

How to Get Gorgeous Legs

Everything you need to know to show off lean, smooth stems



Miracle Mist



Get Squeaky Clean



Slather It On



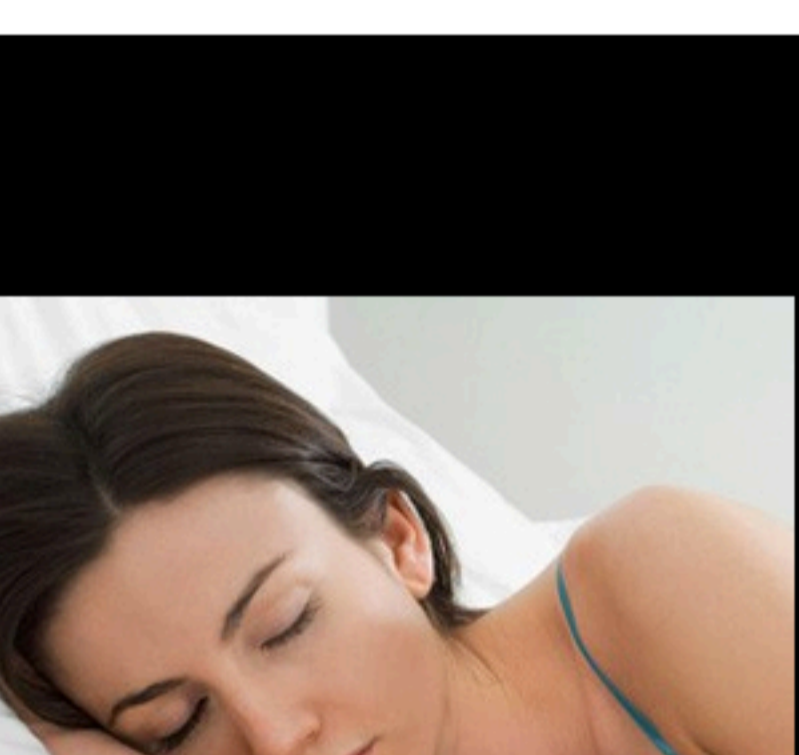
Reduce Red Eye



Battle Bloat



Check the Label



Sleeping Beauty

Fake Flawless Skin

No one does legs like the Victoria's Secret models, which is why we went to Meredith Baraf, the makeup artist responsible for the glowing gams on the runway. Her advice:

- **Use a self-tanner.** Let's face it, legs look better tan. Just make it a fake tan. "And exfoliate beforehand," says Baraf. "It evens out the top layer of your skin so the tan fades naturally." Try Ahava Micro-Peeling Cream Wash and Victoria's Secret Sunkissed Bronze Instant Self Tan Lotion. Once the tan dries, set it with a moisturizer like Lubriderm Advanced Therapy Moisturizing Lotion SPF 30. "This helps the tan last a bit longer."
- **Slim down with shimmer.** Apply highlighter along your shin bones and up the center of your thighs to reflect light and make legs look thinner. Try St. Tropez Skin Illuminator Cream.
- **Smooth your problem areas.** For a quick, albeit temporary, slimming effect, rub in a caffeine-containing lotion like Sunday Riley Liquid Diet.
- **Last-minute trick:** If you have only minutes to get ready, use a fast-drying body bronzer. "This will make legs appear less pasty and blotchy," notes Baraf. We like Josie Maran Bronzing Argan Oil.

Also see:

- Hair removal guide: Get smooth, sexy and stubble-free
- The secret to smooth underarms
- Pedicure 101

Easy Exercises

"A defined leg isn't just about beautiful thighs, it's about toning from your glutes to your ankles," says Los Angeles trainer Danny Musico, whose clients include celebrities like Jessica Simpson. He recommends three sets of 12 to 15 of the following exercises two to three times per week to notice results in two weeks.

- **Calf raises:** Stand on an aerobic step with your heels hanging off, then raise yourself up and down on your toes.
- **Side steps:** Place an exercise band (available at performbetter.com) around your ankles and keep feet shoulder distance apart. Step to the side with one foot, crunching against the band, and follow with the other leg.
- **Jumping rope:** "This is by far the most successful leg exercise because it works every muscle in your body." He suggests setting a goal of 30 minutes, and as you're building up to it, jump as long and as fast as you can.

Get off the treadmill — yoga delivers faster results. "If you practice two to three times a week, you'll automatically develop leaner leg muscles in just a few weeks," promises New York-based yoga instructor [Christine Martitz](#). Ask your yoga class instructor to incorporate a few of her favorite leg-toning poses:

- **Shoulder stand:** Lie on your back and lift legs up into a 90 degree angle, using your hands to support your lower back and touching your chest to your chin.
- **Inclined plane:** Sitting down, stretch out your legs and place your hands on the ground behind your hips to lift your body up.
- **Leg raises:** As you lie flat on your back, lift a leg up slowly to a 90-degree angle, pointing and flexing your foot. Bring it down and alternate legs.

Medical Options

Unightly spider veins? Workout-resistant fat? Exercise and cover-up may not be enough. Consider ...

- **Sclerotherapy:** "To treat small to midsize varicose veins, sclerotherapy is the gold standard," says surgeon Luis Navarro, medical director of New York City's Vein Treatment Center, of the injections designed to irritate the inner lining of the vein so it collapses and disappears. Cost: around \$450 per session with about three to five sessions required.
- **Mini phlebectomy:** "Larger veins need more aggressive treatment," says Navarro. "The procedure involves taking a needle and making a nick in the skin so we can hook the vein out. It's usually combined with another treatment like sclerotherapy or lasers." Cost: \$2,000 and up.
- **Endovenous laser ablation:** A less invasive treatment for larger veins, EVLA uses a laser inside the vein to close it. "It requires one session with local anesthesia, but you can go right back to work," explains Navarro. Cost: around \$3,500.
- **Liposuction:** "The most underappreciated areas to treat are the calves and ankles," says Gerald Pitman, a Manhattan plastic surgeon. He adds, "Women often tell me after that they can now fit into their boots." He says that your surgeon should have a good sculptural sense and use ultrafine cannula tubes and mini incisions. Average recovery time is five to seven days. Cost: around \$7,000. Liposuction also works well for outer-thigh fat or "saddlebags."
- **Tummy tuck:** Pitman finds that if your inner thighs are droopy, this treatment works well as it not only tightens the skin of the lower abdomen, but it also pulls up the skin on the upper thigh and avoids putting a scar on the groin, which can be problematic as gravity pulls it down over time. Average downtime is a week and cost is around \$7,000.