In Fashion: Summer's fashion refresher course

by Sharon_Mosley

Some like it hot - but most of us don't. When the temperature soars, it's time to take a break from tiresome beauty routines and refresh this summer with some cool relief:

So pamper yourself and create your own spa vacation at home with a few of these chilling treats.

Take it from the top - Kick that sticky and stiff gel off the beach. Instead, try some of the hottest new lightweight hair products containing botanticals - Aussie has a new collection of "Sun-Touched Shine" styling aids for hair which contain Australian ingredients like Guava and Sea Kelp to keep your hair hydrated for a shiny, healthy look. (www.aussie.com)

FAREWELL TO FRIZZ - The key to keeping curls tamed in the summer is to keep them hydrated. One way to do that is to carry and use a small spray bottle filled with three parts water to one part leave-in conditioner. CNS Photo courtesy of Pantene.
Down with frizz - The great thing about the summer months is that the easy "get-up-and-go" hair styles translate for everything from work to a night on the town. But in an instant they can also go from fun to frizz. The key to keeping curls tamed in the summer is to keep them hydrated. Take a small spray bottle and fill it with three parts water to one part leave-in conditioner like Pantene Hydrating Curls leave-in comb-in. Shake it up and spray to keep those textured locks under control. (www.pantene.com)

Parched pout? - Think summer lip service and think Einstein Lip Therapy Cooling Lip Relief; it's a real cool down for hot lips. This nourishing lip balm feels as tingling as ice thanks to a combination of vanilla and mint, cocoa butter and vitamins. Great for tucking in your beach bag. (www.liptheory.com)

Scrub away the dryness - If you've never used a body scrub, you're in for a treat. For smooth, soft skin buffed to perfection and then lightly moisturized, try adding Klean's new body polish to your summer bathing routine. All of Klean's scrubs are made with pure cane sugar from Mexico, mixed by hand and "flavored" with a wide variety of scent combinations like macadamia and coconut oils.(www.kleanbathandbody.com)

Shower in thirst quenchers - Now you can drench yourself from head to toe in one of summer's favorite coolers, Philosophy's Pink Lemonade collection. This citrusy assortment of pink lemonade-scented formulas comes in body butter, hand cream, salt scrub, lip shine, and the famous 3-in-1 shampoo, shower gel and bubble bath. Available exclusively at Nordstrom stores this summer.

Experience the spa life - You may not be able to get to Seattle or San Jose, Calif, this summer, but now you can moisturize summer skin with some of their famous Dead Sea salt-based mineral soaks available online. (

www.inspa.com)

Another great spa collection is by June Jacobs whose products are also renowned for their restorative powers: my favorite - the Cooling Cucumber Masque - removes dry, dead skin cells and has age-fighting antioxidants - we can all use an extra dose of those anytime of year. (www.junejacobs.com)

Footloose and fancy free - Yes, we know summer is a time to bare our tootsies, but the flip-flops and sandals can take a toll on foot care. Celebrity manicurist Deborah Lippmann has taken the at-home pedicure to spa-like heights with her natural loofah-lined slippers designed to stimulate the soles of your feet and exfoliate them with each wearing. (www.lippmanncollection.com)

Chill out with summer scents - Imagine it's the first night of summer and you're walking down Las Rambias in Barcelona and there's an intoxicating scent in the air - Banana Republic has captured this languid summer scent in it's new collection of candles. Try the chilled Sangria - a mix of red currant, pink grapefruit, rhubarb, ruby peony, cassis, rose petals, blackberry velvet, scarlet woods and fire musk - now if that's not enough to make you a little tipsy, nothing else will.

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