

FamilyCircle

Walk Off More Weight

All New 3-Step Plan

Medication
Mistakes That
Could Make
You Sick

Great
Grilling!
All-Time
Favorite Recipes

30 Summer Decorating Ideas

Free Year-Round Gardening Booklet

The Diet Quiz That Helps You Lose



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Get Glowing
Warm Weather Beauty Secrets



Dare to be bare shouldered and beautiful.

Show off your shoulders—and add a little **glitter** to lustrous locks with an accessory you buy at the fabric shop. Pull hair into a neat ponytail with covered elastic, then wrap around metallic **decorative trim**, tucking end in on the underside. Keep your back flawless with this **exfoliating scrub** from Susan Cinelli, owner of the day spa at Bergdorf Goodman in New York. Mix 1 cup each sea salt and olive oil. Massage on in circular motion. Rinse. Baking Soda, Hobbs.



Get both safety and a beauty boost with a **glistening sunblock** like Coppertone Kids Glitter Sunblock Lotion SPF 30. For **day or night**, scrub moisturizers such as Nivea Body Silky Shimmer Lotion with **light-reflecting pigments**. Or splash on a radiance-enhancing scent like Shiseido Energizing Fragrance Sparkling Body Gel. Baking Soda, Newport News, Waco, for Betty.