

BEAUTY BOOK

Self-tanner turns your palms orange.

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When scrubbing with soap isn't enough, try soaking two cotton pads in lemon juice, then rubbing them all over your hands. The acid will exfoliate away the color. Next time you fake tan, wear a pair of latex gloves.



A lemon can fix a faux-glow flub.

3 Your breakouts are migrating toward your back and chest.

The best body zit-obliterating method is to treat the affected areas with a scrub that contains salicylic acid, says Dr. Berenson. Try Bioré Pore Unclogging Scrub, \$5.99. Postshower, mist on an acne-fighting body spray. Try MD Formulations Vit-APlus Body Clearing Complex Spray, \$30.

4 The heat is making your mane limper than a bowl of linguine.

The moisture in the air can zap all the body out of straight strands. Pump them back up with a volumizing mousse. But instead of just applying it to your roots, scrunch a golf ball-size amount throughout the length of your hair, then blow-dry with your head flipped over. We like Tigi Catwalk Fashionista Big and Bigger, \$16.95. If your do falls flat midday, just spritz it with water to reactivate the mousse.



5 Your foxy floral fragrance is attracting boys...and bugs.

The sweeter you smell, the more enticing you are to bees, mosquitos, and such, says Kansas City dermatologist Audrey Kunin. That means you should avoid strong flowery or sugary scents in favor of clean, fresh-smelling juices. To further prevent becoming a bug buffet, use an insect repellent (some of them smell nice now!). Try Avon SSS Bug Guard, \$10, which has a citrusy aroma.



6 Your pale nail polish yellows in the sun.

When wearing a light pink or beige lacquer, you should apply a UV-protectant topcoat, says Carla Kay, manicurist at The Bungalow in L.A. Try Essie Non-Yellowing Topcoat, \$8. If it's too late, just buff away the top layer of your polish with a fine-grained block file and slick on a clear lacquer.

7 You have ugly red bumps on your arms.

Almost 50 percent of women have "chicken skin" (red bumps from skin cells that build up around your hair follicles). Chlorine and heat exposure can make it worse, says Dr. Kunin. The solution: a scrub that has a combo of glycolic, lactic, and azelaic acids. She created Dermatologist KP Duty Dermatologist Body Scrub, \$44.

8 Your hair is drier than hay.

Summer activities like swimming, playing sports, and cruising in a convertible can sap your strands of moisture, leaving them feeling strawlike. Keep them hydrated with a weekly intense oil or cream tress treatment, says Abell Ujjad-dou, a stylist at the John Frieda Salon in NYC. Alberto VO5, Göt2B, John Frieda, and Redken all have great new ones.



A cool new use for Kool-Aid



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Your sexy strand shade is fading fast.

Brighten up your hue with Kool-Aid, says Matrix celeb colorist Jennifer J., who works with Kate Beckinsale. Mix a pinch of the powder with your shampoo. Blonds should use lemon-flavored and redheads can go for cherry. (Brunettes should skip the juice mix and use instant coffee instead.) Lather up and rinse well. The boost will last through a few shampoos.