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Arms Are the New Face

Everybody's going sleeveless, shifting the focus from who's got Botox to who has great biceps. Plus, see who made our [top-25 celebrity arms](#) hall of fame.



Last year, it seemed as though everyone obsessed over Gwyneth Paltrow's gorgeous gams, but ever since the Obamas landed in the White House, talk has turned to the first lady's toned arms. While Michelle Obama isn't the first to have covetable biceps (let's not forget Jennifer Garner's *Alias* days or Madonna's Tracy Anderson limbs), it's her choice to bare arms — even in the dead of winter — that has started a movement. "Women are requesting shift dresses because they want to show off their arms," says designer Michael Kors, whose fall collection is filled with shoulder-baring frocks. Now that women are putting as much effort into their arms as they do their complexions, it's no wonder that trainers, dermatologists, and plastic surgeons are getting more requests for "Obama arms." Read on for the most effective techniques.

At-Home Exercises

"You don't need to lift 20-pound dumbbells to get sexy, sculpted arms," says David Kirsch, personal trainer to celebrities like Heidi Klum and Liv Tyler. "It's better to increase repetitions rather than weight." He recommends you do these exercises three to four times per week to start seeing results in two weeks.

- **Stability-ball push-ups:** Place your shins on top of the ball and your hands a shoulder-width distance apart on the floor. "Make sure your core is nice and tight," advises Kirsch. Start with 10 push-ups, and once it gets easier, work toward two to three sets.
- **Cardio-sculpting circuit:** Using three-pound dumbbells, alternate between crossovers (punching across the body) and uppercuts (like punching a chin from below). Try 10 seconds of each, then go straight into 10 seconds of jumping jacks with shoulder presses; you'll start with your hands at your ears and reach up as you jump. As you get more proficient, increase your time.
- **Yoga T stand:** Start in the plank position (similar to a push-up), with your hands and toes on the ground. Lift your right arm up, turning your body so it makes a straight line with your left arm and looks like a T. Try five reps on each side and gradually increase it to 10 to 15.

Products That Work

The right skin care can instantly make limbs look softer, smoother, and more toned. And nothing pairs better with fashion's sleeveless chic than beautiful, flawless arms.

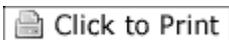
- **Bliss Fatgirlscrub** (\$38): Exfoliate in the shower at least twice a week to help banish rough skin and relieve dryness.
- **Glytone KP Kit** (\$56): If you suffer from keratosis pilaris (that's what those bumps on your upper arms are called), you'll need a body wash and a lotion with glycolic acid.
- **DDF Fade Cream 15** (\$40): Use this brightening moisturizer with hydroquinone if you want to make sun spots less visible.
- **Avon Anew Clinical Body Contouring Treatment** (\$25): When used twice daily, this caffeine-packed firming cream temporarily tightens and firms skin.
- **St. Tropez Self Tan Spray** (\$35): Mask imperfections with a faux glow, minus the nasty smell. And don't forget to exfoliate beforehand for a streak-free bronze.

Medical Options

"With more women showing off their arms, I'm seeing a big increase in requests for liposuction," says Howard Sobel, dermatologic surgeon and founder of DDF skin care.

- **Liposuction:** "It requires a small incision, but you don't remove a lot of fat," notes Sobel. "The cut is two millimeters on your elbow that is barely noticeable, there are no stitches, and you can go back to work the next day." Average cost: \$3,000. If your skin also needs tightening, SlimLipo uses a laser that smooths arms at the same time it gets rid of fat. Average cost: \$3,000.
- **Zerona:** Alan Bauman, medical director of Bauman Medical Group in Boca Raton, Florida, notes that while there's no clinical data proving this laser's effect on arms, he's had success using it this way. (Zerona stimulates the release of fat from cells that is then naturally excreted.) "After two weeks of six treatments, we've seen losses of around three quarters of an inch to one inch per arm." Average cost: \$3,000.
- **Arm lift:** "For a large amount of excess skin, you could have an arm lift, also known as brachioplasty, but you may have a big scar," warns Bauman. Average cost: \$3,700.

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