

Bikini DETOX

It's that time of year again: swimsuit season. But don't panic—with InStyle's smart tips you'll look and feel bikini-confident from the moment you set foot on the sand



HEALTH TIP

Resistance exercises can reshape your body rapidly. Commit to three sessions a week and you'll see the first results in a fortnight

FROM LEFT: Seafolly visor. Wahine bikini bottoms and top. Terry Rich beach towels. Speedo goggles. Sportsgirl sunglasses. Sunny Life bag. Le Coq Sportif trainers. Celsius barbell; at Rebel Sport.