



A Beautiful Summer—Naturally

If hot weather is wreaking havoc on your looks, chill! We've got all-natural solutions for whatever the season brings. **BY SALLY WADYKA**

IT'S NATURE'S LITTLE JOKE: The season that lures you outside to play through long days and warm nights is the very season that visits its wrath on your skin and hair. Sun, heat, dirt—they all take a toll in the form of burns, breakouts, and more. "It's the big beauty challenge of summer," says Valori Treloar, M.D., an integrative dermatologist in Newton, Massachusetts. "But you don't have to reach for drugstore treatments when there are good all-natural solutions." Indeed—what

until your skin is warm and goose-bump free. Also, always shave in the direction of hair growth to minimize inflammation, and exfoliate between shaves to slough off dead skin cells and prevent ingrown hair. **Treat it** To minimize bumps and redness, dab skin with a cotton ball soaked in witch hazel, an anti-inflammatory, immediately after shaving. That will help calm irritation within minutes. The same treatment will soothe post-waxing redness, too.

nature taketh away, she also gives back. So roll down the convertible top and rock climb in bare legs. These everyday ingredients will soothe nature's meanest mishaps.

SUNBURN

Sun damage is essentially inflammation caused by ultraviolet rays, explains David Bank, M.D., a dermatologist in Mount Kisco, New York: "So anything you can do to diminish it will lead to less damage to your skin—fewer lines, fewer brown spots, and a lower risk of skin cancer."

Prevent it Eat your antioxidants, which can help increase skin's natural sunburn protection. "Brightly colored vegetables are especially rich in carotenoids—naturally occurring pigments with free-radical-fighting antioxidant properties—and they may raise your sunburn threshold," Treloar says. But, she cautions, that's not an excuse to skimp on sunscreen.

Treat it Make a cool compress by soaking a washcloth in whole milk. "The fatty acids in milk are calming," Bank says. "And it contains lactic acid, a natural anti-inflammatory."

RAZOR BUMPS

On the swimsuit-trauma scale, post-shave red bumps in the bikini area are second only to public-dressing-room sessions. They can be caused by a nick in the skin, a clogged follicle, or an ingrown hair. And they're not just uncomfortable and unattractive; left unchecked, they can become infected.

Prevent it Put shaving last on your shower to-do list, and don't even think about picking up that razor

ACNE BREAKOUTS

Complexion woes are more common in the summer. It's no surprise: The mix of warm, moist air with oil, sweat, and sunscreen provides an ideal breeding ground for the bacteria that causes acne.

Prevent it "Change your pillowcase often, wipe down your cellphone, and keep your hands away from your face," suggests Michelle Hummel, spa manager at Equinox South Bay in Hawthorne, California. And fight acne from the inside out by watching your intake of cheese and milk; some studies have linked dairy to breakouts.

Treat it Dab a drop of Brazil nut oil on the blemish. It might sound counterintuitive to use oil on a pimple, but this one is rich in the minerals selenium and zinc. Together, their antibacterial and anti-inflammatory properties can help heal existing zits, prevent new ones, and reduce any irritation or redness.

SCRAPES AND SCRATCHES

Gardening, hiking, or biking inevitably lead to scrapes, scratches, cuts, and skinned knees.

Prevent them Don't! Short of staying indoors all season, there's no way to avoid getting banged up. Wear your wounds as a summertime badge of honor.

Treat them Pull a leaf off an aloe plant, dab the gel directly on the wound, and cover with a gauze bandage. Repeat twice a day. "Aloe reduces inflammation and swelling, and it activates immune cells that fight bacterial infections," Bank says. However, he cautions, a deep cut requires medical attention.

FRIZZ

Even the straightest hair can puff up with enough humidity. Your hair absorbs the excess moisture in the air, leading to that Albert Einstein look.

Prevent it It helps to keep your hair well hydrated, as unlikely as that seems. Limit your exposure to drying agents—the blow-dryer, flat iron, and curling iron—and don't shampoo every day. "The less you strip your hair of its natural oils, the less frizzy it will get," says Julie Ebner, owner of JuJu Salon & Organics in Philadelphia.

Treat it Fill a spray bottle with distilled water and a few drops each of hair-calming grapeseed and lavender oils. Spritz the mixture on your palms, then run hands over your hair, smoothing it and calming frizz instantly.

SUMMER'S LITTLE BEAUTY HELPERS

Some of the season's hottest products contain the soothing natural ingredients featured in home cures.



SKIN

1 Soak in a tub filled with Aura Cacia Soothing Organic Milk & Oat Bath. The milk extracts will help reduce inflammation, while oatmeal naturally moisturizes sun-parched skin. \$3.30, auracacia.com

2 Dickinson's Original Witch Hazel Pore Perfecting Toner will calm post-shave or post-waxing redness. \$4, drugstore.com

3 Alba Hydrating Oil Control Moisturizer is a gentle way to keep skin hydrated without making it greasy—plus it contains Brazil nut oil to help keep breakouts away. \$23, albotanica.com

4 If you don't have an aloe plant handy, reach for **Cuticura Medicated Ointment.** It contains the soothing ingredient to help cuts heal. \$6.50, cuticura.com

HAIR

5 Philip B. Anti-Frizz Formula 57 Natural lavender and jojoba extracts add just the right amount of moisture to soothe frizz without weighing down hair. \$35, philipb.com

6 Spritz hair with **Shiseido Refreshing Sun Protection Spray SPF 16** before you head outdoors to keep hair—and scalp—safe in the sun. \$28, sephora.com

SUN-DAMAGED HAIR

Just like skin, hair can suffer from overexposure to UV rays, which turn it dry and prone to breakage.

Prevent it Mix three tablespoons of jojoba oil with three drops each of macadamia nut and hemp seed oil and slather your hair before you go outside. The oils condition locks so they don't dry. Top it all off with a big hat to shield hair from UV rays.

Treat it "Olive oil is a great moisturizer for dry hair," Ebner says. After a long day spent outside, rejuvenate sun-scorched strands with this recipe: Mix a tablespoon of olive oil with three drops of rosemary oil and one drop of jasmine oil. Work the mixture thoroughly through hair, leave in for one hour, then wash out. +