

**SUMMER BODY SPECIAL LOOK GREAT IN 2 WEEKS!**

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**OK** WEEK

**\$1**  
less than  
People!



Get **FERGIE'S**  
beach workout



**JAKE'S  
PROPOSAL  
PLANS**

**Ready  
to wed!**

**Second time's the charm for  
Reese! Her kids adore him  
and his family loves her.**



**SHILOH'S** ready  
to be a big sis



**BRIT'S**  
best  
Mom's  
Day  
ever!



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## Ask the editor

Colleen gives you the lowdown on looking good



**Q** What causes bloodshot eyes?

**A** Common causes include eyestrain, fatigue and irritation. The environment plays a role, too, with dry air and sun exposure, as well as allergies. Usually bloodshot eyes are not a major problem — they're just not pretty. Grab some eyedrops at the drugstore. We like Flohto V Redness Relief Ice Lubricant drops (\$7, Walgreens).

**Q** Have you heard of VelaShape?

**A** Yes, Kim Kardashian and her sisters are big fans of this cellulite treatment. What's great



is that they have clinics all over North America. We went to [velashape.com](http://velashape.com), typed in our zip code, and tried the treatment at White Tea Spa in New York City.

A vacuum-like machine is placed over your targeted body part (butt, stomach, arms, thighs), sucking fat buildup to the surface, while, simultaneously, an infrared light smooths the skin, diminishing the appearance of cellulite. The 30-minute treatment is virtually painless and promises results after only four treatments! But be prepared to pay a pretty penny for slim thighs: Each session can cost anywhere from \$150 to \$300.

**Q** Amplify by Matrix no longer makes a spritz. What can I purchase that is just as good?

**A** The closest product to the Amplify Spritz would be the Vavoom Size Me Up Finishing Spritz (\$14, 800-6-MATRIX). It is also a finishing hairspray that adds body and shine.

If you have a beauty query, e-mail [beauty@okmagazine.com](mailto:beauty@okmagazine.com)



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