

# SELF

Make this your  
**SUMMER  
OF FUN!**

Dreamy getaways,  
beachy beauty,  
sexy swimsuits  
and more...

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The easiest 3 steps to  
working a two-piece

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How well do you  
know your skin?



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**Alessandra  
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# Flash: try it

**ALMOND JOY**  
Eat up to boost  
your intake of  
good, heart-healthy  
monounsaturated fat.



**STUDY  
DROP**

**Count to 35** People who ate 35 roasted, lightly salted almonds (about 13 more than a serving size) daily reported reduced hunger, finds a study in the *European Journal of Clinical Nutrition*. That partly explains why, **despite taking in these 250 calories each day, participants didn't gain weight** after four weeks. One possible reason is that the act of chewing almonds makes you feel full. Can't not say it: Nuts!

**See orange** Our newest crush: Orangetheory Fitness. The studio's heart rate-monitored hour-long workouts jump between cardio on the treadmill/rower and strength drills, pushing you into the "orange zone" (85 to 92 percent of max heart rate) for 12 to 20 minutes per class. Hit that mark and **you could earn a bonus 200-400 calorie "after burn."** Get to one of 100 locations nationwide, stat.

**Color at home** Madison Reed, a new company with famed stylist Sally Hershberger as an advisor, **will deliver professional-grade haircolor products to your door** for only \$30. Not sure which color suits you best? Text a pic of your hair, and a colorist will text you back your best match. Just livin' the flossy life.

**Dare to share** Tell your dreams (we mean the sleep kind, not the I-wanna-be-a-rock-star kind) to your guy. A study from the journal *Dreaming* found that **couples who regularly describe their dreams reported feeling closer.**

**STUDY  
DROP**

**COOL  
APP**

**Make a pit stop** Say buh-bye to subpar fast food and gas station bathrooms crawling with cooties. The free app **iExit tells you what food, hotels and attractions are approaching** for up to 100 exits ahead, so your road trip is truly epic.

**Gird your loins** In 2010, **women landed in the ER with an estimated 1,765 injuries** from bikini line grooming, up

sixfold from 2002, reports *Urology*. To reduce the risk of laceration, NYC dermatologist Julia Tzu, M.D., suggests a razor with multiple closely spaced blades. We like Venus Embrace Sensitive Razor (\$10).



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