max volume and silkiness.



BUFF OR BLUFF? THE TRUTH BEHIND THE TRENDS

AERIAL YOGA

BUFF! Hanging from a fabric hammock as you strike Warrior II pose may seem a bit theatrical, but this trend is Cirque du So Lean. (Embrace the cornball jokes, people.) You'll get all the benefits of yoga plus an extra-tough core workout, since being suspended means you have to work even harder to stabilize yourself. "There's also a euphoric effect when you invert, because blood flows freely to the head," says exercise physiologist Jacquie Crockford, who notes that newbies lacking the upper-body strength for handstands on the ground can pull them off in the air. Think you can swing it? Find a boutique studio near you at aerialyoga.com/class-locations.

RESISTANCE BANDS SHORE UP YOUR BRAIN, TOO.

Muscle Memory

Don't "forget" to strength train: Just 20 minutes of resistance exercise (at any intensity) can boost your long-term memory by as much as 10 percent, according to a recent study published in the journal *Acta Psychologica*. (Yes, even one session counts!) Researchers give props to norepinephrine, a hormone released during exercise that plays a major role in recollection.

SWEAT OUT A SPLURGE

Unhealthy meals happen, but a little well-timed exercise can minimize the damage.

<p>▶ When you and that double-chocolate brownie are locked in a staring contest...</p>	<p>Go for a brisk 15-minute walk. Research shows that speeding up your steps can calm even the most raging stress-induced cravings.</p>
<p>▶ When you already know you're going to face-plant into that nachos platter with your chicas tonight...</p>	<p>Just eight minutes of high-intensity exercise (like running sprints) an hour or more before eating reduces the artery-clogging effects of a fatty meal. Researchers believe the spike in heart rate and blood pressure "trains" the vessels to work more efficiently. <i>Excelente!</i></p>
<p>▶ When you've successfully eaten your way to a (not cute) food baby...</p>	<p>Scheduling a moderate workout (like cycling) an hour post-gorge can prevent a rise in levels of triglycerides (a type of fat). Low triglycerides = a lower risk for heart disease.</p>

Not-So-Basic Tees

Another reason to retire that ratty Green Day '05 tour shirt: In a recent study, women who wore cotton during an agility test logged slower finish times than when they rocked polyester moisture-wicking tops. Researchers chalk up the edge to the comfort and lighter weight of sweat-wicking shirts. (We like Under Armour Women's UA Tech V-Neck top, at right, \$25, ua.com.) But wash your tee the same night as your workout. One bummer about some synthetic gear: It can breed more stank bacteria.



CLOCKWISE FROM TOP RIGHT: ANDY ROBERTS/GETTY IMAGES; COURTESY OF UNDER ARMOUR; BACHEL NEVILLE/POSED BY GIANNA CARDI/ANTIGRAVITY FITNESS/ANTIGRAVITY YOGA