

# GLAMOUR

FEBRUARY 2005

WHAT'S UP  
WITH THAT?  
**Everything  
men do  
in bed,  
explained**

SPECIAL SECTION!

YOUNG  
WOMEN'S  
HEALTH  
QUIZ

Gotcha,  
guys!  
**Dos &  
Don'ts**  
seen on  
men

**KELLY RIPA**  
shares the  
personal stuff  
she won't  
tell on TV

**Make over  
body!  
arving  
new plan that  
every woman**

Getting sun outside **OR** in a tanning bed?

**The tanning bed is worse.** There's a dark side to the golden glow you get from tanning beds: Studies have shown that bulbs emit up to 10 times more wrinkle- and cancer-causing UVA rays than the sun. Translation: Twenty minutes of indoor tanning is triple the UVA blast you'd get from an hour outdoors. "In a tanning bed, your whole body is exposed to damaging rays, as opposed to just getting sun on your face outside in winter when you're skiing," says **James Spencer, M.D.**, professor of clinical dermatology at the Mount Sinai School of Medicine in New York City.

SHUNNED FOR LIFE  
The tragic story  
of the world's  
female outcasts