

8 summer beauty

Sunny side of summer

Sunlight actually boosts our mood. The rays suppress the production of melatonin, a hormone that makes us feel sleepy and generally. DR. IRVIN WOLKOFF, A TORONTO PSYCHIATRIST

Trendwatch Bare it!

With summer upon us, it's time to bare more than just our faces on the beach! Besides the usual methods (razors, creams, waxing and laser), here's a look at three hot trends in hair removal.

Hair Removal Pads: These pads are like extra-fine sandpaper and gently buff hair (and dead skin) off your body.

Body Sugaring: Similar to waxing, this method has the added benefit of exfoliation. Available in spas and salons, there are also recipes on the Internet for home.

Epilation: Shaver-shaped devices tweeze hair - a patch at a time. Web chat indicates it gets less painful with each use.

Be sure to talk to a beauty advisor about whether these methods might work well for you.

LORI DANCE

Care free



Summer "brings back all those wonderful feelings" of childhood and running barefoot.

DR. IRVIN WOLKOFF

In the swim

Since the days of the Roman bath, deciding what to wear by the water has always been a challenge — do we go for comfort or style? Thanks to new materials, and fantastic designers, making the choice is no longer such a big deal.

Material girl

According to Janet Morrison of Omni Swim Aquatics in Toronto, the best material is polyester because it resists fading and stretching in harsh pool chemicals. Lycra, on the other hand, tends to stretch so much that after three months of constant use, "you'll be able to tie a knot in it," she says.

The material also makes a difference also when getting fitted: "A Lycra suit needs to be really tight because it will stretch, whereas polyester should just be comfortable, because it won't stretch," Morrison says.

Patterns

The looks for 2010 are "solid, vibrant colours or graphic patterns, plus some textured and specialty fabrics," says Reyhan Sofraci, creative director and owner of Montreal's Aqua Di Lara Swimwear, a line of haute fashion bathing suits.

Design

And they're a little more daring in their design. Bandeaux and tarzan bottoms are a huge hit, says Sofraci, "with the cut-away suit, or monokini, being a particularly flattering style. Strategic fabric placement keeps certain areas hidden and yet has great sex appeal."

Though Sofraci loves "innovative fabrics," function is important: "The suits must brave water, sun and chlorine and stay as beautiful as when first purchased."



SHREDDO CANADA BY STEPHEN POLIC PHOTOGRAPHY



AQUA DI LARA

Match body shape to suit

Enhancing the beauty of the feminine form is as simple as following tried and true fashion design rules: "Lines elongate. Big prints emphasize, small prints minimize. Light colours enhance, dark colours reduce," says Sofraci.

ALEX NEWMAN

There's a swimsuit for every figure.

While ruffles, ruching and trim add to curves, sleek lines and darker colours add length and are slimming.

Fashion watch

From crowded trains and buses to air-conditioned cars and offices and everything in between, dressing for summer heat can be a challenge! Here are 10 ways to keep cool... and look great.

Wear breathable cotton and linen in lighter colours; steer clear of clingy jersey and synthetics. If you've got an active day, high-tech fabrics will wick moisture away from your skin.

Loosen up. "Something about the heat makes people feel they need to wear too little, and too tight," bemoans David Clemmer, wardrobe consultant for the popular makeover series Style By Jury.

It's okay to move up your hemline a bit if the look's right for you and your work environment. If it's corporate, forget the mini. Your best bet, says Toronto-based image consultant Kelly Millar, is at or just above the knee.

Go for balance: if you wear a flirty skirt, balance it with a jacket or cardigan; pair a tank top with a longer flowing skirt or capris with billowy tops.

Dress in layers. Loosely roll a lightweight, neutral-coloured jacket or cardigan and stash it in your knapsack or purse for the commute; hang it over the back of your chair so the creases fall out. If your office provides a place to hang



Kelly Millar

"Something about the heat makes people feel they need to wear too little, and too tight"

KDavid Clemmer, wardrobe consultant for Style By Jury

clothes, keep a crisp white shirt as a back-up.

Ditch the pantyhose if your workplace allows it — but forget flip-flops. "They should only be allowed where sand is present," Clemmer says. Avoid flaming toenail colours "so people aren't noticing your nails or feet before they notice you."

Pull hair up off the neck in a chignon or ponytail. (Or, for those with longer hair, try a shorter cut this summer!)

Ice cubes or a damp wash cloth on the neck or wrists help cool you down. Install a small desk fan.

Keep anti-perspirant (it reduces wetness) or deodorant (it lets you sweat but keeps you smelling sweet) in your desk or purse. Underarm shields, which are thin adhesive pads that absorb sweat, are another option.

Take a cool bath or luke-warm shower before you head out for the evening again.

KIM ZARZOUR