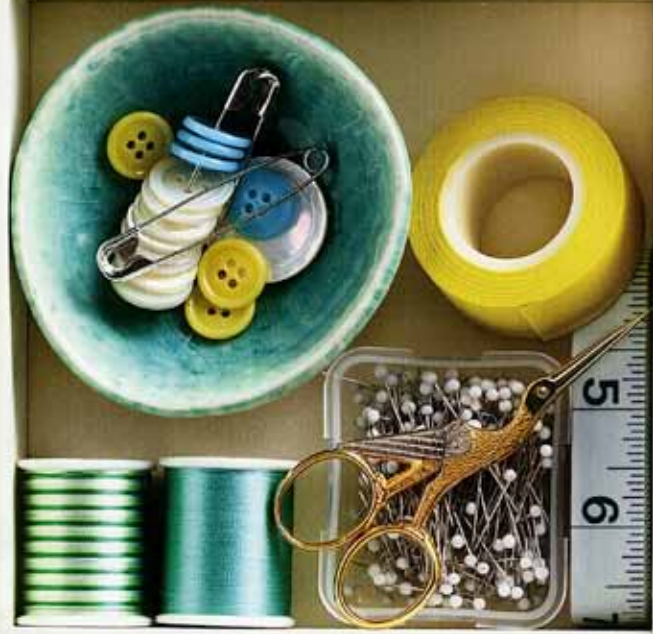




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HOW TO GRILL EVERYTHING

5-MINUTE SUMMER HAIR

BUG-BITE REMEDIES





Waxing, a salon in New York City. If your skin gets tender from the heat of melted wax, opt for hard wax. This type adheres more to the hairs than to the skin, so it's less painful to remove than wax that's removed with cloth strips. One thing that won't ease the sting, says Padilla, is a pretreatment cocktail: Alcohol can actually make skin more sensitive to pain. "You'd be surprised by how many people go for a glass of wine before coming in to the salon because they want to feel numb," he says. "But it may end up having the opposite effect." If you're a regular waxer, it's also smart to exfoliate a few times a week. Skin flakes can clog pores, which makes hairs harder to remove.

Is there any way to prevent ingrown hairs?

Those unsightly bumps are typically more common in people who have coarse, curly body hair, which tends to loop in on itself under the surface of the skin as it grows back. Pads and toners that contain alcohol and salicylic acid can help because they lightly exfoliate the skin, preventing hair from getting trapped. (Try Bump & Blemish Formula; \$25, esbalabs.com.) You might also consider laser or IPL (intense pulsed light) treatments, which have been cleared by the U.S. Food and Drug Administration for hair reduction. They are pricey (starting at around \$150 a session) but can save time and money in the long run for those prone to ingrown hairs, says Padilla. Initially, you'll need approximately five treatments about a month apart, and perhaps a yearly touch-up after that. For best results, go to a salon that specializes in hair reduction (not a nail salon), or see a dermatologist. And consider taking an Advil beforehand, as the treatments can be mildly painful. Home devices (such as the Remington i-Light Pro, \$250, ulta.com) have shown results on par with pro treatments, but you may need additional sessions, since at-home devices aren't professional-strength.

protecting and moisturizing

How can I get the most out of my sunscreen?

Apply a broad-spectrum product with an SPF of 30 or higher at least 30 minutes before heading outdoors so that "the formula can bind to your skin cells," says Arielle Kauvar, a dermatologist and a skin-cancer surgeon in New York City. For exposed areas of the body, one ounce (a shot glass-size amount) is enough. If you're outside all day, reapply at least every two hours, more often if you're sweating or swimming. No sunscreen is truly waterproof (in fact, the FDA no longer allows the word *waterproof* on labels), and even water-resistant formulas come off when you sweat.

Is a heavy cream (ugh) the only answer for dry summer skin?

"We tend to think that the heavier and richer the cream, the better it works," says Rouleau. But even the thickest cream won't necessarily give you long-term relief unless it contains ingredients like shea butter, evening-primrose oil, squalene (a fatty substance derived from olives and other natural sources), and petrolatum, which help trap moisture and strengthen the skin's barrier. Try the lightweight Philosophy Hope in a Jar body lotion (\$25, philosophy.com) or Fresh Brown Sugar Body Cream (\$35, fresh.com).

Are pool water and ocean water equally drying?

Surprisingly, no. Chlorine can leave skin parched, but salt water is a potent hydrator that can help deliver moisture to your skin cells, according to Verallo-Rowell. So if you're dried out after a day of swimming in a pool, soak for 10 minutes in a bathtub of ordinary water and 1 cup table salt. Rinse briefly, pat yourself almost dry with a towel, then seal in the remaining moisture with lotion while your skin is still damp.