

How to look fabulous under the sun

Rod Hagwood
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That fiery ball in the sky can beat the beauty right out of you.

South Florida's subtropical climate can be tough all year, but in the summer the climate seems to be on steroids: strong, mean and, at times, irrational.

Now, you can either become nocturnal (don't knock it sweetie, it served me well throughout the '90s) or you can get some helpful tips:

Makeup at work: "I think it's really important to wear a silicone-based foundation," said Tim Quinn, a Boca Raton resident and makeup artist for Giorgio Armani cosmetics. "You definitely want oil-free cosmetics. Also, get some of those blotting papers. You know what else I like in the summer? False eyelashes. You feel dressed up and you look fabulous without wearing a lot of makeup."

Makeup at play: "Less is more during the summer," said Johanna Stella from her eponymous salon in South Beach. "Especially in the summer. The one thing I tell women is to make sure you use a primer beforehand; something a little lighter than your natural tones. And don't forget your waterproof mascara. Stay away from cream shadows."

Keep your hair long in the summer: Whatever for? So you can pull it back off your face or tie it in a loose ponytail. "First of all, don't fight the natural texture of your hair," said Stella. "Embrace your curl if your hair is curly. Don't over-layer the hair either. That will make it look frizzy and out of control." Your real summer savior? Products with plenty of silicone. "Today we have products that are formulated for managing frizz," she says. Her faves? Pantene Pro-V Restoratives Frizz Control Serum for about \$4.99 and L'Oreal's Kerastase Oleo-Relax Anti-Frizz products (sold in salons in the \$30 to \$40 range).

Chlorine is heck on your hair: Always wet your hair before jumping in the pool (it's harder for wet hair to absorb the chlorine). If you do start getting green-hued hair from buildup, try a clarifying shampoo or a rinse of 1/4 cup cider vinegar mixed with a pint of water, or you can mix a little baking soda with your shampoo, which will lighten most greenish tints and help break down the buildup of gels, sprays and mousses.

Fight the frizzies: Spray your comb with hairspray before gently combing your hair. Always comb before brushing. If your hair is naturally oily, use only the cool setting on your blow dryer. Consider using a leave-in conditioner to help with manageability. Mix two parts of the conditioning gel with one part styling lotion. Try not to use

portions larger than your thumbnail. Also, try watering down your shampoo with equal parts of spring or distilled water. Some of the chemicals in shampoo can strip delicate hair of natural oils that help seal the cuticle from moisture in the air ... which cause frizzies. .

The ultimate fight for the frizzies? It's called thermal reconditioning (or reconstruction), which is a heat-based technique developed in Japan that swept through salons in the States in 2002. The procedure uses ammonium thioglycolic acid to soften the hair, which is then carefully ironed flat. Thermal reconditioning changes the texture of the hair, then fuses in the moisture and closes the hair follicle with a protein bond. The process was brought to the United States in 1998 and is being marketed under several brand names, including Yuko, Paul Brown, Q8 and Bio Ionic. The process can take anywhere from two to six hours. Generally, stylists charge about \$200 an hour; the result lasts about six months.

My SPF is stronger than your SPF: You know how you always hear that everyone should wear SPF (sun protection factor) of 15 every single day? Well, that's not enough. "That might be OK in New England," said Dr. Kenneth Beer, a West Palm Beach-based cosmetic dermatologist and dermatologic surgeon. "But here in the tropics it just doesn't work. I've seen my own kids wearing a SPF 30 and they come into the house and they are sun burnt. Down here that just isn't enough. From April through September, you need to be wearing a SPF of 50 or above if you're going to be on the beach. If you're Hispanic or black you might be able to wear a 30."

The best protection for your skin? More fashion, says Beer. Well, more sunproof fashion. "Fabrics with the SPF built into the fibers is a far more comprehensive protection from the sun. It can shield up to 98 percent of the sun's radiation. And these fabrics protect from both UVA and UVB rays. SPF only refers to the UVB rays."