



WAYS TO LOOK HOTTER NAKED

You're already sexy AF in the buff. But who doesn't want some extra ego-boosting magic, *amirite?* It's time to send your bare-body confidence through the roof.

BY LONI VENTI

SAMI DRASIN/TRUNK ARCHIVE (3), STILLS: JEFFREY WESTBROOK/STUDIO D. SEE PAGE 178 FOR SHOPPING INFORMATION.

Look More Toned

ALL IN ONE PLACE: THE BEST BODY-SLIMMING PRODUCTS AND MUSCLE-DEFINING TRICKS—LIKE THE GYM...ONLY LAZIER.



1. FLOAT TO DEBLOAT

There's a reason salt baths work wonders for puffy feet: They pull toxins out of cells. For the same results from the neck down, toss bath salts in a tub and soak for 15 minutes.

MALIE ORGANICS *Therapeutic Bath Soak*, \$45



2. BRUSH WITH GREATNESS

Body brushing is key to reducing cellulite. (The increased circulation nixes fluids, which make bumps worse.)

With a natural fiber brush, make sweeping motions toward your heart.

EARTH THERAPEUTICS *Body Brush*, \$10



3. SCORE FAB ABS

Packed with caffeine (the best firmer out there, according to derms), this tummy-toning gel instantly tightens by shrinking the fat cells over time (seriously).

BLISS *Fat Girl Six Pack*, \$38

4. TAKE A SEAT

Who wouldn't want to fight cellulite... from your couch? Our newest obsession, SweetCheeks, \$160, is a mat with a textured surface that, similar to the effect of acupressure, massages and increases circulation, temporarily minimizing lumps and bumps. Sit on it for half an hour, then factor in another half an hour for the imprint (and cellulite) to fade.

THE QUICKIE WORKOUT

This five-minute routine can add extra definition without turning you into a sweaty mess. Celeb trainer (and author of *Ultimate Family Wellness*) David Kirsch recommends:

5. AB MAGIC This one is simple: Hold a high plank for one minute, wrists under shoulders and body aligned from head to heels.

6. THIGH AND BOOTY SHAPER Stand with feet shoulder-width apart, toes turned out. Lift heels, and lower into a squat.

Straighten legs, then lower heels. Repeat 8 to 10 times.

7. GUN SHOW Sit on the floor with legs hip-width apart (knees bent, feet flat) and hands behind you (fingers toward you). Lift hips to tabletop, swinging your butt through arms until legs straighten. Do 8 to 10.

8. GET BUZZED

Spas are now offering bod-tightening micro-current treatments. Conductor pads connect your butt, legs, or belly to low-level electricity, which contracts muscles. An hour-long treatment works your muscles like 300 perfect squats or sit-ups.

SOURCE: SHAMARA BONDAROFF, FOUNDER OF SB SKIN IN NYC

9. SIP SMART

SKIP BUBBLY BEVS LIKE SELTZER, CHAMPAGNE, AND BEER FOR A DAY—THE CARBONATION GETS TRAPPED IN YOUR BELLY. WINE OR FLAT, MIXED DRINKS ARE ALL GOOD.

SOURCE: AMANDA FOTI, NUTRITIONIST FOR SELVERA, A WEIGHT MANAGEMENT SYSTEM