

Summer Survival Guide

(NAPSA)—After a long winter, it's hard not to be excited about the promise of summer—the tropical temperatures, sexy new fashions and impromptu get-togethers...not to mention last minute dates with that special someone.

But before you join in the warm weather festivities, there are a few things you can—and should!—do to take your look from winter doldrums to summer sexy:

- **Silky, Sexy Skin**—Summer is the season of revealing fashions (not to mention skimpy bathing suits)...which means that your skin is one of your most important fashion accessories!

Take care of it by reserving a few moments every few days to pamper your body and remove unsightly body hair. You'll be rewarded with the silky smooth skin you crave (and summer fashions demand). Maintain this satiny smooth, sexy look for days on end—and kiss razor burn goodbye—by using a hair removal cream, lotion or wax, or opt for an at-home lightening product to easily disguise dark facial hair.

For touchably silky skin, choose products featuring ingredients with antioxidant and moisturizing properties, such as white tea and ginger. A good option is NAI^R's new *Smoothing Effects™ Bladeless Shaving Kit*, that works in as little as three minutes to provide long-lasting smoothness. The *Smoothing Effects™ Bladeless Shaving Kit* also boasts fragrance that contains notes of pineapple and tamarind, offering an exotic spa experience in the privacy of your home.

- **Get A Leg Up**—There's no



With a few simple steps and help from Nair®, you can be ready for anything summer brings!

doubt about it—strong legs are sexy. But achieving toned legs doesn't mean you have to belong to a pricey gym or run miles each day.

Dedicate 20 minutes each day to firming your legs (you can even do this while watching TV!). Use the weight of your body as resistance—simple squats, lunges and leg lifts will give you the tone and definition you crave. You'll feel more confident in summer's barely-there trends, and will have more energy for the warm weather activities you love—from salsa dancing to swimming.

- **“Ready For Anything” Attitude**—This summer, showcase your confidence and charisma. Whether you're invited to go white-water rafting with friends or are heading to a spur-of-the-moment get together, remember that you'll inevitably meet more people and have more fun with a carefree, confident attitude. After all, everyone enjoys spontaneity—a happy, fun-loving outlook will ensure that you're ready for anything this summer!