

COSMOPOLITAN

HIS BIGGEST **SEX** SECRETS

What You Always Wished
You Knew...and One Thing
You'll Wish You Didn't

**The Bitchy
Little Move
Men Love**

Flatten Your Belly!

**MARISA'S TIPS
MAKE IT EASY**

**Plus: Free
Workout
Cards**

**50
New Styles
for Long
Hair**

**Supermodel
Marisa Miller's
Fitness Tricks**

Is He Normal Down There?

Shape, Size, Skin Tone...
What's Weird, What's Not

YOU, YOU, YOU

Feel Instantly
Happier—With One
Tiny Change

p. 150

**An Orgasm
Almost
Killed Her**

WE ARE NOT KIDDING

\$4.29



cosmopolitan.com



Get a deep clean with multitasking cleanser.

2 Shorten Your Nighttime Skin-Care Routine

"Even when you're exhausted after a night out, you need to remove makeup to prevent breakouts and irritation," says L.A. dermatologist Gregory Van Dyke. To do it in double time, choose a face wash with glycolic acid, which cleanses, exfoliates, and brightens your complexion. Now all you have to do is moisturize. If your skin tends to be oily, swipe on a product with salicylic acid to tone down grease. On the dry side? Look for a lotion with hydrating hyaluronic acid. The last touch: Slick on lip balm so your mouth isn't flaky when you wake up.



Mask regrowth with a shadow like CoverGirl Eye Enhancers in Golden Sunrise, \$3.47.

4 Conceal Your Roots in a Pinch

If you don't have time for a salon touch-up, buy an at-home kit that works faster than traditional dyes (we like Clairol Perfect 10 by Nice 'N Easy, \$13.99). Use a small applicator brush to apply the dye only over your regrowth. Or try this camouflaging trick used by stylists: "Dip a makeup brush in water, and paint roots with an eye shadow that matches the rest of your hair color," says celeb colorist Jason Backe. Set shadow by misting on a strong-hold hair spray.

5 Speed Up Your Self-Tan

Need to be glowy in a few hours? Skip bronzing your whole body. "Target spots people see: legs, chest, and arms," says Anna Stankiewicz, air-brush-tanning specialist at Rita Hazan Salon. Apply lotion to hands (don't forget fingers), heels, knees, and elbows. "It acts as a barrier so you won't over-stain dry areas," she explains. Next, use an aerosol self-tanner (like Sally Hansen Airbrush Sun, \$9.95). "The fine mist covers the largest surface in the shortest time, plus it absorbs the fastest." Apply one layer—blend in streaks with a powder bronzer later. Stand near a fan for 10 minutes before getting dressed.



Perk up pale skin only where it matters most.

3 Blow-Dry in Half the Time

Postshower, wring out hair well with your towel. Work in a lightweight mousse to provide traction for your brush. "But apply *half* the mousse you'd normally use—the less product, the faster hair will dry," says stylist Ashley Javier. Pin up the top section, and blast the lower half with the dryer set on high heat. "Forget about making the underside look perfect—no one sees it anyway," he says. Release the top half, and smooth out with a round brush. Spend more time on the pieces around your face. Finish with a shot of cool air to seal out frizz.

V05 Weightless Volumizing Mousse, \$3.99



1/2

Divide your usual dollop in two.