



*Here
comes
the*

Sun

Now's the time to do a beauty 180 for the 94 sunny, steamy days ahead. Use these hair and makeup ideas to stay both pretty and protected.


Hair Helpers

The Scalp Scrub




Clear the way for healthy hair this summer by exfoliating your scalp: Before showering, run a boar-bristle brush, like the **Sephora Boar Detangling Brush** (\$24; sephora.com), gently along your scalp multiple times, then give hair a thorough brushing. "It sounds old-fashioned, but it really works to exfoliate dead skin cells and distribute the scalp's natural oils for more shine," says Eva Scrivo, author of *Eva Scrivo on Beauty* (\$35; amazon.com).

The Frizz Fighter



Get the right haircut to handle humid weather. "If you have curls, add layers to keep your hair from puffing out at the bottom and creating that pyramid shape," suggests Scrivo. Straight hair? Ask your stylist not to overtexturize or slice into the ends with a razor. "You want a little extra weight at the bottom to keep hair from expanding in the humidity," she says. If you know from experience that the right cut alone won't curb your hair's frizz frequency, consider an at-home, formaldehyde-free smoothing treatment such as **Organix Ever Straight Brazilian Keratin Therapy** (\$14; drugstores).

The Ultimate Air-Dry



When it's hot out, you won't want to blow-dry—so now's the time to master the art of air-drying. If you have straight hair, distribute a styling cream such as **Garnier Fructis Pure Clean Smoothing Cream** (\$5; drugstores) from your roots through the midsection, then clip strands up on the top of your head until they're almost dry. "When you let your hair down, you'll have more lift in the root area," says Scrivo. For curly hair, apply a curl-enhancing cream, then twist sections around your finger to encourage spiral shapes. Once hair is dry, don't touse it. "A broken curl is a frizzy curl," warns Scrivo. Smooth any remaining frizz with a bit of serum, like **Dove Hair Nourishing Oil Care Serum** (\$5; Walgreens).

THE HEALTHY HAIR SPRITZER

Protect your strands during long days in the sun with this D.I.Y. hair mist from Lorri Goddard-Clark, a colorist at Privé Salon in Los Angeles: Mix 1 tablespoon of almond or olive oil, 2 ounces of filtered water, and 3 drops of lavender or rosemary essential oil in a spray bottle and apply all over hair, especially from the midsection through the ends.



Makeup Moves

The Skin Saver

It may work to use an anti-ager, a lotion with sunscreen, and foundation on your face in winter, but that's a recipe for an oil slick in warm weather. When humidity ramps up, switch to an all-in-one like (1) **Origins Brighter by Nature SPF 30 Skin Tone Correcting Makeup** (\$28; *origins.com*); it has cellulose to absorb oil, and the powder's light-diffusing minerals make fine lines less noticeable.

The Eye Opener

Switch to a growth-promoting mascara; with longer, darker lashes, you won't need eyeliner,

which tends to smear in the heat. Try **StimuLash-Fusion Lash Enhancing + Lengthening Mascara** (\$28; *sephora.com*). For even prettier eyes come summer, wear shadow that has anti-aging benefits too. Shimmery, antioxidant-rich (2) **Tarte Amazonian Clay Waterproof Cream Shadows** (\$22; *qvc.com*) have a water-resistant formula that's perfect for the sweaty days and pool dips to come.

The Lip Fix

If you want to wear brighter lip colors this summer but worry they'll draw attention to fine lines around your

mouth, this move is for you: Prep with a balm that has hyaluronic acid, such as **Blistex Deep Renewal with SPF 15** (\$3; drugstores). "The acid has a slight plumping effect that diminishes the appearance of lines," says Marta I. Rendon, MD, founder and medical director of the Rendon Center for Dermatology and Aesthetic Medicine in Boca Raton, FL. Next, fill in lips with a lip crayon or pencil, like (3) **Jane Iredale's Lip Crayon** (\$10; *shop.janeiredale.com*). "This will last longer than lipsticks or glosses in hot weather," says Mai Quynh, an LA-based makeup artist for Mark Cosmetics.

—Jennifer Goldstein

THE GLOW GETTER

Make a habit of using a self-tanner; it encourages you to spend less time sunbathing, according to a new study published in the *Archives of Dermatology*. "Having a fake tan seems to keep people from lying outdoors unprotected," explains dermatologist Marta I. Rendon, MD. Try Dr. Dennis Gross Skincare Alpha-Beta Glow Pads (\$32 for 20; *sephora.com*); their self-tanning formula features antioxidants and vitamin D.

Want to wear
less makeup?
Pick products
that do more.

