

TRAVEL-SMART TIPS

A Beautiful Way To Take A Vacation From Drab

(NAPSA)—If you're like most mothers, according to findings by Kelton Research, you spend almost twice as much time getting your family ready in the morning as you spend on yourself. Fortunately, a vacation or even just a weekend away can be a good time to change that.

How? Makeover expert Stacy London, of TLC's "What Not To Wear" fame, has a suggestion—her own personal favorite—for traveling moms: Always bring the right beauty products with you and leave the "Mom-pants at home."

Meaning, swap those sweat-pants and leisure suits for a simple chic shirt or shirtdress—and don't be afraid to keep beauty top of mind. Style issues aside, doing so makes it a breeze to go from wrangling kids at the beach to dinner out.

"I see moms all the time sacrificing their beauty and personal needs for the benefit of their families," says London. "The truth is that personal beauty does have a place within motherhood and all moms should look like they have it all—including looking their best."

London offers a few more hints that may help make travel a beautiful thing for many moms:

- Pack one big tote with all the basics from toys to sunglasses to sunblock, so kids can find everything they need on their own.

- The right look starts with glowing skin. Moisturizing is the cornerstone of skin care when vacationing in warmer weather. Extra moisturization will keep the tan even and help to prevent flaking. Pack Suave Skin Therapy Aloe Moisturizer, which con-



Stacy London helps moms say "yes" to beautiful even while on a family vacation.

tains 40 percent more glycerin for all-day moisture.

- Make the most of your suitcase. Roll clothes instead of folding them. This will not only maximize space, but it can keep clothes from wrinkling.

- Accessorize. Fun jewelry can be an easy way to go from day to night. The right necklace will add sparkle to a little sundress and it's easy to fit into a suitcase.

- Keep cool about perspiration. Don't waste time worrying about wetness. Pack an effective deodorant such as Suave Naturals Invisible Solid in Sweet Pea & Violet and you'll glow only with happiness.

For more information, log on to www.suave.com.