HARPER'S BAZAAR Magazine

May 2012

BEST-RESULTS WORKOUT

Contrary to what you may be thinking, spending the next five days jogging endless miles or logging hours at Spinning classes will not yield maximum results. "If you're cardio-crazy, you end up burning muscle," says Joey Gonzalez, a celebrity trainer and COO of Barry's Bootcamp, a group-fitness chain that has a cult following. "If you have one hour a day, it makes more sense to do both cardio and strength training because you'll build lean muscle, which will raise your resting metabolic rate." That means you'll burn more fat. This cardio/strength-training combo, not coincidentally, forms the basis for Barry's Bootcamp classes, which operate on a five-day cycle. Each class is one hour, combining interval cardiovascular treadmill routines with strength training that focuses on different major muscle groups each day and uses "bars, bands, and free weights," Gonzalez says. The grueling pace is balanced by a high-energy atmosphere, including nightclub lighting ("Red light makes you look so much better," he adds. "It's very motivating.") For best results, go to class five days in a row or follow the *5 Day Academy* DVD set ($39.95; go to barrysbootcamp.com to order and for class locations). "This is the opposite of the easy way out. But you'll start to see and feel a difference after a few classes."

ONETIME, SURGERY-FREE LIPO

So you're working out and eating carefully but have that one spot (belly pouch, anyone?) that won't go away. Consider i-Lipo, a new painless laser treatment that claims to spot-reduce fat through a process called photobiomodulation. "The concept is to mimic the effect that exercise has on the body," says Mitchell Chasin, a cosmetic laser surgeon and medical director of Reflections Center for Skin & Body in New Jersey. How it works: When we exercise, we need extra energy, so our body responds by releasing stored fat to be used as fuel. The i-Lipo laser provokes this release process, creating a chemical signal in fat cells that breaks down triglycerides into free fatty acids and glycerol, which then escape right through the cell membranes. "The fatty acids enter the bloodstream and are metabolized by the body and excreted. A vacuum massage follows, which promotes collagen growth and makes skin smoother," Chasin explains. Exercise is recommended to help metabolize the fat. "We suggest eight treatments twice a week for four weeks," he says, but results are often seen after one treatment. "In eight treatments, studies showed 4.2 centimeters off the abdomen and 1.5 off the thighs. That's about one to two dress sizes." "But this is not a panacea," he warns. "It's an adjunct to a good lifestyle." Cost: $350 to $650 per treatment.

DYNAMITE INSTA-THIN TAN

The day before you've got to reveal your newly firm and lean bod, get thee to a professional airbrush tanner, who in 30 minutes can sculpt your body with the right shading, blending, and contouring. Anna Stankiewicz, New York's queen of the airbrush, says, "Going darker will not only slim you, it will help hide cellulite, varicose veins, and stretch marks instantly." For the best (and most natural) results, "you need to go darker, but within two to three shades of your normal skin tone." Your airbrush-tan technician can adjust the tint in the machine to work best for your skin, as opposed to just going as dark as possible, "which is a mistake a lot of people make and just looks fake." For the areas you're concerned about, she suggests telling your tanner to go over them three times. "Usually the butt, upper arms, thighs, and stomach." An airbrush tan typically lasts five to seven days, "but if you're going in the pool or ocean, it will be a little less," says Stankiewicz, who is also a co-owner of Suvara (suvaraworld.com), which makes a coveted airbrush-tanning formula renowned for being 100 percent natural. "It does not dry your skin out, like a lot of other products, and it contains vitamins A to F to firm skin, as well as moisturizing hyaluronic acid."

YOUR NEW LUNCHTIME LIFT

There was a time when, if you heard the words "body-sculpting treatment," you immediately thought, Someone's laughing all the way to the bank. But not anymore. New York facialist Tracie Martyn says she has found a fix that works. Martyn, who boasts an A-list clientele (Madonna, Lara Stone, Tory Burch), has created the Resculpting Body Treatment (from $200), which uses her famed Resculptor machine. Emitting a mild current through the skin, the device temporarily tightens and tones. This translates to "cellulite that looks less obvious and a backside, thighs, and tummy that appear smoothed and lifted," she says. Even the near-perfect Kate Upton, the star of *Sports Illustrated*'s latest swimsuit issue, is a fan. Martyn recommends 15 minutes on her Ruby Ray light-therapy bed ($150) beforehand, which she says softens and firms skin and diminishes lines. Can't make it to the spa? Devoted client Kate Winslet swears by the facialist's Shakti Body Resculpting Cream ($155; traciemartyn.com). ■

FIVE-DAY BODY MAKEOVER

Don't panic if you've got less than a week to get

T-MELTING DIET

any of us start skipping meals
e minute bikini countdown be-
ns. This is incredibly counter-
oductive, says Cynthia Pasquella,
sought-after nutritionist in Los
ngeles whose clients include Char-
ndra Bullock. "Your body will go
de and hold on to everything you
makes it hard to lose weight, she
t to be eating whole foods regu-
exclusive diet for *Bazaar* works.
say you could lose five pounds in
S TO ELIMINATE: Sugar, fried
, fast foods, baked goods, cheese,
ch meats, and packaged foods.
ELIMINATE: Alcohol, soda, fruit
g caffeinated. ("Caffeine stimulates
ich produces cortisol, which turns
HAT TO DRINK EVERY DAY:
es of water, two cups detox tea
oCal Cleanse Organic Detox Tea,
com), and unlimited decaffeinated
T TO EAT: Mix and match the op-
ch meal.

ons: • Strawberry and banana qui-
oked quinoa with four strawberries
.) • Berry Clean Detox Smoothie
oCal Cleanse Organic Protein +
$48], 1 cup organic almond milk,
s, and ¼ cup strawberries.) **Lunch**
d turkey or veggie burger wrapped
Dijon mustard and a large garden
rrots, cherry tomatoes, cucumbers,
vegetable soup and 1 cup garlic-sautéed zucchini and
carrots. **Postworkout snack options:** • 1 small apple
and 3 oz. coconut-milk yogurt • 1 banana, sliced and
topped with 1 tbsp. almond butter • 1 small handful
almonds and ¼ cup dried apricots **Dinner options:**
• 1 roasted sweet potato and 4 oz. rosemary grilled
salmon (Combine ½ tsp. olive oil, ½ tsp. lemon juice
salt and pepper, ½ minced garlic clove, and ½ tsp
rosemary, and brush over salmon before grilling.
• Lentil and quinoa salad (Mix ½ cup cooked lenti
with ½ cup cooked quinoa. Sauté ¼ cup choppe
onions, ¼ garlic clove, with 1 tbsp. soy sauce; add
lentils and quinoa. Serve on arugula with ¼ cup w
nuts and ¼ cup cranberries.) "You should never
hungry on this diet," emphasizes Pasquella. "Mu
¼ avocado, and ½ tbsp. balsamic vinegar) • 1 cup lentil