

A Sweet At-Home Lip Scrub

Is your kisser still chapped from winter? Mix equal parts honey and table sugar together, massage on lips for a minute, then rinse off. The sugar exfoliates, while the honey leaves lips naturally moisturized, even after rinsing.



61%
OF WOMEN
AGREE THEY SHOULD
WEAR SUNSCREEN
EVERY DAY, BUT ONLY
29% ACTUALLY DO

Source: 2010 *Prevention/*
The Benchmarking
Company Anti-Aging Study



Do This & Dye Less!

Save your color and cash with tricks that cut down your dye sessions each year (read: less time soaking up chemicals). Your hair—and scalp!—will thank you.

STEP 1 Pick a do-more dye. Clairol Natural Instincts at-home hair-coloring kits (\$9; drugstores) feature a new Week 2 ColorFresh Refresher. Applied 14 days after dyeing, this pack deposits color-enhancing molecules that renew your shade in 5 minutes.



STEP 2 Wash this way. Use shampoo with polyDADMAC, a liquid crystal proven in the *International Journal of Cosmetic Science* to rebuild hair's protective layer so color is locked in longer. Find it in the Pantene Pro-V Color Hair Solutions line (from \$4; drugstores).



STEP 3 Give it a glaze. Three weeks after dyeing, apply a clear at-home glaze, like Aveeno Living Color Shine Glaze (\$6.50; drugstores), to smooth hair so it's more reflective, which instantly revs your color's vibrancy.

