

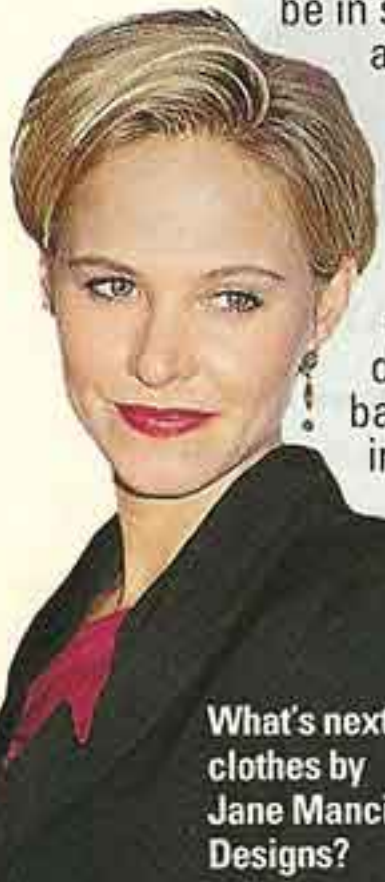
Helena whites out

nail news

Steer clear of sheer, natural nail shades this spring if you want to be trendy. **What's really in:** Burgundy-black shades or opaque white (think Wite-Out!). Look for Chanel Nail Enamel in Vamp and Cutex Strong Nail in French White. Elisa Ferri, a nail consultant for Cutex, suggests wearing a base coat to keep nails from staining and a top coat to prevent chipping.

eau de melrose

Can't get enough of watching your favorite *Melrose Place* characters? Now you can smell like them too. A unisex scent inspired by the series will soon be in stores. Its creators describe it as a nice, warm, clean fragrance—maybe they should've made it sexy, dangerous and back-stabbing instead. Also, keep an eye out for *Melrose Place* makeup in the near future.



What's next—clothes by Jane Mancini Designs?

decoding label lingo

Find out which beauty products are right for you with our guide to common ingredients and label information

<b>Witch hazel:</b> A natural astringent that freshens skin.	<b>Coconut oil:</b> An excellent moisturizer for dry skin.	<b>Glycerin:</b> A natural water magnet that keeps skin hydrated.
<b>Kaolin clay:</b> A deep cleanser that absorbs excess oil.	<b>Eucalyptus:</b> A stimulating antiseptic with healing properties.	<b>Fragrance-free:</b> A good choice for sensitive skin.
<b>Extracts of tea:</b> They soothe skin and act as an astringent.	<b>Aloe vera:</b> A calming and moisturizing plant extract.	<b>Non-comedogenic:</b> It won't clog pores; helps prevent pimples.

good enough to eat

**Vanilla** is the hot new scent of the season, showing up in everything from colognes to lipsticks. What's the deal? "The sweet smell helps you relax and keeps you from stress-

ing out," says Annette Green, president of the Fragrance Foundation. **Just out:** Vanilla Delights Cologne from Bath & Body Works and vanilla-scented Lip Shines from Trücco. Yum!

powder power

Face powder is key to great-looking skin—it controls oil, sets foundation and covers up any little bumps or zits. Here's how to choose the right type:

Brighten up  
sallow skin

**Tinted powder**

Sweep on over foundation for special effects. Rose is perfect for an extra evening glow, while green tones down too-red skin and purple balances out yellow undertones.

**Try:** Chanel's Perfecting Powder in Amethyst (left) or Coty Air-spun Loose Powder in Rachel I.



**Acne-fighting powder**

It's oil-free, so you can use this powder during a breakout. Some products even help heal blemishes.

**Try:** Maybelline Shine Free Oil Control Loose Powder (below) or Almay Clear Complexion Light & Perfect Pressed Powder.



Zap away oil

**Translucent powder**

Apply instead of foundation on clear-skin days to even out skin tone, on top of foundation to get a perfect finish or over blush to soften color.

**Try:** Cover Girl Professional Loose Finishing Powder (above), Max Factor Powder Pure Loose Powder or Prescriptives All Skins Loose Powder.

