Lose 10 lbs fast! No diets, no hunger.

Just a mole... or cancer?

Turn on your skinny gene.

#1 secret to gorgeous skin.

Natural cure for cramps.

GET A FLAT BELLY while you sleep.

Stressed? 33 great new ways to relax.

LUMPY BREASTS
What’s normal, what’s NOT.
Pack these in your beach bag!

Protect yourself from the elements with these summertime essentials.

1. **A wide-brimmed hat:** The Marsella in Bora Bora Mix by Helen Kaminski ($235; www.hats.com) is made of raffia and trimmed with wire, so you can create the shape that best suits—and shades—you.

2. **Spray-on sunblock:** Quickly hit every hard-to-reach spot with Banana Boat Quik Dri Sport Body & Scalp Broad Spectrum Sunblock ($8.99; drugstores).

3. **Après-sun stuff:** Soothe and rejuvenate summer skin with The Body Shop Aloe Soothing Moisture Lotion SPF 15 ($16; www.thebodyshop.com).

4. **Glare-proof shades:** Invest in good sunglasses like Oakley Script ($150; www.lenscrafters.com), which are available in prescription strength, to shield your delicate eye area and prevent squinting, which causes wrinkles.

5. **Natural lip saver:** The 100 percent-natural Burt’s Bees Res-Q Lip Balm SPF 15 ($3.99; www.burtsbees.com) uses the mineral titanium dioxide (a physical sunscreen) to deflect bad-news UVA and UVB rays.

Save Your Skin
Get our tips for summer-safe skin at Health.com/summerskin.