



### 5 Most Common Bra-Shopping Mistakes

The stylists at luxe lingerie store **Rigby & Peller**, located at Phipps Plaza, tell us the top things to avoid so your top can look its best. *@rigbypellerus*

**Wearing back bands that are too big.** The band is where most of your support comes from, so it must be firm (not tight) and sit low on your back.

**Wearing cups that are too small.** Once your band is correct, you need to find the cup size with the correct amount of depth. You should fill out the cups without having any gapping or spillage.

**Wearing your straps too tight.** The tighter you make them, the more your back band rises and your bustline falls. Tighten up your band instead, and loosen up your straps. You will see and feel an immediate improvement.

**Not caring for your lingerie.** Rotate your bras so that you don't wear the same one two days in a row and wash them every 2-3 wears. Handwashing is recommended and lingerie detergent is a must!

**Wearing the same bra size your entire life.** Our bodies are always changing (weight fluctuation, pregnancy, surgery, etc.) and that affects the size of our busts. Come in to have a stylist check your size every six months.

### Glow, Girl!

Unlock the secret to glowing skin between facials with **Repêchage C-Serum**, a lightweight, oil-free miracle-worker in a little blue bottle. The milky liquid, which contains a highly concentrated seaweed extract rich in vitamins and minerals, makes skin look and feel softer for dewy perfection—and it works on all skin types. \$60, *Steve Hightower Hair Salon & Day Spa*, *@stevehightowersalon*



# FIT & FAB GOAL #3

## LOVE THE SKIN YOU'RE IN

### 3 SKINCARE SECRETS

Board-certified dermatologist SIA Boutique Dermatology President **Dr. Angela L. Bookout** reveals her top three tips for beautiful, fresh, youthful skin. *@siadermatology*

Who knew VISINE could pull double-duty as a sleuth skincare agent? "For blemishes and redness on the face, **apply VISINE Gets the Red Out** [products] to affected areas before applying makeup, and in just a few minutes, the redness will be diminished."

Hands off the gluten! "If you are experiencing frequent lower-eyelid swelling in the morning, your diet may be to blame. **Try going gluten-free** for a few weeks, and this may eradicate the majority of the issue."

Side sleepers, listen up: "One of the biggest things that you can do to keep your face looking young is to **become a back sleeper**. Side sleepers typically develop facial asymmetry with premature lines and wrinkles on the side that they favor."



### 3 WAYS TO GET SCULPTED

We source the latest in noninvasive beautifying treatments.

Skip the Kegel exercises—or, even better, supplement them—with cutting-edge **ThermiVa Vaginal Rejuvenation**, a thermal-energy procedure for "instant tightening and firming of the internal and external vaginal area," says spa director Rachel Lauziere. Get right, get tight! \$2,500-\$3,500, *The Swan Center for Plastic Surgery*

Lookin' for luscious lips a la Angelina? Enter **Volbella**, which gives "a soft natural fullness and can reduce perioral lines," says Elizabeth Whitaker, MD, FACS. Results last up to a year—pucker up! \$400 per treatment, *Atlanta Face & Body Center*, *@atlantafaceandbody*

Freeze away that stubborn fat with **CoolSculpting**, the only FDA-cleared noninvasive, nonsurgical procedure with U.S. patent that uses controlled cooling to freeze fat cells gone-zo, says Sculpted Contours Luxury Medical Aesthetics owner/lead CoolSculpting provider Kathy King. From \$750 per treatment area, *@sculptedcontours*