

Senior Style

MAY 2010

The Heat is ON!

Well we have definitely entered our hot weather season. It has been a pattern in the weather that the colder the winter, the hotter the summer. Tips on remaining cool while the heat is ON!

You may want to analyze your hair style. Light weight textured designs are breathable and cooler. Obviously shorter designs, especially in the neck area will help as well. If you are a long hair person, learn to style your hair up, use head bands and cool hats. There are plenty of trends to follow this season. The "in" style is referred to as hair jewelry! Men, you also need a textured, airy design to keep you cooler. Clipper designs are neat and clean. Also the dry style hats will allow air flow and prevent over heating.

For your wardrobe, choose light weight fabrics and light colors. The dry style fabric is great, as it does just that, keeps you dry. If you have a

need to wear shoes and socks, choose moisture wicking socks or bamboo socks. They are great for absorption and feel soft and cool. For shoes, choose a fabric sneaker that is breathable. Flip flops are great and come in all sorts of colors and styles for men and women. The new style is flip flops that rock when you walk, working out your legs. They also have great arch support. Shoes are very important for your health. Your feet must be taken care to prevent nerve damage to your feet, back problems and simply misery. Invest in a shoe that fits your foot. Style is great but sometimes you have to sacrifice style for comfort. There are so many companies designing for comfort now and the style is not that bad. Search for orthopedic shoes online or feel free to send me a message for contacts.

Make up, well, why bother. Mineral make up is the only type that will outlast the humidity. The dye load is stronger and it feels clean on your face. Great eye enhancing eye liner and lip stick is a great natural look for summer.

Remember to stay cool and wear sunscreen. Drink lots of

water, especially if you are in the sun and consuming alcohol. Dehydration can lead to strokes and serious problems. Do not leave the house without your water bottle. Add fruit and veggies to your water. Use oranges, cherries, grapefruit, cucumber etc. Alkaline water is very good for your digestive system and prevents dehydration. You can make your own alkaline water by adding a pinch of baking soda and citrus juice.

Stay cool and enjoy the season!

Your Friend,



Yai Yai