

Beach Body Beauty Tips

(NAPSA)—While nearly everyone looks forward to enjoying some fun in the sun, sand and surf can mean trouble for skin, hair and nails. Many people adjust their workout routine to get their bodies in shape for the beach, but it's just as important to alter your daily beauty regime to help you maintain that radiant, fresh look. Here are some simple tips to help:

- **Experiment with color.** Ditch the blacks and grays and break out the bold colors. Even if you're not an adventurous type, choosing a bright pink nail polish or bold green eye shadow can help update your look.

- **Protect your tresses.** Chlorine, wind and sun can be hard on hair. Make sure you protect it by using shampoos and conditioners with moisturizing benefits. For added moisture and protection, try a leave-in conditioner.

- **Ditch the dryer.** Blow-dryers and flatirons can be damaging to hair, so go for that tousled look the celebrities have been sporting.

- **Show off your legs.** With flirty sundresses, short shorts and sexy miniskirts being some of the hottest trends, smooth, hairless legs are essential. Carefree Totally Smooth Leg Crème removes hair above and below the surface and you won't have any nicks or cuts—just silky smooth legs for up to seven days.



Take care of your skin, hair and nails before heading to the beach.

- **Less is best.** Skip the heavy makeup and accentuate your glowing skin by brushing on a light, shimmering powder.

- **Always apply sunscreen, even if it's a cloudy day.** Find a bronzer or moisturizer with SPF 15 so you can tackle two tasks at once—get that fresh glow while protecting your skin from the damaging effects of the sun.

- **Don't forget to drink water.** It's easy to get dehydrated, especially when the weather is warm. What's more, drinking water will help keep your skin hydrated and your nails strong and healthy.

Perhaps the best beauty tip is to just relax. If you feel great on the inside, it will show on the outside.