

# 10 Ways to A Flatter Tummy



SCARLETT  
JOHANSSON  
IN MANGO

# 1

## GO HIGH-WAISTED

Whether you wear pants or a skirt, a high waist downplays ab flab, says stylist Rob Zangardi. "The higher cut draws eyes to your true waist," he says, which for many is the narrowest part of the torso.

# 2

## SWITCH TO GREEN TEA

In a Tufts University study of moderate exercisers, green-tea drinkers lost notably more belly fat than a control group who drank another caffeinated beverage. Make your own frozen bars from iced green tea at home.



Kusmi detox tea,  
\$16/20 bags;  
[us.kusmitea.com/en/](http://us.kusmitea.com/en/)

# 3

## SKIP CRUNCHES

Or at least stop obsessing about not doing them. "Spot training is never the key to a flat belly," says Gregory Joujon-Roche of L.A.'s Holistic Fitness. Joujon-Roche, who has worked with Demi Moore, says cardio exercise like jumping rope or interval training is just as important. Start with 20 minutes three times a week, and work hard enough to break a sweat.



# 4

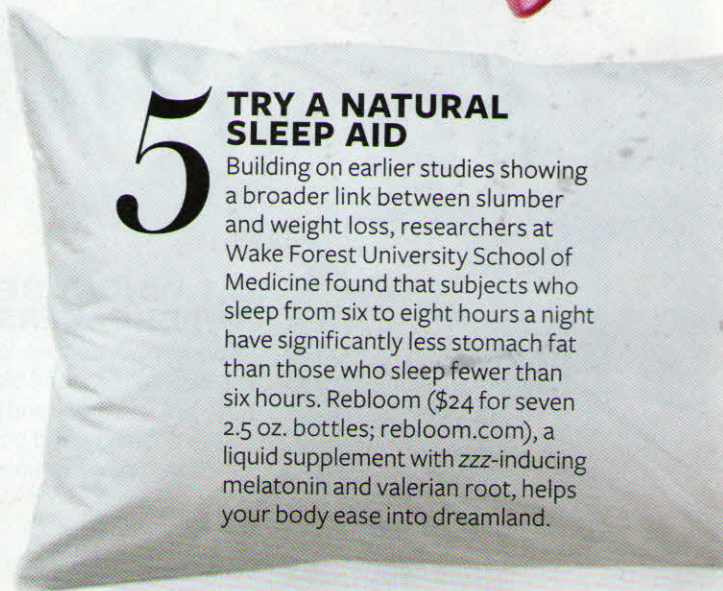
## ZAP YOUR MUFFIN TOP

Meet Bella Contour, the newest noninvasive slimming technique to hit our shores. As Dr. Tina Alster, director of the Washington Institute of Dermatologic Laser Surgery, describes it, a handheld wand delivers a combination of ultrasound, electric current, and vacuum pressure to tighten skin around the abs (or thighs or buttocks). The procedure is painless, she says: "Patients not only have firmer skin but also lose inches off the abdomen." Six to eight sessions (from \$300 to \$500 each) are recommended. The treatment is now available in Massachusetts, New Jersey, New York, Texas, and Washington, D.C. For more info, go to [realaesthetics.com](http://realaesthetics.com).

# 5

## TRY A NATURAL SLEEP AID

Building on earlier studies showing a broader link between slumber and weight loss, researchers at Wake Forest University School of Medicine found that subjects who sleep from six to eight hours a night have significantly less stomach fat than those who sleep fewer than six hours. Rebloom (\$24 for seven 2.5 oz. bottles; [rebloom.com](http://rebloom.com)), a liquid supplement with zzz-inducing melatonin and valerian root, helps your body ease into dreamland.



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