

# SUMMER FOUND CONFIDENCE



Hoda Kotb

## FOUND

We waited forever to feel the warmth of the sun shining, but it didn't take long before all that heat became less of a boost and more of a bother as we battle frizzy tresses, sunburns and oh-so-much outfit-ruining sweat! Here to help: Top celebrity beauty and fashion pros share the tried-and-true solutions that keep their clients looking and feeling fabulous on steamy days. Steal their secrets to flawless!

### BEAT BLOAT

Shoes feel a bit tight? Clothes sort of snug at the waist? Face just looks puffier? Summer bloat (thanks to water retention from heat, salty snacks or fizzy drinks) can leave you looking and feeling 10 pounds heavier. To shrink inches from head to toe in under 5 minutes, try a ginger-oil massage. The massage helps increase lymph flow to flush away the stagnant fluids that lead to bloat while ginger's warming properties help speed the detoxification process, explains aesthetician Michelle Schlekewey of the Golden Door Resort and Spa in San Marcos, California, a favorite of A-listers including Julia Roberts and Oprah Winfrey.

**TO DO:** Mix 3 drops of ginger oil with 1 Tbs. of liquefied coconut oil. Massage the oil from your jawline down the sides of your neck (where lymph nodes are located) for 1 minute. Next, lie on your back and gently massage the oil around your stomach, working clockwise around your belly button for 2 minutes. Finally, elevate your legs, then place your hands on both sides of one ankle and use slight pressure to move your hands in long upward strokes toward the knee; repeat 10 times, then switch sides.

PHOTOS, FROM LEFT: GETTY; INSTAR; TEXT: LAUREN GATCOMBE

## CONFIDENCE

Easy hacks to outsmart beauty bothers



Reba McEntire

### AVOID SWEAT STAINS AND ODOR

*Ugh!* Some days our sweat glands seem to just go into overdrive, leaving our clothes marked by telltale stains under our arms, around our waist and down our back! The stay-dry solution? A sage-infused body spray. "The herb's tannic acid temporarily constricts sweat glands to help control excess sweat production," says Heather Wilson, aesthetician and director of brand development for InstaNatural skin care. And the herb is antibacterial and anti-fungal to nix any odor-causing bacteria, so you'll stay dry *and* smell fresh all day long. Even better: It's gentle enough to spray anywhere on the body.

**TO DO:** In a saucepan, bring 1 Tbs. of dried sage and 1 cup of water to a boil, then remove from heat and let cool. Next, pour the liquid into a spray bottle and spritz onto the skin that tends to get damp; massage into skin. Using every three to five days should keep skin dry. (Store the bottle in the fridge for up to 30 days.)

Uma Thurman



**OUTSMART CHAFING**

The painful rash of chub rub, which can result from even the slightest friction between thighs, can have us shying away from stepping out in thigh-baring shorts, sundresses and swimsuits. A genius way to prevent chafing? Prep the area with deodorant, suggests New York City dermatologist Jody Levine, M.D. “The light formula creates a protective layer that keeps thighs from touching while also reducing sweating—both key to alleviating any irritating chafing.”

**TO DO:** Pick a spray-on deodorant, which allows for mess-free application. We recommend choosing one that’s infused with skin-soothing nutrients, like Dove Nourished Beauty Dry Spray (Walmart.com), which contains vitamin E-rich sunflower seed oil to help heal and moisturize skin if it’s already irritated.

FROM LEFT: INSTAR; GETTY; INSTAR

**SUN-PROOF HAIR COLOR**

A little swimming and sunning is a boon for the mind and body—but exposure to harsh UV rays and chlorine can do a number on hair, giving silver strands a yellow tinge and turning blondes brassy. To combat this, colorists recommend purple shampoo, since blue-violet pigments neutralize the yellow and orange. But those shampoos can be pricey. For a clever hack that delivers the same benefits, mix your regular shampoo with grape Kool-Aid powder. It sounds a bit wacky, but colorist Kyle White, who has worked with Naomi Watts and Robin Wright, says it works!

**TO DO:** In a bowl, combine ¾ tsp. of grape Kool-Aid powder with 4 Tbs. of shampoo. Apply to damp hair from roots to ends; let sit for 5 minutes before rinsing out. Use once a week to keep yellow or brassy tones at bay all season long.

Helen Mirren



**EVEN OUT SKIN TONE**

The halter-neck swimsuit you wore last week gave “the ladies” a nice boost, but you’re not loving the awkward tan lines it left behind. Makeup artist Jami Svay, who has worked with Julianne Moore and Freida Pinto, has a two-step fix: First, lighten skin with a salve made from lemon juice (its citric acid sloughs off dead skin cells to help blur the line of demarcation between tan and lighter skin) and honey (it moisturizes skin and reduces possible sensitivity to lemon juice). Then even out skin color using self-tanner.

**TO DO:** Mix 1 Tbs. of lemon juice with 1 Tbs. of honey. Apply on and around tan lines and let sit for 25 minutes; rinse. Next, pat skin dry and use a makeup sponge to sweep a small amount of a self-tanning mousse (we like Sally Hansen Airbrush Sun Instant Tanning Mousse, Walgreens.com) onto paler areas; blend into tanned skin. Let dry for 30 minutes and repeat if needed. (Two applications should be enough to give skin an even, natural-looking glow.)

