

You—even more



Mariah Carey, 39

Let self-tanner add definition

Reveal a dazzling décolleté



Drew Barrymore, 33

The words of wisdom that skin-care specialist Sonya Dakar imparts to clients like Drew Barrymore: "Give your body the kind of attention you do your face." The most overlooked spots? The neck and chest. "The décolleté is first to show signs of aging," Dakar says. To make it lovely, Beverly Hills dermatologist Harold A. Lancer, M.D., says it's vital to exfoliate and use an ester-C moisturizer and sunscreen daily. Try: Jäsön Ester-C Crème Anti-Aging Moisturizer (\$10 for 2 oz., at VitaminShoppe.com).



Lose belly bloat and bulge...not boobs



Mary J. Blige, 37

Yams are a golden addition to a weight-loss plan, says Matt Mahowald, who helps Mary J. Blige maintain her shape. They have a super-high fiber content and a low glycemic index, so they don't cause craving-inducing blood sugar swings. Yams are also rich in potassium, a mineral that flushes excess sodium, helping women shed up to 10 pounds of water weight. That means you lose your belly, not your boobs! For a fast fix, try a jar of baby-food yams (like Earth's Best Organic Baby Food, 60 cents for 2.5 oz., at Whole Foods Market stores).



GET AN INSTANT HOURGLASS

You can get gorgeous curves without sweat or struggle, promises Jennifer Phillips, owner of Portofino Sun Center & Spa in Beverly Hills, who has used self-tanner to contour the bodies of Hollywood beauties Mariah Carey and Paris Hilton. "Anything you darken appears smaller," she asserts, adding that self-tanner can also perk up a saggy butt, trim thick thighs and create cleavage. But the easiest area to transform, she says, is the belly.

To do: Phillips advises shading the

sides of your body with a coat of self-tanner that's about four shades darker than your skin to "narrow" your body. Then apply a lighter shade all over. For the most natural color, Phillips recommends mixing St. Tropez Whipped Bronze Mousse (\$27 for 4 oz., at StTropesTan.com), which has a deep brown hue, with gold-spiked California Tan Tinted Self Tanner Foam (\$25 for 5 oz., at CaliforniaTan.com).

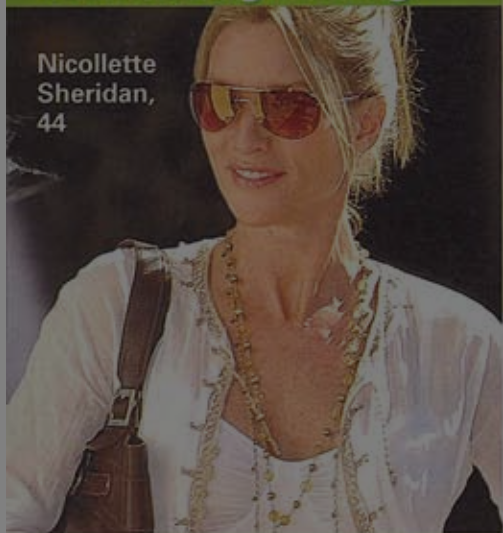


Photos, from left: LDP Images; Alec Michael/Globe Photos; Tana Lee Alves/WireImage; Axelle/Sauer-Griffin; John Parra/WireImage; John Shearer/WireImage. Stills, clockwise from top right: FoodPix/Ujpter Images; HBB (4).

body beautiful!

Look 10 lbs slimmer with the right bling

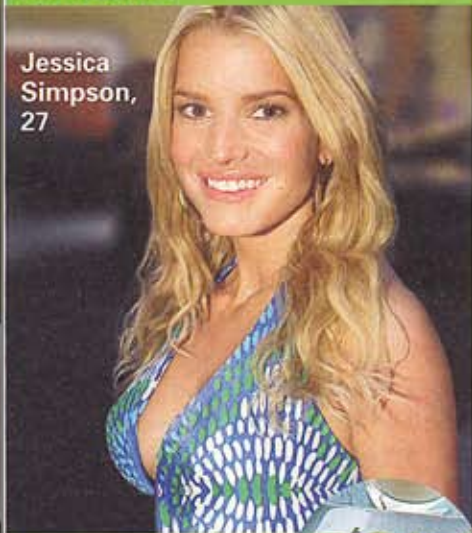
Nicollette Sheridan, 44



Slipping on a long necklace or two is the simplest way to make the midsection look trimmer, maintains jewelry and style expert Michael O'Connor, who has worked his magic on Nicollette Sheridan. "Something that is layered to the waist or longer elongates the body," he explains. "Situate it so it's vertical rather than spread out." Bonus: Some long necklaces can serve double duty as delicate stacked bracelets, which offer the same visually slimming benefit for the arms, O'Connor says. "The ideal look is to wrap the necklace around your wrist three or four times."

Unleash your true radiance

Jessica Simpson, 27



Just 4 oz. of soy a day can keep the dermatologist away! That's the word from Dr. Lancer, who cares for the skin of Jessica Simpson. "Soy has an estrogen-boosting effect," Dr. Lancer says. "Estrogen binds to fat cells, giving skin 'cushioning' that makes it plumper and more elastic." Get your fix from an edamame snack, a cup of soy yogurt or soy milk. For bonus pound paring, add dark leafy greens to your diet to help flush fat-trapping, bloat-inducing toxins.



The vitamin that speeds metabolism

Ali Larter, 32



SEND YOUR METABOLISM SOARING

You know about the hair and nail benefits of taking prenatal vitamins, but Harold A. Lancer, M.D., Ali Larter's dermatologist, reports that the folic acid in these pills can also turbocharge your metabolic rate. Nutritionist Matt Mahowald agrees: "Taking 800 mcg to 1,200 mcg of folic acid daily increases the body's ability to absorb nutrients that help flatten the stomach." A prenatal multivitamin to try: Nature's Plus Ultra Prenatal Supplement (\$27 for 180 tablets, at eVitamins.com). And to

really speed slimming, Mahowald recommends also taking 2 tsp. of the amino acid *L-glutamine* (1 tsp. in the morning and another at night), which helps repair the mucosal barrier in the intestines so the body is better able to absorb the nutrients in the prenatal supplement. One to try: BodyTech L-Glutamine Powder (\$6 for 4 oz., at VitaminShopper.com or call 866-293-3367).