

GENLUXSHOP

BEAUTY SPA

SUMMER-READY LEGS

YOU'VE GOT LEGS, AND YOU KNOW HOW TO USE THEM. EVEN SO, THERE'S ALWAYS ROOM FOR IMPROVEMENT. THESE TREATMENTS AND PRODUCTS WILL HELP YOU GET THE SUMMER-READY LEGS YOU'VE ALWAYS WANTED.

— DAWN SHAND JOHNSON



Body-brushing is a great way to reduce cellulite, rid the body of toxins, and stimulate blood and lymph flow. Start at the feet and move up the leg with long, brisk movements aiming toward the heart; pay special attention to the thighs and avoid the chest area. Try the **Body Shop's Rounded Body Brush**. \$12, The Body Shop at the Beverly Center, 310-854-0071, thebodyshop.com



Bliss Spa's High Thighs treatment battles cellulite, incorporating lymphatic drainage, an orange peel skin-wrinking rub, and the application of Bliss's Seaweed Face Mask and support Serum. 60 minutes. \$100, Bliss Spa at the W Westwood, 323-930-0330



Skin Haven's Blueberry Soy Slimming Body Wrap

starts with an invigorating dry brushing designed to gently exfoliate skin and stimulate circulation. An organic wrap for elasticity, collagen, healing of irritation, and improvement of texture is followed by a blueberry soy massage. 75 minutes, \$160, Skin Haven, 300 N. Crescent Heights Blvd, LA, 323-658-SKIN, skinhaven.com



Earth Therapeutics Soothing Leg Lotion contains rosemary and wild mint. \$7.99, earththerapeutics.com



Preventing spider and varicose veins: "NOT ALL VARICOSE AND SPIDER VEINS CAN BE PREVENTED, BUT THERE ARE THINGS YOU CAN DO TO REDUCE YOUR CHANCES OF GETTING NEW ONES. GETTING REGULAR EXERCISE, WEARING ELASTIC SUPPORT HOSE, LOSING WEIGHT, AND NOT STANDING FOR PROLONGED PERIODS CAN ALL REDUCE THE RISK AND EXTENT OF VARICOSE-VEIN FORMATION; HOWEVER, TREATMENTS INCLUDE SCLEROTHERAPY INJECTIONS, LASER SURGERY, ELECTRODESICCATION, RADIOFREQUENCY, AND SURGICAL LIGATION/STRIPPING."
— DR. FOROUZANPOUR, BEVERLY HILLS COSMETIC SURGICAL GROUP, 8500 WILSHIRE BLVD, STE 1020, BH, 310-360-0504, PERFECTSELF.COM

ReVive Body Repair Cream is a moisturizer and repair treatment that reduces the appearance of spider veins and broken capillaries. \$235, Saks Fifth Avenue, Beverly Hills, 310-275-4211; reviveskincare.com

ReVive.



Tired of having irritating little bumps on your legs? Try **Dermadoctor KP Duty Kit**, which includes a scrub and moisturizer. \$49, Sephora at the Beverly Center, 310-657-9670, sephora.com



Created by the founder of Bliss Spa, FitFlo is a flip-flop-style shoe designed to tone and trim legs and buttocks—all while you run errands. \$49.99, Macy's at the Beverly Center, 310-854-6655; bathandbodyworks.com

Combat cellulite and stretch marks with **Murad's Firm and Tone Serum**; it can be tough to find, as it often sells out. For even better results, use it in conjunction with Murad's Activating Body Scrub. Serum, \$75; scrub, \$47.50; Sephora, Century City, 310-843-0123; murad.com



Virtually pain-free hair removal has arrived! **Alma Lasers Soprano XL System** is quick and doesn't require analgesics, but best of all, I found it to be painless. Its gradual heat-delivery system significantly reduces discomfort during the hair-removal procedure, and it even rejuvenates the skin. Silky-smooth perfection can be achieved in as few as two treatments. I had this done on my legs, and I have to say that it was wonderful! One treatment down, and the hair is already going away. My legs are smooth, and the procedure was totally pain-free. I could have fallen asleep during it. It was so easy that I want to get everything done. An average treatment with the Soprano XL costs \$200, depending on the size and area getting treated; great packages are also available. Westside Aesthetics, 1033 Gayley Ave, Ste 104, LA, 310-443-5273

