

**HELLO!** beauty

# Dive Into SUMMER

Look and feel fab with our  
foolproof beauty guide  
that will get you glowing  
from head to toe  
**By Emily MacCulloch**



## GOLDEN TICKET

Nothing says summer quite like sun-kissed skin à la Jennifer Lopez. But you don't have to bake in the sun for hours to achieve that glow! With so many innovative sunless tanners on the market, you can easily get the same result without sustaining sun damage.

Tanner to the stars James Read, who has worked with Lady Gaga and Ryan Reynolds, knows a thing or two about nailing a professional-looking DIY self-tan. To avoid blotches, he recommends working in layers and building up your colour over time, rather than jumping in with one thick slather. When applying, "using a mitt will make your self-tan even and flawless," he says. To achieve that spent-the-day-at-the-beach glow on your face, he advises selecting a product that contains complexion-boosting ingredients like vitamin C and hyaluronic acid. These will nourish the skin while the self-tanner works its magic.



**James Read Click & Glow Body**, \$44, [jamesreadtan.ca](http://jamesreadtan.ca)



**St. Tropez Luxe Tan Tonic Drops**, \$49, [shoppersdrugmart.ca](http://shoppersdrugmart.ca)

**Nuda Self-Tanning Mousse in Medium**, \$54, [nuda.ca](http://nuda.ca)



## FUZZ FREE

Having body hair is a personal choice and it's up to you whether you want to remove or rock any areas of hair from your head to your toes. If you do choose to go the removal route with at-home treatments, there are a few key tips that can help make the process quick, smooth and relatively pain-free. "Exfoliating in a warm shower is the best thing you can do to prep the skin before any hair [removal]," says Kelsey Germain, training manager and lead educator at Foxy Box Laser + Wax Bar.

No matter whether you're shaving, waxing or trimming, she also suggests using a manual exfoliant (think: pumice stone, dry brush or scrubby glove) three times a week to buff away dead skin cells and open up your pores. Post hair removal, keep on top of moisturizing regularly once your skin feels less sensitized.



**Silk'n Infinity Hair Removal Device**, \$489, [silkn.ca](http://silkn.ca)



**Well Kept Safety Razor in Dusty Rose**, \$72, [thedetoxmarket.ca](http://thedetoxmarket.ca)



**Gillette Venus for Pubic Hair & Skin Gentle Trimmer**, \$40, [walmart.ca](http://walmart.ca)

## SMOOTH OPERATOR

Just as the sun can wreak havoc on skin, it can also do a number on your hair, including causing breakage, increasing the frizz factor and fading colour. "Using UV protection on your hair is one of the most important aspects to consider for your summer hair routine," says Jason Lee, hairstylist and founder of Mela & Kera.

To shield your strands from damaging sun rays, add a UV protectant to your morning hair routine. This is especially necessary if you have colour-treated or naturally curly hair – hair types that are extra-vulnerable to breakage. Products like leave-in conditioners, sprays, oils and detanglers often provide some protection from the sun; scan the label to confirm. "It's also important to use hair products that contain keratin to help keep your hair frizz-free," says Lee. Lastly, remember your scalp! The health of your scalp impacts the health of your hair, so be sure you're applying SPF to exposed areas when heading outside, or even better, wear a wide-brimmed hat. Your hair will thank you. ▶



**Mela & Kera Balayage Exceptionnel Wave Foundation**, \$41, [melandkera.com](http://melandkera.com)



**Shaeri Multi-Use Hair Oil**, \$49, [indigo.ca](http://indigo.ca)

**Voir Haircare A Walk in the Sun Moisturizing Heat & UV Protecting Mist**, \$30, [voirhaircare.com](http://voirhaircare.com)



# The Stars' Summer Staples

Hollywood beauty zealots reveal their favourite warm-weather products



"I used Tan-Luxe water spray on my face because my body gets really tan and I keep my face out of the sun. So, to try and give my face a little bit of glow, I use that water and I really love it," Hailey Bieber shared on TikTok.

**Tan-Luxe Hydrating Self-Tan Water**, \$63, [sephora.ca](http://sephora.ca)



"I love moisturizing my body. If I'm feeling really adventurous and crazy, I'll do coconut oil, which my skin responds to really well. So it's that, or I'll do a body butter. I've been using one from Diptyque, and oh

my God, it smells amazing," says Priyanka Chopra Jonas. **Diptyque Rich Butter for the Body**, \$125, [holtrenfrew.com](http://holtrenfrew.com)

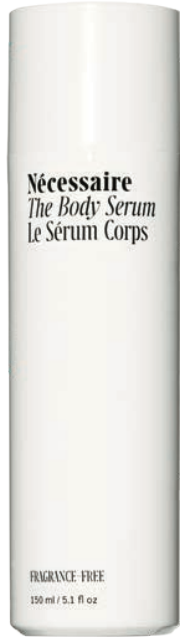


"I wear sunscreen every day and use EltaMD Clear. I just use a little bit, and most days I mix it with a serum," Kendall Jenner told *Vogue*.

**EltaMD UV Clear Facial Sunscreen Broad-Spectrum SPF 46**, \$36, [walmart.ca](http://walmart.ca)



**Necessaire the Body Serum**, \$60, [thedetoxmarket.ca](http://thedetoxmarket.ca)



**Cardea AuSet Golden Hour Body Oil**, \$72, [cardeaauaset.com](http://cardeaauaset.com)



**The Body Shop Boost Sugar Body Polish**, \$32, [thebodyshop.com](http://thebodyshop.com)

## BODY OF WORK

Skin is in! Even if rocking shorts or a micro-mini isn't your style, getting your legs and arms ready for the spotlight is as easy as adding a few key products to your body-care lineup. Smooth, bump-free skin begins in the shower, so get your scrub on with a buffer like the Body Shop's Boost Sugar Body Polish; it will leave you feeling silky-smooth, while the citrus scent offers mood-boosting aromatherapy.

Now that you've properly exfoliated, reach for a nourishing body oil or serum, as a warm-weather alternative to a heavier cream that you might use in the winter. Try Necessaire's the Body Serum, a lightweight skin quencher that's packed with hyaluronic acid, niacinamide and ceramides. It's got a long list of celeb fans, including Rosie Huntington-Whiteley, who recently praised the serum's glow-inducing, fast-absorbing formula to *Vogue Australia*.

## BEAT THE HEAT

Lapping up those summer rays might feel amazing, but too much sun can lead to red, tender skin and dehydration – not to mention accelerated signs of aging. While prevention is key, if you do find yourself with too much sun exposure, there are a few things you can do to minimize discomfort and fast-track healing.

To reduce inflammation, Dr. Monica Li, dermatologist and clinical instructor of the department of dermatology and skin science at the University of British Columbia, recommends using a cool compress on the skin for about 15 to 20 minutes and avoiding the use of harsh soaps or scrubs on affected areas.

Restoring and supporting the skin barrier is another simple way to give skin a little TLC. "Ceramides and hyaluronic acid are useful skin-care ingredients to help repair a compromised barrier and restore moisture," says Dr. Li. Arm yourself with a soothing mist like Tower 28's SOS Daily Rescue Spray (rumoured fans of the brand include Kate Bosworth and Mandy Moore), to help calm stressed-out skin. **H**

**Tower 28 SOS Daily Rescue Spray**, \$36, [sephora.ca](http://sephora.ca)



**Cool Radical Recovery After-Sun Lotion**, \$39, [etiket.ca](http://etiket.ca)

**Curù Skin After Sun Facial Oil**, \$114, [curuskin.com](http://curuskin.com)

