

SELF



NINA DOBREV'S BIG ADVENTURE

Life After The
Vampire Diaries

PUSH YOUR LIMITS
**8 WAYS TO TRY
SOMETHING NEW**

THE SEXY ABS & ARMS WORKOUT

BEACHY HAIR FROM BRAIDS TO WAVES

201 HOT SUMMER IDEAS

BODY / BEAUTY / FUN

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"There's nothing better than walking off the field knowing that you gave it everything you had."

—SYDNEY LEROUX, forward,
U.S. Women's National Soccer Team



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Photographed by Andreas Sjodin in Los Angeles Styling, Melissa Ventosa Martin; hair, Adir Abergel at Starworks; makeup, Jake Bailey for Lancôme; manicure, Holly Falcone at Kate Ryan; set design, Colin Donahue; production, Rosco Production.

CLOTHES Top, Jonathan Simkhai. Bikini, Flaggpole Swim. Earrings, Tenthousandthings. Page 1: Swimsuit, Cover. Shorts, Lisa Marie Fernandez. See Get-It Guide.

GET THE LOOK Dove Youthful Vitality Shampoo, \$5. Shiseido Veiled Rouge lipstick in Carrera, \$25

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