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Ultimate Summer Outing Beauty Packing List

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As the summer heat is settling in, what better way to cool off this summer than to grab your girlfriends and head to the beach or lake for the weekend? Just remember that no matter where you go, you have to pack your beauty essentials to keep your skin, hair and nails protected and beautiful! Here is your ultimate summer beauty packing list:

*** Beach Bag**

Club Soda – Not only can you use it to say hydrated, Red Door Spas Color Director brad johns recommends using it post-pool. Club soda helps to remove chlorine from hair which can be incredibly damaging and can warp colored hair.

Scarf or cute summer hat - While it is incredibly important to care for your skin, especially during the summer, many of us forget to protect our hair! UVA and UVB rays can damage hair cuticles as well as its inner structure.

Nail Polish – That great mani/pedi can take a beating at the beach. Pack a bottle of your favorite color for quick fixes.

Sunscreen with SPF 30 – Or higher!

Picnic Basket

Cherries – Not only are they a sweet summer treat, but they can also do wonders for your skin. Red Door Spa Chief Creative Officer Cornelia Zicu recommends cherries for their high level of vitamin B. Vitamin B helps the skin and scalp healthy.

Sunglasses – With all the colorful, retro designs popular this season this one should be a no-brainer. Sunglasses look great and certain pairs can help to protect your eyes from both UVA and UVB rays.

Water and fresh sandwiches – Looking great is important, but so is staying hydrating and eating healthy. Pack plenty of water and light sandwiches!

Overnight Bag for a Country Weekend Getaway

Lotion with SPF – Even if you're just running around outdoors, it is important that you pack products with SPF. Vaseline Aloe Fresh Protecting Lotion with SPF 15 is a great way to both moisturize and protect your skin. If you're going to be out in the sun for long amounts of time, don't forget to lather on an additional sunscreen.

Minimalist Makeup – Summer is hardly the time for a full face of makeup. With the heat, too much makeup can melt right off your face. Try using mineral powder foundations and opt for a water-proof mascara to prevent smudging and running.

Hydrating Soap – Some soap can actually dry skin out or leave a sticky film. Pack a hydrating deodorant soap like Lever 2000 to keep skin soft and fresh.

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Fun fact! Aly Walansky wrote this story just for you on July 16th, 2009 |