

SNACK YOUR WAY SLIM Tasty treats, 100 calories or less

SHAPE

SHAPE
YOUR
LIFE

2 MINS
TO
FLATTER
ABS
P. 79

SO LONG, CELLULITE!

WALK YOUR BUTT OFF!

Lose weight
and get
sculpted **FAST**

QUICK
350-CALORIE
FAT BLAST, p. 96

STAY-FIT
SECRETS OF
Beyoncé,
Rihanna & Britney

DANCING
WITH THE STARS

★ ★ ★

**JULIANNE
Hough**
dishes with
LeAnn &
Martina
about love,
life, and
those
rumors, p. 38



1 MONTH
MAKEOVER

DROP A DRESS SIZE

This plan gets results

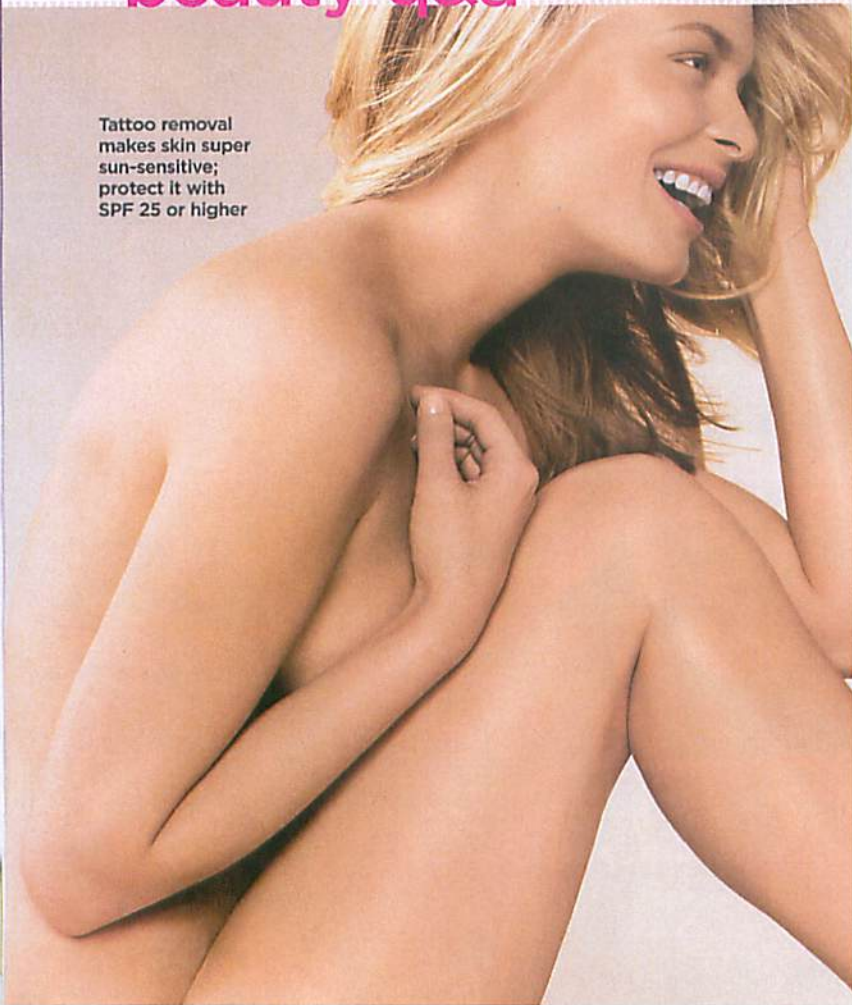
3 steps
to strong,
sexy arms
p. 88



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July 2009 Shape.com
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PLUS! THE 50 BEST WORKOUT SONGS

Tattoo removal makes skin super sun-sensitive; protect it with SPF 25 or higher



make your "ink" invisible

The quickest way to get rid of your tattoo—plus, how to score long, full lashes in a single swipe. BY CARLY CARDELLINO

Q I tattooed my boyfriend's initials on my arm, but now that we're over, I'd like them gone. Help!

A Multiple laser treatments will remove your tattoo in most cases, "but it won't happen overnight," explains Cameron Rokhsar, M.D., a dermatologist in New York City. "Depending on the tattoo's size, it takes anywhere from three to 12 sessions—each costing \$300 or more [not covered by insurance]—before the mark fades completely." The laser penetrates your skin and breaks up the ink particles, which are then absorbed by your body. Although

the procedure, usually performed with a pigment-specific laser, is relatively painless (a local anesthetic is injected to numb the area), the heat generated by the instrument may cause soreness and blistering. A week or two later, a scab will form, then fall off—and the tattoo will begin to lighten. Before you take the plunge, keep in mind that not everyone is an ideal candidate for laser tattoo removal. Dark designs are difficult to remove from dark skin since the laser can't distinguish the ink from the skin. The same holds true for erasing white or yellow tones from fair skin. Consult a dermatologist to see if the process will be effective for you.

Q My eyelashes are so thin. What can I do to make them look fuller?

A Using a mascara that promises volume and length is the quickest way to create fuller fringe. Choose a thickening formula with a curved wand to elongate hairs. (We love Clinique High Impact Curling Mascara, \$14; clinique.com.) It's also wise to handle your lashes with care so they don't fall out and appear skimpier: Pick a mild makeup remover, such as Lancôme Huile Douceur Remove-All Deep Cleansing Oil (\$35; lancome-usa.com), and swipe gently with a cotton pad.

Willing to spend a little time—and cash—for longer-lasting results? The FDA recently approved a prescription-only serum called Latisse (\$120 for a 30-day supply; latisse.com for physicians). "It has bimatoprost [a drug originally used to treat glaucoma], which stimulates and prolongs the growth phase of lashes," explains Paradi Mirmirani, M.D., a dermatologist in Vallejo, California. Possible side effects include itchy eyes and redness, but these often go away after a few days of continued use. You can expect to see results in as little as eight weeks.

Treat lashes with TLC by using conditioning products



HAVE A BEAUTY QUESTION? Send it to *Shape*, Beauty Q&A, 1 Park Ave., 10th floor, New York, NY 10016, or e-mail us at beautyq@a@shape.com.