

Makeover InStyle

Get Your
Best Haircut

Makeup How-to:
Tricks the Pros Use

Fashion Updates
at Every Price

Find Your
New Look!

325

easy ways to make a change

BODY

get it straight

"Correct posture elongates your spine, making you look taller and leaner," says Pilates instructor Kerri Palmer Gosen, who trains Sharon Stone. Take a deep breath, exhale and draw the abdominal muscles in, letting the shoulders go down and back. Then pull in all the muscles around your core. "This helps you stand with grace and coordination," Gosen says.

body building

Doing some intense arm exercises can make your arm muscles look more defined instantly," says Robbi Shveyd, fitness consultant and owner of Advanced Wellness in San Francisco. An hour before having youriceps, do one set of 15-20 push-ups military style if you can, modified on bent knees if you're new at it) and a set of 15-20

bicep curls at a challenging weight from five to 10 pounds.

high on fiber

Modifying your diet: the need to look fab makes a suggests cutting out all wheat, creamy sauces) and fibrous fruits and veggies,

don't be a flake

Makeup artist Melanie Hughes, whose clients include Kate Capshaw, has a tried-and-true remedy for dry skin. She sends celebrities home with a jar of (3) Origins Salt Rub (\$15) and tells them to apply it with a soft washcloth in the shower. She follows up with some (1) Origins Ginger Soufflé Whipped body cream (\$15; both at 800-674-4469) on the set the next day. "It smells divine, it's super-moisturizing, and it gives skin a glow," she says.

take a dip

Celebrity spa guru Susan Ciminelli claims that bathing in water enriched with seaweed can reduce the water in fat cells, making you look temporarily slimmer.

"Naomi Campbell swears by my (3) Algae fine powder before runway shows," Ciminelli says (\$95; 888-332-9772). ■

décolleage—and for ultra-slimming effects, she applies a stripe down the center of the leg.

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Sharon Stone



Kate Capshaw



Naomi Campbell