

## 5 Beauty Musts to Help You Survive Summer in Miami

By Julia Ford-Carther | June 15, 2015 | [Style & Beauty](#)

While Miamians love catching those rays, spending too much time in the sun can lead to major damage. Protect your skin during Miami's hottest months with these products and treatments you've never tried before.

### Modeladora Lyposage at Nail Bar



Enhance your beach-body regimen by getting out of the gym. Modeladora, a Brazilian beauty import, targets and contours problem areas with skin-rolling techniques, myofascial release, and manual lymphatic drainage. "It goes where the gym won't go," says Nail Bar owner Angela Vieira, who brought this go-to treatment from her native Brazil when she couldn't find it in Miami. Vieira recommends adding—not substituting—Modeladora to a healthy, active routine. After six treatments, you'll notice a difference, but it's after the 10th time when you'll witness real results like lost inches, reduced appearance of cellulite, and increased skin elasticity. *The Shops at Midtown, 3301 NE First Ave., #106, Miami, 305-514-0305*