

So check out the [11 expert tricks to getting your body and skin ready for a fun-filled summer](#) without any body loathing and who knows, you might end up so confident that you'll start looking for nude beaches ... *maybe* ...

By Anna Jimenez

11 Tips to Whipping Your Body into Shape for Summer

Bikini or not, you still want your body and skin to look sexy this summer -- here's how



Schedule a facial

According to celebrity esthetician and skin care expert Renée Rouleau, women need to get facials at *least* four times a year -- that's once at the start of each new season in order to remove dry skin, correct discoloration and brown spots, and most importantly, stimulate cell renewal for a fresh face, says Rouleau. So if you haven't had a facial since winter, it's time.

If you can't get to a spa to get one done, make sure you are giving yourself mini at-home facials on a regular basis:

Step 1: Start by washing skin with a mild cleanser.

Step 2: Use a facial exfoliant to remove dead and dry skin cells. Try [Eraclea Daily Bamboo Exfoliant](#), \$40.

Step 3: Immediately follow with a few drops of a skin-repairing serum, then apply a thin coat of a clarifying mask to your entire face and neck. The mask will help the serum penetrate deeper into your skin. Try [Origins Clear Improvement Active Charcoal Mask](#), \$21.

Step 4: Leave on 10 to 15 minutes, and use a warm wash cloth to gently clean off your face. Finish by applying your favorite moisturizer.