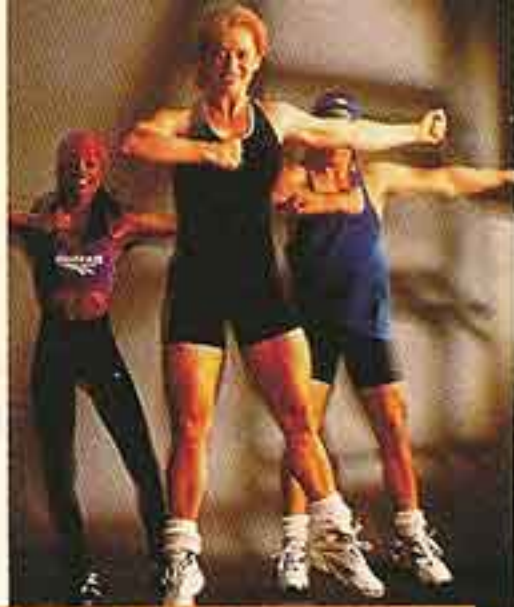


The perfect finish

YOUNG & MODERN

best fat burners

Want to ditch flab fast? We asked April Morgan, aerobics and fitness director at the Sports Club Company in Los Angeles, for the top five calorie-burning exercises:



Reebok Bodywalk Anorak, \$64



North Face Hydrenaline Anorak, \$85



Adidas Tanto Full Zip Jacket, \$50



Hind MicroMax Cycle Shell, \$70

show-off shells

What's the hottest thing in fitness gear this spring? The shell. Made of lightweight materials that keep you warm while wicking away sweat, it's ideal for spring weather. Layer it over a T-shirt or a turtleneck when it's cool or rainy or, for a great butt coverup, tie it around your waist after you've warmed up.

activity

pros

cons

**running**  
Calories burned per hour: about 600

Shoes are all you'll need. It can be done solo or with a bunch of friends, anywhere, anytime.

Running can be tough on your back and knees, and it can be difficult to do in bad weather.

**stair-climbing**  
Calories burned per hour: about 400

Perfect for guy watching, reading or checking out a new tape. (If you don't belong to a gym, you can use plain old stairs.)

It may stress out knees and feet if your form isn't correct. (You should stand upright and hold on lightly for balance.)

**step aerobics**  
Calories burned per hour: about 360

It's fun, social, challenging and great for coordination. And with a talented teacher, time will fly.

You'll feel like a spaz until you get the routine down, plus you'll have to buy a step or join a class.

**swimming**  
Calories burned per hour: about 350

A total-body workout that doesn't put stress on your joints or make you all hot and sweaty.

You'll need access to a pool. And the chlorine can irritate your eyes and damage your hair.

**biking**  
Calories burned per hour: about 320

A major butt and thigh workout. And you can tone up while getting around.

There's not much upper-body benefit, and it can be dangerous in traffic.

5 ways to zap 100 calories

Can you eat the foods you love and still save on calories? Yes, says Amie Franklin, a nutritionist in New York City. Cut 100 calories a day for a month and you'll save roughly 3,500 calories—or one pound. Check out these easy ways to win at losing:

- 1 Take off half the cheese from a regular slice of pizza.
- 2 Snack on a bag of Twizzlers instead of munching on a candy bar.
- 3 Top a baked potato with salsa rather than butter.
- 4 Drink ginger ale instead of orange soda or root beer.
- 5 Choose a Fudgsicle over an ice-cream sandwich.

Sexy and strong: Gabrielle Reece...



models with muscle

Ultraskinny super-waifs, move over and make room for the newest modeling stars: athletes. Pro-volleyball-player turned cover girl Gabrielle Reece (above) has paved the way for a slew of beautiful jocks, including Olympic-swimming medalists Dara Torres-Gowen (right)

and Summer Sanders, and champion rock climber Salina Bartunek. Also, keep your eyes peeled for three German athletes known as the "Golden Girls," who've already made their mark modeling in Europe.



... and Dara Torres-Gowen