

# Get THE PERFECT beach body

Just bought a new bikini or finished dusting off the old one? We give you seven easy steps to get your body beach ready in no time.

## Beach Body



### 1. SCRUB, SCRUB, SCRUB

Prep dry skin and improve circulation with a scrub massage. Massage gently from the ankle up to the waist so your lymphatic drainage system works harder. If you do this 1-2 times a week in the shower, it will leave your skin smooth and glowing, resulting in a more even and longer lasting tan in the summertime.

**BLISS LEMON + SAGE BODY SCRUB** 340 G, 284 DKK  
Exclusively sold at Sephora, H.L.U.M



### 2. FIGHT THOSE CELLULITES

Most women experience cellulite at some point in their lives. Luckily, you can do something about it and tackle those lumps on thighs, buttocks and abdomen in the comfort of your own home! ageLOC® Galvanic Body Trio from NuSkin is the kit you need for this. It uses pulsating currents to stimulate circulation, and "pushes" the active ingredients from the Body Shaping Gel into the skin. This gel contains ingredients to help maintain skin's robust structure, reinforcing structural proteins relevant to healthy looking skin. Use the instrument with the gel three times a week – it only takes five minutes, and most women see results in eight weeks!

The third product in the kit, ageLOC® Dermatic Effects, can be used morning and night to increase cellular turnover necessary for renewing the skin. It also contains technology to diffuse light instantly to help skin look smoother and improve the appearance of the skin's surface. It provides daily hydration while helping extend the benefits of ageLOC® Body Shaping Gel.

**NUSKIN AGELOC® GALVANIC BODY TRIO**, 3,479 DKK  
Available online from nuskin.com

Did you know that cellulite is a breakdown of the underlying girdle of collagen in the thighs, which allows fat cells to poke through, creating an orange-peel look?



### 3. DRINK WATER

Water does wonders for your system and beach body figure. You should drink at least

Words Cathrine Park | Photo Lancaster

two litres a day, plus one for every hour of exercise you do. It aids digestion, helps to flush out all the rubbish of your body, and stops the bloating and puffiness you sometimes get if you have been eating junk food.

### 4. DO INTERVAL TRAINING

Kick-start your body's metabolic rate with short sprint interval training combined with lifting light weights. You'll get lots of energy and actually burn more calories when you're resting on the beach later...

### 5. EAT FIVE MEALS A DAY

If you think you will get in shape by skipping meals – think again. Depriving your body of food only encourages your body to store fat if it thinks nothing else is coming. Instead you should keep your metabolism fired up by eating five small meals a day every three hours from 7 am to 7 pm with your main meal at 1 pm. Also, do not hold back on lean protein with each meal – your metabolism will love it.

### 6. FIX THE FUZZ

Do not worry about any inconvenient hair growth at all when you are flashing your beach body. The easy solution is the old-fashioned razor, but why not opt for a more lasting hair-free method? Get a professional bikini wax with sugaring which is 100% natural and less painful than traditional waxing since sugaring doesn't damage the top layer of the skin. It only lifts the dead skin cells while removing the hair by the root.

### 7. PROTECT YOUR SKIN

Be a smart sun worshipper and use lots of sunscreen when you are sunbathing (a handful of at least SPF 15 for the whole body). Make sure your sun products have broad spectrum UVA and UVB-protection – and if you are keen on proper epidermal pampering, you should try Lancaster's new sun range Sun Beauty, which offers a new layer of defense against infrared radiation.

**LANCASTER SUN BEAUTY HYDRATING VELVET MILK**  
SPF 30 175 ML, 225 DKK