

CELLULITE?

BEAUTY HERO

NIXES DIMPLES: *A fascia massage*

Up to 9 in 10 of us struggle with orange-peel skin that results when fatty deposits and trapped fluids push up against weakened connective tissue called *fascia*.

What can help? A fascia massager. This tool features multiple prongs designed to deliver a deep massage that stimulates the flow of the lymph fluid to speed the removal of excess fluids, plus break up fatty deposits for smoother-looking skin, says Simpson. And with regular use, the massage strengthens fascia to keep skin dimple-free.

To do: Apply coconut oil (it allows for a deeper massage and its fatty acids nourish skin), then vigorously rub the area with a massager (like the FasciaBlaster Mini 2, \$65, FasciaBlaster.com) for 5 minutes.

FASHION FIX

COVERS JIGGLES: *A hip-hugging sarong*

A shortie wrap that measures 21" x 48" is perfect for skimming over the butt, hips and backs of thighs—the areas cellulite inhabits most, says stylist Jacqui Stafford. For the most flattering result, tie the sarong low over one hip. "This creates a diagonal line that optically elongates the torso and gives the illusion of longer, leaner legs."

FIRST pick: Sassy Sarongs No Show Sarong in Tiger Lilly, \$32, SassySarongs.com

Padma Lakshmi

Secret to healthy summer hair: Tea

Potent compounds in herbal teas can reverse sun-related strand damage. Just steep 3 bags of the tea that targets your hair woe (all available from Alvita Herbal Teas, \$6, Vitacost.com) in 2 cups of boiling water. Let cool, pour onto damp hair and rinse after 10 minutes for beautiful locks!

Restore luster with chamomile

UV rays can break down hair's pigments, resulting in faded color and dull locks. The fix? An iced chamomile rinse. The tea's *apigenin* sharpens color while the cold seals hair's cuticles so strands reflect light for added shine.



Strengthen hair with green tea

Dry, brittle locks, whether from chlorine or the sun's heat, leave strands vulnerable to split ends and breakage. Green tea can help! Its vitamins E and C moisturize and strengthen strands so they're less prone to tearing. Bonus: Its antifungal properties fight dandruff-causing fungus.



Boost volume with peppermint

Humidity can lead to flat, lifeless locks that put a spotlight on thinning. To the rescue: peppermint. Its menthol increases blood flow to follicles, promoting growth while "propping" strands off the scalp for fuller-looking tresses.

