

# makeup loves me

life, nyc, and the pursuit of beauty

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packing list for a day at the beach.



enjoy your weekend, beauties! i'm hope you are **heading to the beach**, like me. since i'm a terrible packer i've created a quick beach bag list to reference before running out the door.

the mlm top 5 guide of what to pack in your beach bag:

1. **club soda** – the hydrating effects of water, and the fizzy fun of soda, without the calories. plus, **red door spas'** color director, brad johns, recommends using it post-pool, to help remove chlorine from hair and prevent warping of colored hair.
2. **sunscreen** -- preferably at least an spf 30. even if you put it on in the morning, you'll need to reapply throughout the day.
3. **aftersun care**- saved me last weekend. i put **clinique aftersun rescue balm with aloe** on as soon as i got on the train home, and, true story -- it stopped my burn from peeling. substitute with **vaseline's aloe fresh hydrating** body lotion for the budget-savvy.
4. **cherries** – i've seen cherries in every color and flavor - from tart to sweet, being sold on the street in the last couple of weeks. they are easy to pop in you mouth and **red door spas'** chief creative officer, cornelia zicu, recommends them for their high level of vitamin b, which helps to keep the skin and scalp healthy.
5. **sunglasses** – you will be miserable if you forget these, beauties. all of your careful packing will be wasted if you spend the day squinting away. i'm partial to my new **andrea jovine** pair.

neon stitch chain tote bag, **top shop**, \$20.

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