



Sexy summer arms are smooth, sleek and sun-kissed.

July 27, 7:22 AM · Jennifer Geisman - LA Beauty Trends Examiner

Now that the heat is finally sizzling up Los Angeles, it's time to show off your new summer body in the season's strapless ensembles. The big question: Once you've bought the dress, how do you get your arms in shape to actually wear it?

First on the list is making sure that no one (and, we mean NO ONE) can see the black prickly hairs under your arms as you hold up your iPhone Sonic Lighter and sway to the melodic music at the Hollywood Bowl. Laser dermatologist **Dr. Dore Gilbert**, sought after lecturer and the hands-on Medical Director of [Newport Dermatology & Laser Associates](#) in Fashion Island, Newport Beach, has recently introduced his clients to a revolutionary laser hair removal system called [LightSheer Duet](#). A must-have treatment for reality stars **Lauren Conrad** and **Kim Kardashian** and unlike traditional laser hair removal (which may be painful with several hours of downtime), the LightSheer Duet takes the same basic approach to conventional laser hair removal, but uses a unique handpiece and vacuum assist technology to confuse pain receptors into only feeling the vacuum sensation rather than the pain. The vacuum stretches the skin thinner to allow more energy to reach the follicles.

"I prefer to use the LightSheer Duet for underarm hair removal as it provides unmatched comfort for patients, which is a huge plus for this often sensitive area," says Dr. Gilbert. "The laser typically takes four to five sessions and can be done at any time of the year since the underarms are hidden from the sun." The LightSheer Duet can be used on both men and women, treats most skin types and the broadest range of hair colors.

With unsightly hair at bay, toning and strengthening your upper body guarantees that the Queen Elizabeth triceps will not do their own waving on the beach this summer. [Circuit Works LA](#) recently added a Brentwood location (original is located in Venice) and is getting LA bodies into shape with the high intensity, interval training workout routines the studio offers. Combining aerobic (cardiovascular training) and anaerobic exercises (resistance movement training) that rotate through a series of stations, adding Circuits Works to your fitness regimen will result in the teardrop upper arms you've always wanted.

"A study was done several years ago regarding the single best exercise to do if you only have time for just one exercise. Being a USMC veteran, I was very amused by the winner - push ups," says Raphael Verela, owner of Circuit Works LA. "By far, push ups are the key to getting those tight and toned arms."

Don't give strapless summer dresses the cold shoulder – flaunt your newly fit arms in a one-of-a-kind [Cheryl Fudge](#). Using exquisite style and a vintage scarf pleated and draped, the Cheryl Fudge **Je T'aime** strapless dress can be worn several ways, perfect for any occasion, and can take you through early fall with a simple wrap or light sweater as the nights become cooler.

Opening its second location in Santa Monica on Montana Avenue, Cheryl Fudge's fashions range from jeans, shorts, skirts and wraps to accessories and jewelry. Each piece is unlike the next, but all have that same softly worn, faded, washed and comfortable feeling that makes it a work of art. In addition to buying Cheryl Fudge originals, Fudge encourages you to bring out your own creative flair through the stores Fashion Camp and Open Studio Classes. For more information, check out www.cherylfudge.com.



Cheryl Fudge Je T'aime dress
David Kuhn

Copyright 2010 Examiner.com. All rights reserved. This material may not be published, broadcast, rewritten or redistributed.

Author



Los Angeles: Mom Discovers \$5 Wrinkle Trick

Dermatologists DON'T want you knowing about this Skin Care Secret!

[Get details...](#)



Millionaire Helps Local Mom Make Money

Los Angeles: You Won't Believe How This Mom Makes \$6795/mo....

[Get details...](#)



\$97/Hr Part Time Work Los Angeles

Can You Type? Earn \$94+/Hr From Home. As Seen On Fox & CNN News.

[More info...](#)



@Debt Stimulus Relief

@New Laws Allow You To Remove Up To 75% Of Your Debt...

[Visit site...](#)

Jennifer Geisman is an Examiner from Los Angeles. You can see Jennifer's articles at:

["http://www.Examiner.com/x-10291-LA-Beauty-Trends-Examiner"](http://www.Examiner.com/x-10291-LA-Beauty-Trends-Examiner)