

#1 SEX SECRET MAKE HIM SAY YOUR NAME

ESSENCE

SEXY SISTER'S SUMMER GUIDE

HOT Fashion
HOT Hair
HOT Spots
to Meet Men

**JENNIFER
HUDSON**
On Pushing
Past the Pain

FIND

6 Smooth It Out

Take your pedi to another level with a medical pedicure. According to Camille Meyer, owner of New York's **TriBeCa MedSpa** (tribecamedspa.com), during a typical session, chemical peels and VibraDermabrasion are used on legs and feet, and nails are brightened to perfection. It may be pricey (about \$225) but one session can easily take you through the month. At home rub on **AB** happy feet (\$95, abskincare.com) with 20 percent glycolic acid.

—MARCIA CASTER AND ANDREA ARTERBERY

Dermabrasion
Facial Spray (\$6,
shopevian.com).

**Jump-start
Weight Loss**

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Estée Lauder
Bronze Goddess
Luminous Liquid
Bronzer (\$29,
Estée Lauder
counters).

**Summer
Beauty
Makeover
Guide**

us!