

# BAZAR

A full-page photograph of Megan Rapinoe serves as the background for the magazine cover. She is positioned centrally, looking directly at the camera with a calm expression. Her short hair is a vibrant purple. She is wearing a black, strapless, high-cut athletic top with a small, triangular Prada logo on the lower left side. Her right arm is raised, with her hand resting behind her head, while her left arm is bent across her chest. The background is a clear, bright blue sky, and the lighting suggests a sunny day outdoors.

Harper's

THE FREEDOM ISSUE

*Easy, Breezy*  
**SUMMER  
FASHION**

*How* **POSE**  
**CHANGED**  
*Hollywood*  
**FOREVER**

**DOLLY  
PARTON's**  
*Beauty*  
**WISDOM**

*The JOYFUL WARRIOR*

# MEGAN RAPINOE

# B E A U T Y

THE ART AND SCIENCE OF LOOKING AND FEELING YOUR BEST



## BODY *Talk*

If you've largely ignored everything BELOW THE CHIN,  
you're NOT ALONE. Now, WHERE to START.



DURING THE PANDEMIC, faces have been getting a lot of love—and skin-care sales have soared. But what about the other 90 percent of your skin? There's a reason it's not top of mind. "The skin on your body is thicker than the face, so it ages more slowly," explains Dennis Gross, M.D., a New York dermatologist. The trouble is, people tend to notice cumulative changes all at once—like at the start of the summer season. If you want to see a real visible improvement, "focus on hydrating and stimulating collagen with active ingredients," Gross says. Here's how to get glowing.



**SOFT SKIN 101** "Your body gets drier than your face because it has fewer oil glands," says Los Angeles dermatologist Nada Elbuluk, M.D. She swears by these rules for dewy, hydrated skin all over: **Take short showers with lukewarm water.** Lingering in hot water is the fastest way to dry out your skin. **Wash with a gentle cleanser.** And if your skin is sensitive, choose a fragrance-free option. **Go easy on exfoliators.** Yes, the skin on your body can handle exfoliation better than on your face, but it's still not for every day. **Apply moisturizer right out of the shower, while skin is damp.** Skin absorbs creams and lotions better when it's moist. Save petrolatum-based emollients for super-dry areas like elbows and knees. **Wear SPF 30 or higher year-round.** Hands and forearms are just as exposed as your face. **1.** Vaseline All-Over Body Balm Jelly Stick (\$6.99). **2.** Neutrogena Hydro Boost Body Gel Cream Fragrance Free (\$12.99). **3.** Soleil Toujours Organic Sheer Sunscreen Mist SPF 50 (\$34). **4.** Plus Body Wash sheets (\$16.50 for 16). **5.** Luv Scrub Mesh Body Exfoliator (\$18). **6.** Buttah Whipped Body Butter (\$29).

#### FOR YOUR HANDS

Nonstop hand-washing and sanitizing is a recipe for itchy skin. Moisturize after each wash, Elbuluk says. Even better, use a hand cream with SPF, like Supergoop! Handscreen SPF 40 (\$14), since hands are constantly exposed to UV light. She also recommends using a sanitizer with a lotion base, such as Dove Deep Moisture Hand Sanitizer (\$2.99).



#### FOR A QUICK GLOW

"The days of waiting eight hours for a self-tan to develop are done," says self-tan expert James Read. Get a fast tan with James Read Express Glow20 Tan Mousse (\$39). Twenty minutes will give you a light glow; 90 will make it look like you spent a week at the beach. For an even tan, exfoliate the day before applying tanner, Read says. Try European Wax Center Aloe Body Polish (\$16).



**FOR BODY HAIR** A chic razor makes shaving feel like less of a chore and more of a self-care experience. Enter the Fur Trimmer (\$89). It has four options for guide lengths to fit any preference and can be used wet or dry without irritating skin. ➤

# B E A U T Y

## BODY CARE



**FOR YOUR NECK AND CHEST** The skin on your neck is tricky: "It's thinner than the face, so it's more vulnerable to signs of aging," says Gross. SkinMedica Neck Correct Cream (\$135) contains peptides to boost dermal thickness. Red LED light is another way to stimulate production of collagen (the protein responsible for plump, youthful skin). Dr. Dennis Gross DRx SpectraLite BodyWare Pro (\$435) delivers the ideal amount of LED light to stimulate cells in a three-minute daily treatment.



**FOR YOUR FEET** Marcela Correa, a medical pedicurist in New York, shares tips for prepping your feet to reemerge this summer. Apply a cream containing skin-softening urea, like Eucerin Advanced Repair Foot Cream (\$5.52), to smooth rough patches, then buff with a foot file. Correa likes the Cuccio Metal File (\$45) with disposable pads, as they don't harbor bacteria. Resist the urge to file down calluses: "If you build a callus, it's your body saying you need a layer of protection," she notes.

**FOR ALLOVER FIRMING** Embrace your favorite ingredients for the body. "We recommend antioxidants, peptides, and retinoids," says New York dermatologist Bruce Katz, M.D. But that doesn't mean you should reappropriate all of your facial products. The body's tendency to be drier makes it easier to get irritated by actives. Use a gentle retinol that is formulated specifically for your body, such as Chantecaille Retinol Body Treatment (\$102).



**FOR BODY CONTOURING** Interest in body care has also reached the dermatologist's office. Katz estimates that he's seen a 30 percent increase in body treatments—especially contouring—at his practice compared with 2019, thanks to recent technological developments. "What was minimally invasive or surgical is now almost entirely noninvasive," he says. Not only can these contouring treatments address areas of the body that are difficult to target even with hours at the gym, but they're also particularly fitting for the era of social distancing. "Once the applicator is adjusted, these treatments are completely hands-free; no one else is in the room," says Katz. One of the latest advances in body sculpting, Emsculpt Neo, combines the muscle-building power of high-intensity focused electromagnetic energy with fat-reducing radio frequency. The results are synergistically better than either of the treatments solo. Derms have been using Emsculpt Neo for the abdomen and buttocks, but in June new applicators will be available to treat the arms and legs as well. (Cost: \$750 per session; four weekly treatments are recommended.) ■■■

JEFFREY WESTBROOK/STUDIO D. SEE WHERE TO BUY FOR SHOPPING DETAILS