

THE LITTLE TRICK THAT STOPS OVEREATING, P. 30

**REBECCA
ROMIJN**

How She Finds Joy Every Day

YOU
AT YOUR
BEST



YOU
AT YOUR
BEST

SELF

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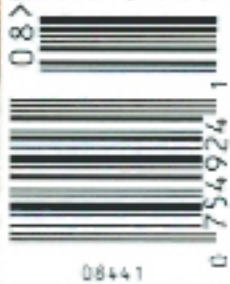
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Beat-the-heat beauty recipes

Color-enhancing hair rinse

Chlorine, salt water and the sun can bleach hair's pigment. This rinse from Jet Rhys, founder of Jet Rhys Salon in San Diego, amps up color (natural or not); peppermint invigorates your scalp.

- 2 peppermint tea bags
- 2 tea bags tailored to your hair color: chamomile tea for blonde or light brown; black tea for brunette or black; red hibiscus tea for red

Boil 1 gallon water; steep all 4 tea bags for 3 minutes. Let tea cool to room temperature (or add ice to hasten). After shampooing and conditioning, place a large bowl in the sink and lean over it, flipping hair over head. Pour tea over hair, letting it drip into bowl. Pour mixture in bowl back over hair. Squeeze out any excess liquid, then style as usual.

Citrus mouthwash

Freshen your mouth twice daily with a swisher from Dean Vafiadis, D.D.S., a cosmetic dentist at the Smile Institute in New York City. Hydrogen peroxide helps brighten teeth and kill bacteria, and lemon neutralizes bad breath.

- $\frac{3}{4}$ cup chilled seltzer
- $\frac{1}{4}$ cup freshly squeezed lemon juice
- $\frac{1}{8}$ cup hydrogen peroxide (3 percent solution)
- 3 strips lemon peel (1 inch each)

Place ingredients in a bottle; shake well. Rinse for 30 seconds after brushing. (Don't swallow.) Store wash in fridge.

Skin-soother spray

Relief for sunburned skin is a spritz away with a do-it-yourself body mist adapted from Valerie Gennari Cooksley, author of *Healing Home Spa* (Prentice Hall Press). Witch hazel dials down the heat, aloe vera is an anti-inflammatory and honey hydrates.

- $\frac{1}{4}$ cup witch hazel
- $\frac{1}{4}$ cup aloe vera gel
- $\frac{1}{2}$ cup distilled water
- 8 drops lavender essential oil
- 1 tsp honey

Pour witch hazel, aloe vera and water into an 8-oz spray bottle. Whisk oil and honey in a small bowl until blended. Add to bottle, shake well and mist. Store spray in fridge.

Minty foot powder

Stay dry with a mixture from Laura DuPriest, author of *Natural Beauty* (Crown). Cornstarch sops up sweat, baking soda zaps odors and eucalyptus oil kills bacteria.

- $\frac{1}{2}$ cup cornstarch
- $\frac{1}{2}$ cup baking soda
- 4 drops eucalyptus essential oil
- 4 drops peppermint essential oil

Combine cornstarch and baking soda in a small bowl. Add oils one drop at a time while mixing with a fork. Store in a spice shaker. Post-shower, sprinkle powder on feet and pat between toes.



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