

AUGUST 2010

Good Housekeeping

easy

Summer SUPPERS

Fast, Fresh, Fabulous

GENIUS ORGANIZING

Smart Ideas for the Whole Family

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Guilt-Free SNACKS

(Even chocolate!)

STAND UP For Yourself!

10 Simple Steps

Shinier, Fuller Hair

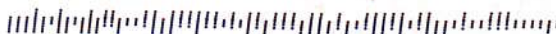
The pros' surprising shampoo secret

Maggie Gyllenhaal

Emma Thompson

Why we need Best Friends

Pals Maggie & Emma talk hot husbands, dirty dishes, growing girls—and their surprising connection



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order. To kill two birds with one stone, try a scrub/cleanser combo, such as Crater Lake Sugar Cloud Foaming Sugar Scrub (\$16, craterlakecompany.com), or a scrub/shaving cream combo, such as Skintimate Moisturizing Cream Shave in Revitalizing with exfoliating pearls (\$4, drugstores; 11).

Hit the bar

Despite their humble beginnings, bar soaps now rival their liquid counterparts in the treatment department. One caveat: Increased active ingredients come with a higher price. (But you'll also get higher cell turnover, smoothness, and glow.) Two good examples: glycolic acid- and DMAE-infused Perricone MD Cleansing Treatment Bar (\$38, Sephora) and antioxidant-rich Dr. Dennis Gross Skincare Botanical Cleansing Bar with Tea Tree and Aloe (\$24, dgskin.com). As with any treatment cleansers, let these sit on your skin for a minute to get the full benefits.

Find a better fuzz buster

This year has seen a host of hair-removal innovations. Three of our favorites: With its four-bladed razor surrounded by a block of water-activated, extra-moisturizing shaving cream, Schick Intuition Plus Renewing

Moisture with Pomegranate Extract (\$9.29, drugstores) makes the ideal travel companion. Nair Shower Power Max (\$9, drugstores), a particularly thick formula-

tion with water-repellent particles, stays in place while you're doing whatever else you need to in the shower—then comes off easily with a special sponge. And Gillette Venus Satin Care In-Shower Moisturizer (\$5, drugstores) goes on immediately after you shave to lock moisture into your skin, so you won't need to slather on more lotion when you get out. No matter how good your shaving products, however, dead skin will get in their way. "Always pre-exfoliate with a gentle scrub for the closest possible shave," says Dr. Day. Try Boots Hawaiian Islands Pomegranate & Avocado Body Scrub (\$10, Target) or Mama Mio O-Mega Body Buff (\$33, mamamio.com).

Turbo rinse

On a hot, sticky summer's day, when you desperately crave a shower but have no time, take the aquatic equivalent of a power nap: Turn on the water, stand under the showerhead for a minute or two, and, while you're there, work a single, generous squirt of castile soap (the product that famously works anywhere) over your face, your body, and—if you can get away with a damp ponytail afterward—your hair. Two new versions we love for their heaven-scented suds: Kiss My Face Peace Soap in Pomegranate Acai (\$10, and 10 percent of all profit goes to Seeds of Peace, kissmyface.com; 13) and Whole Foods Market USDA Organic Lavender Castile Soap (\$10, Whole Foods Market; 12). Rinse, exit, towel off, and breathe a sigh of relief. ■

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POST-SHOWER DO'S AND DON'TS

1 DO SOME DIGITAL RETOUCHING

Just after you leave the shower is the perfect time to push back your cuticles, says Dr. Day: "They're at their most hydrated and pliant, so they're unlikely to tear." Even better, there's no special equipment required: You can gently nudge them with your towel.

2 DO GET PLUCKY

Now is a great tweezing opportunity as well: Freshly moistened and steamed skin makes for reduced pain and less resistance at the roots, notes Dr. Day. Pluck in the direction of hair growth for best results.

3 DON'T BLOW-DRY OR USE MASCARA

...in a still-steamy bathroom. The former will lead to frizzing, and the latter to smudging. To avoid both outcomes, clear the post-shower air by opening a window or turning on a fan.



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