

Her Time

Expert Advice For A Fun & Confident Day At The Beach!

(NAPSA)—Having a fun, care-free summer—the season for shorts, tank tops and bikinis—is all about feeling confident. Yet, donning that teeny-weeny bikini can make anyone feel insecure and vulnerable. One way to beat those insecurities is by being prepared, and no one knows it better than Tracey Crothers, a California lifeguard who spends her whole summer on the beach. Here are a few tips from Tracey to get teens through the summer feeling—and looking—their confident best!

Suit up! According to Tracey, “I know how important it is to find a suit that fits right. After all, I have to feel confident and strong in a bathing suit no matter what time of the month it is.” Tracey’s advice when suit-shopping is to “take along an honest friend whose taste you trust.”

Treat your feet: Treat your toes to a pretty summer pedicure and be sure to complement them by wearing a great-looking pair of thong sandals—which will also help keep feet protected from hot sand and debris on the beach. Another Tracey tip: “A sprinkle of baby powder makes sand brush right off skin!”

Pack some confidence: For Tracey, while not every day on the beach is about saving lives, it is about being ready for anything. “I need products that I can rely on. It’s one less thing I have to worry about. That’s why I and other lifeguards love o.b.® Tampons. They’re dependable, discreet and fit perfectly into any bag, so I know I’m always prepared.”

Sun sense: There’s nothing cool about getting burned, and it’s easy to avoid. Dermatologists recommend using waterproof sun-



Being prepared will help make your day at the beach a great one. Bring sunscreen, sunglasses, sandals, water, the right bathing suit and other products you can depend on.

screens with an SPF of 30 or higher. Sunglasses also offer fashionable protection—choose a pair that absorbs at least 90 percent of UV sunlight. For blocking the hot sun, brightly patterned beach umbrellas are great and, according to Tracey, “make it easy for friends to find you.” Hats are also wonderful accessories for the beach as they shield skin and hair from burning.

H2O to go! When you’re in the sun, remember to drink plenty of fluids and often, even if you do not feel thirsty. You’ll need even more water if you’re exerting energy, such as participating in a serious game of beach volleyball.

So if you’re hoping for some hot fun in the summertime, take Tracey’s advice: A little advance planning will ensure that your day on the beach, or at the pool, will be about relaxing, having fun and staying confident all summer long!

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