

Sexy by Saturday

Got big plans for the steamiest night of the week? If you wait until the last minute, you could end up with bikini-line bumps, uneven brows, and dull skin. Instead, do a task or two a day and you'll walk out the door looking gorge.

BY LEAH WYAR

Monday

DEFUZZ YOUR LADY PARTS

● **TACKLING THIS TASK TODAY...** Gives your irritated, just-waxed bikini area plenty of time to heal, so you'll be bump-free on your big night.

● **GET-SEXY SECRETS:** Long hairs can get tangled in the wax, upping your wince risk; trim them (see "Your Oh-So-Hot Tool Kit," on page 208) until they're as long as a grain of rice. Next, sprinkle on powder to give wax a better grip, says Shobha Tummala, founder of Shobha hair-removal salon in NYC. Skip the Brazilian (ouch!), and wax the sides of your bikini area only (not your lady bits). Pre-applied strips let you take off an even amount of hair on either side, ideal for shaping a landing strip. Apply them in the direction of hair growth, hold the skin taut, and pull off the wax, going the opposite way. Tidy remaining hairs by trimming.

Tuesday

SCORE SMOOTH SKIN

● **TACKLING THIS TASK TODAY...** Lets your skin recover from any sensitivity by Saturday and appear totally flawless and touchable.

● **GET-SEXY SECRETS:** Achieve complexion perfection with a double slough, or two exfoliation steps in a row, suggests dermatologist Elissa Lunder, of Wellesley, Massachusetts. First, rub a physical exfoliator (code for gritty) into wet skin for about 60 seconds. "This loosens the bonds that hold dull, dead skin cells together," says Dr. Lunder. Rinse, then lather up with a cleanser made with glycolic or salicylic acid (both are chemical exfoliators). Massage it onto skin for a minute, then leave it on like a mask for another minute. Rinse, and pat skin dry. To keep those top layers dewy, apply a glycolic acid-rich cream Wednesday, Thursday, and Friday nights.