

Beauty Watch

GET MORE
STAR BEAUTY
EVERY DAY!
People.com

"I don't care who you are—the last thing any girl wants to do is get into a bikini. But there are ways to prepare yourself to feel your best."

—BROOKLYN DECKER

BARE SKIN AT ITS BEST

Your torso-to-toe guide to beautiful bikini-ready skin

Lasers, razors, exfoliators, oh my! The road to ravishing skin is packed with smoothers and protectors, such as sunscreen with zinc oxide. "There's nothing it won't block," says dermatologist Amy Wechsler. Read on for more skintillating tips.

BODY LOVE

- **EXFOLIATE** Body scrubs made with pearl-like beads won't tear skin, the way nut or sugar scrubs can. "Unless it feels soft on your hands, you don't want it on your body," says Kate Somerville aesthetician Mary Saulnier.
- **SMOOTH** Hair inhibitors with the plant extract Capi-slow can slow hair growth between waxing, shaving or laser hair-removal treatments, says Completely Bare owner Cindy Barshop.
- **POLISH** "A foot file and heavy cream are key," says manicurist Patricia Yankee. "And NailTek helps keep polish on longer."



COMPLETELY BARE ▶ Completely Smooth for Body hair-growth inhibitor, \$42; completelybare.com

◀ **KATE SOMERVILLE** ExfoliKate Body, \$65; katesomerville.com



▲ **CND** Callus Smoother, \$17.95; nailtechsupply.com

◀ **NAILTEK** Foundation III, \$10.95; nailtek.com



▲ **INVISIBLE ZINC** Face and body sunscreen SPF 30+, \$16.76 (plus shipping); invisiblezinc.com