

BEAUTIFY YOUR BACKSIDE

Hours on a spin bike can't tackle *every* imperfection. Thankfully, we've uncovered a few foolproof ways to smooth out any remaining wobbly bits.

SNUB CELLULITE

The Option

Elemis Skin Brush

How it works Rub the stiff bristles on dry skin to stimulate circulation, which loosens cellulite deposits.

Frequency Use as needed, but beware that results last only about a day.

Cost \$45; timetospa.com

Effectiveness



The Option

Adonia LegTone

How it works The plant stem cells in this cream can help firm cottage-cheese skin, says plastic surgeon Anthony Youn.

Frequency Use daily for three to four weeks.

Cost \$129; adonialegtone.com

Effectiveness



The Option

Wellbox

How it works The at-home device activates fat breakdown. "It replicates what we use in-office," says Dr. Youn.

Frequency 30 minutes every two days, as needed.

Cost \$1,500; us.wellbox.com

Effectiveness



The Option

Cellulaze

How it works A small incision is made in-office, allowing a laser to snip fibrous bands. "It's invasive, but results last for up to three years," says Dr. Youn.

Frequency 1 visit.

Cost Starts at \$5,000; cellulaze.com

Effectiveness



FAKE A FLAWLESS TUSH

Want to wow on a beach weekend? Follow these steps from Linda Hay, the self-tanning pro who contours the backsides of the Victoria's Secret Angels.

1 Get some color

"Mist your butt and legs with a self-tanning spray for a base," Hay says. Bliss's tinted **Hide and Glow Sleek** formula (\$38; blissworld.com) contains light-diffusing pearls that mask silvery stretch marks.



2 Slim the sides

Apply a self-tanner one shade darker than your base color down the sides of your legs from hips to knees to make your butt stand out. Hay likes **St. Tropez** (\$35; sephora.com).



3 Highlight them apples

Dusting a glimmering powder like **MAC Prep + Prime Skin Smoother** (\$30; maccosmetics.com) on the roundest parts of your cheeks makes 'em look full.



4 Blot out blemishes

A few dabs of **Kevyn Aucoin's Sensual Skin Enhancer** (\$48; neimanmarcus.com) camouflages bruises or buttne (hey, it happens to the best of us).



ERASE UNWANTED TATS

Zap your ex's initials. Picosure (starting at \$300/session; picosure.com) tackles areas where your skin is thickest—we're looking at you, backside—by using bursts of light to shatter tattoo pigment. Bonus: The practically pain-free procedure is effective in just three treatments.

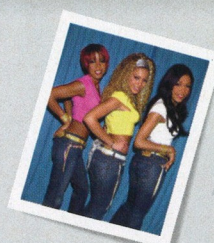
2000

Jennifer Lopez lets her assets take center stage in a sheer green Versace at the Grammys.



2001

Destiny's Child releases the unofficial rear-end anthem: "Bootylicious."



2005

Black Eyed Peas debuts "My Humps," which praises breasts and—you guessed it—behinds.