

SIZZLING SEX MOVES—FOR YOU & HIM!

Women's Health

SHRINK
YOUR
BELLY

Easy
Diet
Doubt

Get
Sex

✓ New
✓ Best
✓ Super

SLEEP TIGHT
EVERY NIGHT

Look Thinner Now!
Styles That Shed Pounds—Instantly



Calm
Mind,
Fit
Body

Disguise Veins

Caught in a tangled web of unsightly spider veins? Blame your mom or your kids. “Genetic predisposition and hormones associated with birth control and pregnancy are big factors,” says Luis Navarro, M.D., founder and director of the Vein Treatment Center in New York. But being on your feet all day or regularly wearing body slimmers can take a toll too—these supportive undergarments cause blood to pool in your legs and may make your veins bulge. A 40-milligram dose of horse chestnut seed extract has been shown to improve the tone of veins, increase blood flow, and reduce swelling. Try The Vitamin Shoppe Horse Chestnut Seed Extract capsules (\$9, vitaminshoppe.com).

> Inject your veins away.

Asclera vein treatments are the current gold standard in treating small spider veins (those up to three millimeters in diameter). The chemical substance is injected into the veins, irritating their lining and causing them to collapse. Results are permanent (you’ll need two or three sessions at around \$500 each), but if you’re prone to spider veins, your body may create new ones in other places.

> Play hide and no seek.

A heavy-duty water-resistant concealer designed specifically for the body, such as Cover FX Total Coverage Cream Foundation SPF 30 (4), can erase all signs of spider veins... at least for the day. Apply it in long, even strokes, and use a damp makeup sponge to smudge away any hard lines. ■

