

10 Ways to Get Great Legs

1

ERASE STUBBLE

"Depilatory creams dissolve hair below the surface, so skin feels smoother than it does after shaving," says N.Y.C. dermatologist Debra Jaliman. The best part: You don't have to touch the mess anymore. Veet's newest formula comes with a handy spatula to wick off the foam, reducing the ick factor.

VEET Suprem[®] Essence spray-on hair-removal cream, \$8; at Target.

2

SHRINK VEINS

Using tiny needles to minimize pain, sclerotherapy is "the gold standard for treating spider veins," says N.Y.C. phlebologist Luis Navarro. The cost: about \$500 per treatment (three to four needed).



NARS Copacabana Illuminator, \$29; narscosmetics.com.



EVA LONGORIA

3

GIVE 'EM THE BRUSH

The year's hottest skin-care gadget—the oscillating brush—is meant for your face, but it also works wonders on legs. "It polishes the skin and allows moisturizer to penetrate better," says Jaliman. (We like Olay's new version.) Another option: Indulge in a weekly scrub.



OLAY PROFESSIONAL Pro-X Advanced Cleaning System, \$30; amazon.com.
KATE SOMERVILLE ExfoliKate Body Intensive exfoliating treatment, \$65; katesomerville.com.

4

SPRAY ON A FAST TAN

No time for a full-body tan? Take a cue from Eva Longoria's makeup artist, Elan Bongiorno, who sprayed the star's legs with Sally Hansen Airbrush Legs (\$10; at drugstores) for the MTV Europe Music Awards. Add a touch of Nars shimmer to highlight toned muscles.

FEEL FLUSHED You probably know to avoid salt and sugar before a big night out. But what about preservatives and artificial sweeteners? "Those substances make you retain water, which can cause legs to bloat," says nutritionist Dr. Jeffrey Morrison. Natural diuretics found in green tea, cucumbers, celery, and dandelion greens will "help flush out your system," he explains.

