

Smooth Summer Moves

Hot Legs For The Hot Summer

(NAPSA)—It may be cold and blustery right now, but the warm, sunny days of summer are just around the corner. Here are four simple steps to getting your legs in shape so they look as hot as the temperature promises to be this summer.

Turn Up the Heat

Getting and maintaining sexy legs takes effort, so turn up your body heat by hitting the gym during winter months. Leg lifts are essential; so are squats that target your thighs and calves. If at home exercise is more your style, select an exercise tape that focuses on leg shaping for a change in pace.

The Legs Have It

Smooth, clean-shaven legs are a summer must-have. Always shave the night before you hit the beach, as salt water can irritate freshly-shaved skin.

Before you shave, be sure to properly prepare your skin. Try new Gillette for Women Satin Care Shave Gels with an advanced formula that helps prevent nicks and cuts. For women with sensitive underarm and bikini areas, try new Satin Care Extra Gentle on Bikini and Underarms Shave Gel with chamomile and cucumber. Women looking for a more “sensory” shaving experience should check out the five fruit-fragranced Satin Care Shave Gels like new Melon Splash or Orange Swirl.

Soothe the Burn

Avoid the discomfort and cumulative skin damage of sunburns by applying lots of sunblock all summer, paying special attention to the backs of your legs. But if you



Getting your legs in shape for swimsuit season is a four-step process.

do burn, soothe your legs with aloe or fresh whole-milk yogurt. Don't shave your legs until the burn has subsided.

Pretty Toes with Pretty Legs

With open-toed shoes, a perennial summer must-have, try a home pedicure to enhance your summer look. First, soak your feet in hot water until the skin has softened—about 10 minutes. Pour a touch of lavender oil in the water to help you relax. Use a pumice stone or a scrub with crushed almonds to remove rough skin. Finish with a brightly colored nail polish.

Follow these smooth moves and you'll have the sexiest looking legs on the beach this summer.