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## Sizzling Summer Beauty

Looking to spice up your look - and your attitude - this summer? It doesn't take much. Just a few small changes in your daily routine can give you a hot look and a new lease on life. Check out these top ten tips for creating looks that sizzle this summer.

- 1. Create a Glow** - Staying out of the sun to protect yourself from skin cancer doesn't mean that you're destined to a blanched-out look all summer. Look for a high-quality self-tanning bronzer in a bottle. Just remember to fully exfoliate before applying the self-tanning product, so that you get a smooth, even look.
- 2. Smooth Moves** - Want smooth, silky legs? Wait a few minutes after hopping in the shower before you start shaving. Allowing the warm water to soak into your skin for 3-5 minutes will soften your hair shaft, so that you can get a closer shave.
- 3. Prime It Up** - To keep your make-up from melting, use a primer first. Apply an eye shadow base or primer to keep your liner and shadow in place. Invest in waterproof mascara to keep your lashes looking long and luscious.
- 4. Go Bold** - Be adventurous with a bright, vibrant color on your toenails. Pale colors fade more easily when exposed to sand or UV rays, but bright colors will shine away.
- 5. Soak at Home** - If time and money don't allow for a full spa pedicure, then create your own foot soak at home. Fill a basin with warm water, Epsom salt, and a dash of scented oil. Remove rough spots with a homemade concoction of olive oil and sugar.
- 6. Stay Hydrated** - Dehydration can take a toll on your skin, hair, and overall look. Drink the recommended 8-10 glasses of water per day, especially during hot, summer weather.
- 7. Get Moving** - Stay active this summer with water sports, hikes, or bike rides. You'll be more confident in your tank top after you've burned a few extra calories. Do a minimum of 30 minutes of physical exercise on most days of the week.
- 8. Less is More** - Ditch the heavy make-up this summer and opt for a lightweight foundation instead. Apply foundation or powder in the center of your face, where the most unevenness tends to occur. Then use a brush to blend it outward.
- 9. Take a Chance** - Summer is a good time to experiment with your look. Talk with your hairstylist about a new cut, try a different shade of lipstick, or add some essential oils into your bubble bath.
- 10. Shine from the Inside Out** - Nothing is more beautiful than a confident woman. Write down a list of your positive qualities - your sense of humor, your loyalty to friends, or your talent for writing poetic verses. When you're feeling down, take a look at your list, add a little strut to your step, and let your inner beauty shine.