

New Trick For Instant Energy!

# Women's Health

Summer Special

## LEAN & SEXY!

# 75

15 Minutes,  
3 Days A  
Week

Ways To Look Hot  
On The Beach

- > Fun Workouts
- > Best Bronzers
- > Cute Suits
- > & More!

Fatty Foods  
That Slim

**Post-Gym  
Beauty  
Secrets**  
Calm Skin,  
Smooth Hair

## FLAT ABS!

X-Men's Olivia Munn  
Her Exact Workout

# LOSE 5, 10, 15 POUNDS

Should You  
Get An IUD?

KEEP 'EM OFF FOREVER

June 2016

\$4.99 US/DISPLAY UNTIL JUNE 28, 2016



WomensHealthMag.com

## What's the bizarre reason you can't find a foundation match?

- |                                            |                                  |
|--------------------------------------------|----------------------------------|
| <b>A</b><br>YOUR BLOOD TYPE IS O POSITIVE. | <b>B</b><br>YOU'RE AN INTROVERT. |
| <b>C</b><br>YOU'RE SLEEP DEPRIVED.         | <b>D</b><br>YOU'RE NEARSIGHTED.  |

ANSWER: **B.** Wacky, but a new study found extroverts were more spot-on than introverts at matching shades. Researchers say introverts tend to second-guess themselves and wind up choosing the wrong hue. To find a perfect match, swipe foundation between your cheek and your jawline in natural light, says makeup artist Michelle Radow. If it's indistinguishable from the rest of your facial skin after you rub it in, that's the one! Or lean on tech: Custom foundation service MatchCo (\$49, [getmatch.co](http://getmatch.co)) assesses your skin tone via iPhone scans of your wrists, cheeks, and forehead, then blends and ships your unique formula within 48 hours.

POP QUIZ!

WHAT'S THE DIFF?

## Freezing vs Injecting a Double Chin

You can't exercise away a waddle. Two new work-arounds tackle the tough spot for noticeable (permanent) results, and neither is as invasive as lipo. Which is right for you?

If you can pinch an inch or more of fat beneath your chin:

CoolMini (\$1,000 per session; two recommended) suctions and freezes fat so that it self-destructs. It can sting slightly (like touching ice) but numbs skin after five minutes.

If you have an isolated pocket of under-chin fat:

Kybella (\$1,500 per visit; four optimal) contains lipid-dissolving deoxycholic acid and is designed to be injected into fat pads too small to fit in a suctioning device. It feels like any other needle.

Source: Rebecca Kazin, M.D., associate director of dermatology at the Washington Institute of Dermatologic Laser Surgery in Chevy Chase, Maryland

## YOU SHOULD SHAMPOO BEFORE CONDITIONING



### First

Shampoos and conditioners were marketed as a duo as early as 1956, when Suave launched its first lanolin-based cream conditioner. Back then, shampoos were so harsh they needed to be chased by a conditioner. That order became the standard.

### Then

In the '80s, hairstylists called for conditioning hair before wetting, then washing and conditioning again, says NYC colorist Joel Warren. The theory: Conditioner is more effective on dry hair, but traditional cleansers strip hair all over again—ergo, the final step.

### Now

Hair-care company Tresemmé found that volume seekers, fearing a weighing effect, are skipping conditioner and missing out on moisture. So they've created a solution: Condition first, then cleanse with a formula designed to preserve the benefits of step one.

### The Takeaway

Flipping the use of these products is great for fine (not coarse or curly) hair, says cosmetic chemist Ni'Kita Wilson. Choose a 'poo with the smoothing agent dimethiconol, like Tresemmé Beauty-Full Volume Shampoo (\$5, at drugstores), for max volume and silkiness.