Cindy Crawford



**Genius stay-cool accessories**

**Like wearable AC, these innovative finds will give you a welcome chill no matter how high the temperature climbs**

**Keep “the girls” cool with stick-on AC pads**

No matter your bust size, uncomfortable underboob sweat is inevitable on a sweltering day. The surprising hero: Philips Avent Thermal Gel Pads (\$11 for two, Target.com). These chilled gel bra inserts, which are designed to help nursing moms ease breast swelling, keep your breasts cool and your bra sweat-free. Simply freeze overnight and place in bra cups near the underwire to get up to 3 hours of boob-cooling bliss.



**Ward off smelly feet with ventilated inserts**

That embarrassing moment when we catch a whiff of our feet and *hope* no one else can smell it? We’re avoiding it this summer with a little help from Dr. Scholl’s UltraCool Insoles (\$11 per pair, Amazon.com). The inserts have honeycomb vents to promote airflow, plus they are infused with activated charcoal and baking soda to neutralize sweat and any offending odor.



**Stay cool all over with ice-pack jewelry**

The oversize pearls in the Hot Girls Pearls Black Ice Coolection Bracelet (\$40, HotGirlsPearls.com) look fun and funky, but they’re also super-functional. Inside each pearl is a gel that gets cold when stored in the freezer and stays icy for up to an hour. By resting on pulse points at the wrist, the wearable “ice cubes” lower body temperature from head to toe!





Eva LaRue

### SIDESTEP SWEATY FEET

When we experience that squishy feeling in our shoes from feet that have started to sweat, we know the resulting friction is bound to lead to stinging blisters—plus all that slip-sliding can end with a twisted ankle! The save: Aesthetician Lora Condon, who's worked with Cate Blanchett and Téa Leoni, suggests soaking feet in an icy black tea-filled basin before slipping into shoes.

“Black tea’s potent tannic acid acts as an astringent to constrict pores and sweat glands, limiting perspiration,” she explains. Bonus? A cold soak helps keep feet from swelling on a hot day.

**TO DO:** Steep 3 black tea bags in a basin with 3 cups of boiling water. Chill in the fridge, then remove tea bags and add in a few ice cubes. Soak feet in the tea bath for 5 minutes; rinse and pat dry. The sweat-stopping results will last for a few days even after you shower, so you’ll only need to repeat every three to five days as needed.

PHOTOS: FROM LEFT: GC IMAGES/GETTY; REX/SHUTTERSTOCK; GETTY; BACKGROUND: EVA: GETTY; -STILLS: HBB

### SOOTHE A SUNBURN

An afternoon spent gardening in the backyard or strolling through the park is pure bliss—unless you forgot to reapply SPF every two hours. *Ouch!* For fast relief of a painful sunburn, look to Greek yogurt. “The yogurt’s probiotics and lactic acid work fast to ease inflammation and help skin begin to heal,” explains dermatologist David Bank, M.D., author of *Beautiful Skin: Every Woman’s Guide to Looking Her Best at Any Age*. Even better? Applying the yogurt to skin straight from the fridge offers instant cooling and constricts blood vessels to further reduce any redness and swelling.

**TO DO:** Gently slather a dollop of Greek yogurt onto any sunburned spots. Leave on for 15 minutes, then rinse off with cool water. Repeat twice a day until the burn has diminished.



Jessica Chastain



Mary Steenburgen

### KEEP CLOTHING WRINKLE-FREE

We love how lightweight fabrics like linen and silk keep us cool—but we hate how easily they crease and leave us looking disheveled. The go-to that stylist Samantha Brown, who’s worked with Faith Ford and Candice Bergen, swears by: a vinegar spritz. Vinegar’s acetic acid is a softening agent that smooths fabric fibers to release wrinkles.

**TO DO:** Fill a spray bottle with ¼ cup of white vinegar, ¾ cup of water and 5 drops of lavender essential oil (for a light scent); shake to combine. Spritz onto wrinkly fabric to lightly dampen (not soak), then tug on creases to smooth. Let dry 5 minutes. (Limit use to twice a week on the same item; overuse can break down fabric fibers over time.)

### Gorgeous on-the-go!

These tricks will save you space in your bags, lighten your load and keep you looking your best when you travel

#### Cotton swabs

**1. Eye shadow.** Instead of packing your eye shadows, simply dip the ends of cotton swabs into your favorite shadow shades, then wrap each stick separately in plastic wrap to lock in color until you are ready to apply.

**2. Perfume.** Saturate cotton swabs with your favorite fragrance and store in an airtight plastic baggie to keep the scent from evaporating.



#### Cotton balls

**1. Polish remover.** If your nails might need a touch-up during your trip: Soak a few cotton balls in acetone and wrap with tin foil (so they stay damp), then store in an airtight plastic baggie.

**2. Makeup helper.** Leave bulky brushes behind and use cotton balls as applicators. Bonus: Placing a few in each compact creates a cushion to keep powder from breaking while in transit!



#### Empty pill bottles

**1. Travel sewing kit.** To ensure you’re prepared to deal with any frustrating little rips or fallen hems, drop a needle, safety pins, buttons and thread inside a pill bottle to create a makeshift sewing kit.

**2. Toiletry set.** Fill bottles with shower staples like shampoo, conditioner and bath salts: The sealable bottles are TSA-friendly and space-savvy.

