

COSMOPOLITAN

TAKE THIS TO THE BEACH

JULY 2007

His BODY

(A USER'S MANUAL)

The Touch, the Tickle, the Pinch—We Guarantee They'll Tantalize Him

The Cosmo Way to Meet a Man
30 Genius Opening Lines

What's Sexy Now

Try It. Taste It. Grab It. Ride It.

SEDUCTIVE SUMMER BEAUTY

Eyes+Lips+Nails



Reese Witherspoon
What She's Never Revealed...Until Now

FEEL SEXIER NAKED

Bashful in the Buff? 4 Steps to Total Body Confidence

Don't Bend Over Backward for Him!

The Shocking Secret of Women Whose Boyfriends Are Beyond Hooked

7 Ways to Outsmart a Rapist

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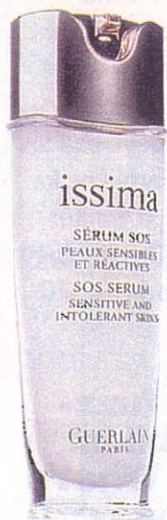
BEAUTY BUZZ

WIN IT! A.M. ENERGIZERS

Just like singing disco hits in the shower gets you going, Helena Rubinstein's Art of Spa Energizing Power line makes the morning routine invigorating and fun. Our faves: a heavenly scented Sweet Sugar Body Scrub (we hear the celebs who primped with it pre-Oscars called it practically edible!), Wake Up Body Lotion, and Booster Fragrant Mist. The tangy citrus scent will wake you right up, while potent moisturizers leave skin smoother than a Barry White melody. To stake your claim to one of 15 sets (worth \$110), see page 247.



summer skin soothers



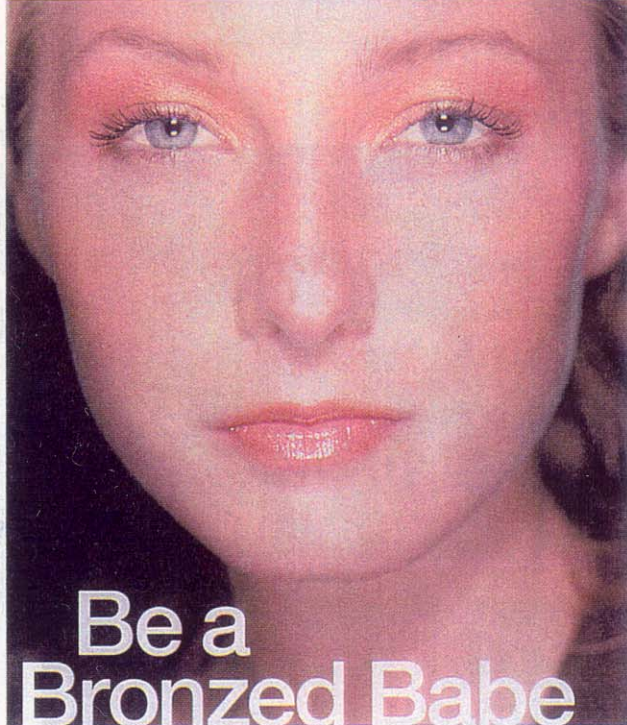
As you know all too well (especially if you're a fair-skinned sista), high temperatures and hellish humidity can show up all over your face as blotchy patches or redness. To beat these heat-induced complexion crises, treat your tender skin with products containing aloe, milk protein, or lily extract—all known for calming schizo skin. One fast-acting treatment: Guerlain Issima SOS Serum, \$75. For your A.M. and P.M. routines, David J. Goldberg, an NYC dermatologist, recommends making a summer switch to lightweight toners and cleansers with the same gentle ingredients to keep your skin in check. A good pick: Almay Milk Plus Foaming Facial Gel 2-in-1 Cleanser and Toner, \$6.95.

PRO SCOOP: NIX SHINE, BOOST GLOW

If you need to tone down a greasy complexion, try this insider strategy for cutting sheen without sacrificing radiance: Dust translucent loose powder on your T-zone (forehead, nose, and chin), but leave your cheeks and temples bare. "This will mat the oil-overloaded areas while letting the natural oils on the edges of your face reflect light and create a gorgeous dewiness," says NYC makeup artist Leslie Lopez, who's primped stars like Debra Messing and Jennifer Love Hewitt.



Look fresh-faced minus greasies.



Be a Bronzed Babe

Gilded shades are this season's sultriest makeup hues, but be careful how you pick 'em. "Use the right bronze and you'll look sunkissed, but the wrong one can make you look dirty," says NYC makeup pro Nick Barose. Here, a cheat-sheet for nabbing just the right Maui makeup effect for your skin tone.

	PALE SKIN	OLIVE SKIN	DARK SKIN
LOWDOWN	Go for golden hues laced with peach or pink to create a subtly sun-kissed complexion.	Bronze colors with orange undertones will make your naturally tan-looking skin glow.	Shimmering copper, rust, or golden-red shades will create knockout radiance.
EYE	 Estée Lauder Go Wink Eyeshadow in Suntan, \$15	 Guerlain Divinora shadow in Cuivre Pepite, \$21	 Elizabeth Arden Eyeshadow in Earthshine, \$10
LIP	 Chanel Glossimer in Volage, \$23.50	 Clarins Gloss Impression Levres in Golden Light, \$16	 Olay Color Moist Lipstick in Bronze Reflection, \$8.95
CHEEK	 Maybelline Express Highlighter in Summer Glow, \$9	 Benefit Hoola bronzing powder, \$26	 Calvin Klein Sheer Gift in Bronze, \$14