

BEAUTY TIPS 101

by EMILY M. HARWOOD

hot weather beauty tips: *from hair to toe*

Southeast Louisiana's hot temperatures and humid climate paired up with on-the-go summer schedules can make looking good in August a bit of a challenge. Keeping these quick and easy beauty tricks in mind will make looking good a breeze and allow you to enjoy an even more beautiful summer!

unplug your hair!

At this time of year, it is much too hot (not to mention time consuming) to mess around with curling irons and hair dryers. Instead, scrunch in a little volumizing foam or lightweight gel and let hair air dry. For natural-looking waves, weave wet hair into a thick braid and allow to dry, then gently comb through with fingers to loosen hair into waves. You can also beat the heat with a French braid or "messy" bun that keeps hair off of your neck.

don't feel the burn!

The number one beauty tip for summer and every season is sun protection for the entire body! Always protect your skin by using a SPF 15 to SPF 30 sun blocking product to reduce the amount of damaging rays reaching the skin. There are many face and body moisturizers on the market today that include sun blocking SPF ingredients. Look for products that contain UVA and UVB blocking ingredients such as zinc oxide, titanium dioxide, parsol 1789 or helioplex. And don't forget to use a lip balm with SPF as well. Remember that it is impossible to stop all UVA rays using sun block, so use good sun sense!

get a glow on!

Before you slip into those cute little itty-bitty summer styles, give your body a healthy glow by using an exfoliating body scrub in the shower - don't forget elbows and knees! Exfoliating sloughs away dead cells to reveal new layers of skin and will leave you feeling smooth and refreshed. If you don't have an all-over body exfoliant, make your own by mixing a half cup of sugar with olive or sunflower oil to form a paste. Apply to the entire body using gentle, circular motions and rinse thoroughly.

lighten up on lotion!

If the face cream you use during cold weather months suddenly feels too heavy, swap it for a lightweight, non-greasy brand. A too heavy lotion can cause you to perspire just as if you were wearing an extra layer of clothing. When it comes to foundation, use a cream formula instead of powder that will streak if you sweat. On really hot days, try using a hydrating toner instead of moisturizer. This will keep skin balanced but won't feel heavy or greasy. For a real refreshing start to your day, keep moisturizer and/or foundation in the refrigerator before applying.



treat your feet!

If you can afford to splurge, a pedicure is a real summer treat for your feet. In between professional pedicures, baby your feet at home by soaking in lukewarm water and Epsom salts or scented oil foot soaks. Massage in a soothing foot cream after soaking or bathing to prevent dryness and relieve stressed, overworked feet. Follow up by elevating feet for at least ten minutes.

