

# COSMOPOLITAN

## 12 SHOCKING SEX FACTS

Jaw-Dropping Bedroom Discoveries  
and What They Mean for You

Special Touches That  
Bring You Two Closer

**Fab Abs in  
14 Days**  
(AND: Detox Diet Tips)

Things Smart  
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Tell (see p. 138)

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## Cellulite News

According to our poll, nearly 30 percent of you said cellulite is your biggest body bummer.

**News flash:** Contrary to popular belief, cellulite is not a weight thing. It's now believed to be caused by a breakdown of your skin's connective tissue, says New York City cosmetic surgeon Fran Cook-Bolden, director of the Skin Specialty Group. "That tissue is like a honeycomb that holds all of your fat cells in place," she says. "Over time, the bands become inflamed, resulting in visible bulges."

### Consider Professional Help

The most effective nonsurgical procedure is Tri Active. This laser treatment aims to smooth out the skin by using a combo of heat and suction massage to reduce the fluid that surrounds the fat cells while loosening damaged connective tissue, according to Mitchel Goldman, MD, medical director of Dermatology/Cosmetic Laser Associates in La Jolla, California. The downside: It costs about \$100 a session and you need to go twice a week for six weeks.

### Eat Right

The jury is still out on whether a healthy diet can help improve cellulite, but some doctors believe that it can. Certain foods like soy, spinach, tomatoes, and salmon can help strengthen skin and repair connective tissue, claims Howard Murad, MD, author of *The Cellulite Solution*.

### Try an Improved Cellulite Cream

This latest crop of creams combines caffeine (to give skin a firmer appearance), ginkgo (to boost circulation), and retinol (to thicken skin). And while these potions can't repair the real problem, they can temporarily help the superficial appearance of cellulite, says New York City plastic surgeon Shirley Madhere. Our top picks: L'Oréal Sublime Slim Day and Night Gel, \$14 each; Lancôme Body Sculptesse, \$52; and Dior Bikini Body-Firmer Spray, \$54.

## Get Gorgeous Gams

The body part 22 percent of you said was a source of anxiety: your legs. Try these strategies to give them a leaner look.

**1** Apply self-tanner all over and let dry, says spa director Regina Viotto, Paul Labrecque Salon and Spa in NYC.

**2** Smooth a little extra self-tanner onto the inner and outer areas of your thighs.



Fashion director: Michelle McCool. Hair: Laura de Leon for Price Inc. Makeup: Tracy Crystal for www.artistsbytimothypriano.com.

## Tight-Tummy Tips

More than half of you told us you're most concerned about your stomach. So we sleuthed out the latest info on scoring a buff-looking midsection.

### Go for a Quickie

If your abs are already a bit toned, then powering out a 5-minute sit-up regimen before you hit the beach may temporarily make them look more defined, says Robyn Stuhr, an exercise physiologist at the Saint Francis Center for Sports Medicine in San Francisco. "This is a trick bodybuilders use before a competition."

### Suck It In, Baby

A supersimple yet totally effective move: Stand up straight and pull your belly button in toward your spine. "This will engage your core muscles and give you the appearance of a flatter stomach since the fat there won't roll over your bikini bottom," says Stuhr.

## Fake Fab Abs

Here's an inside secret: Lots of celebs rely on professionally applied body makeup to score smokin' abs for a photo shoot or film. You certainly aren't going to head for the pool with layers of foundation on your stomach, but you can contour your tummy easily with self-tanner. Here's how:



**1** First, self-tan your entire body, since just having a tan can make you look slimmer, says Cindy Barshop, owner of Completely Bare in New York City. Dry thoroughly.

**Key tip:** This takes practice, so do a test run before you hit the beach. The new spray self-tanners are easiest to use. Try Sally Hansen Airbrush Sun, \$10.

**2** Next, apply a little extra self-tanner to your sides in a very subtle half moon shape. It will make your waist look smaller because, like dark clothes, dark skin can minimize your size.

Guys are not zeroing in on body as you are. Most likely