

# A-List Secrets to LOOK GOOD FEEL GREAT



In her book *Timeless Beauty*, 64-year-old supermodel Christie Brinkley revealed that she fights nail fungus with Vick's VapoRub!

Forget pricy lotions and potions — stars swear by these low-cost methods to heal and beautify their bodies!

**T**he sun is shining and we can't wait to trade bulky winter layers and heavy confining shoes for summer

styles. But before we do, we need to give our skin and feet a little TLC. So we did some digging to find out how our favorite celebrities get summer-ready, and we were happy to discover they rely on clever strategies that are easy and affordable!

## ELIMINATE NAIL FUNGUS

Fungus thrives in damp, dark conditions (we're looking at you, snow boots) and enters nails through tiny cracks, turning them yellow and thick if left untreated. A surprising way to treat feet before sandal season is in full swing: Follow Christie Brinkley's lead and dab Vick's VapoRub (\$5, [walmart.com](http://walmart.com)) on nail beds. The rub's thymol, eucalyptus oil and camphor are powerful anti-fungals, and petrolatum helps pull the ingredients deep into the nail beds. In one study, rubbing the salve

on infected nails daily helped clear up fungus in six weeks!

## SOFTEN FLAKY SKIN

Winter's dry heat inside and moisture-sapping cold outside cause dry, dead skin to accumulate, leaving skin parched and flaky come spring. To slough it off and restore skin's glow like Queen Latifah does, try a baking soda face scrub. Celebrity dermatologist Debra Jaliman, M.D., explains that the mildly abrasive powder gently whisks away dead cells while its anti-inflammatory and antibacterial properties help clean and calm skin. What's more, the gentle exfoliant is perfect for sensitive skin.

To do: Mix 4 tbsp. of baking soda with 4 tbsp. of water to form a paste. Massage onto dry areas of the face and body using circular motions for one minute, then rinse. Repeat two

to three times a week for radiant flake-free skin in two weeks.

## SMOOTH CELLULITE

Surprise! Not all celebrities reduce their pesky dimples with expensive anti-cellulite lotions and procedures: Many just reach for their anti-wrinkle cream! The same concentrated antioxidants and rejuvenating ingredients that help firm wrinkles also work to smooth cellulite. And creams with retinol (we like RoC Retinol Correxion Max Daily Hydration Crème, \$24, [target.com](http://target.com)) are especially effective. "[Retinol] stimulates skin-cell renewal and aids in collagen production to firm skin, so cellulite is less noticeable," says Dr. Jaliman. To do: Apply to dimpled areas only (this will help save money) for results in one week.