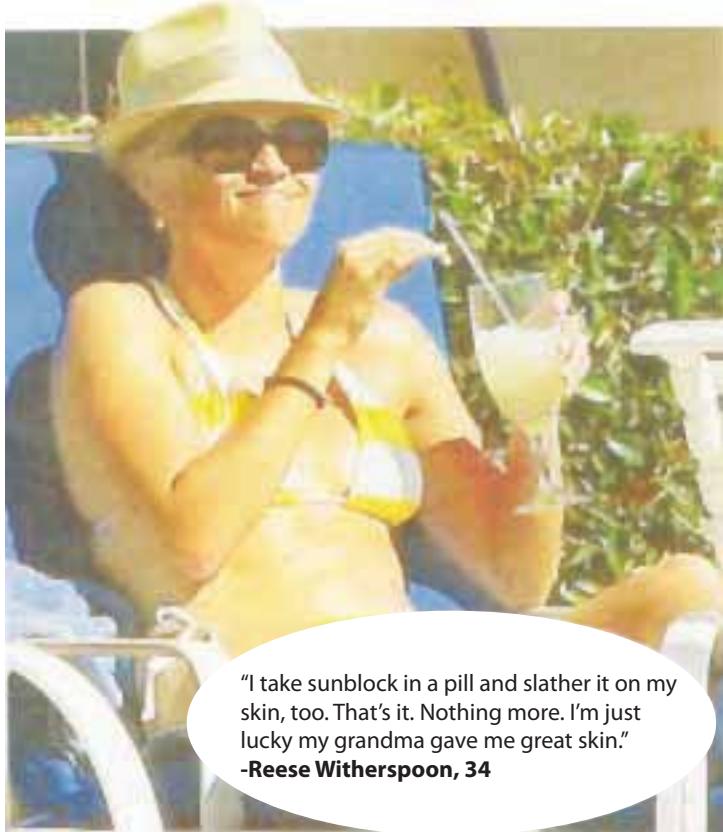


Summer beauty

Tanning to fight acne? Kool-Aid for brassy hair? FIRST asks the pros



"I take sunblock in a pill and slather it on my skin, too. That's it. Nothing more. I'm just lucky my grandma gave me great skin."
-Reese Witherspoon, 34

THE TRICK Taking a sunblock pill to avoid getting burned

THE TRUTH Sunblock pills with Polypodium leucotomos (an antioxidant from the fern plant) help decrease UV damage by providing extra SPF insurance in case you miss a spot or forget to reapply, says Jody A. Levine, M.D., codirector of Plastic Surgery & Dermatology of NYC. But she notes that these pills are a supplement to sunblock and should never be used as the only source of sun protection. For the most benefit, she suggests taking one pill—try a brand like Heliocare (\$60 for 60 capsules, at drugstore.com) or Life Extension Enhanced Fernblock with Sendara (\$16 for 30 capsules, at lef.org)—30 minutes before going out in the sun. For prolonged sun exposure, take one capsule every two hours. Or consider noshing on watermelon. A recent study found that the fruit's lycopene helps fortify skin against oxidative damage.

THE TRICK Shampooing with Kool-Aid to counter brassiness

THE TRUTH Over time UV rays can break down the violet or blue pigments in color-treated hair, causing locks to look overly yellow or orange. Surprisingly, Kool-Aid can be an effective, affordable solution, says Suave celebrity hairstylist Jenny Cho. But she cautions that it shouldn't be added to shampoo—the soap will just wash the purple pigments away. Simply shampoo hair as usual, then add a pinch of sugar-free grape Kool-Aid powder (or if you're a brunette who has become orangey, try a sprinkle of blue Kool-Aid instead) to 2 Tbs. of conditioner; mix until it turns light violet. (If it turns dark, add conditioner.) Comb through wet hair, wait 5 minutes, then rinse. "This deposits subtle pigments on hair to neutralize brass," says Cho. And next time you color, consider an ammonia free product formulated to nix brassy hues like Clairol Natural Instincts Brass Free color (\$9, at drugstores).

THE TRICK Spraying salt water on hair to create volume and waves

THE TRUTH "A saltwater spritz does give hair volume," says Cho, who explains that saline imparts a residue that makes strands coarser and causes them to draw up into waves. "But it also wicks moisture from hair, leading to dryness, breakage and frizz." Cho's healthier option: In a spray bottle, dissolve 2 Tbs. of sea salt in 8 oz. of water, then squirt in 1 Tbs. of humectant conditioner or gel (like Suave Professionals Weather Protection 365 Anti-Frizz & Flyaway Cream Gel, \$4 for 4 oz., at drugstores). Shake well; spritz onto damp hair, then scrunch. "Conditioner balances salt by holding in hair's natural moisture, so you get beachy texture without the damage." And one bottle lasts all summer.

"I do like the beach look when it comes to hair...salt gives it the texture without buildup, and it's great for fine hair."

—Kristen Bell, 29

