

## GO FROM WINTER DRAB TO BEACH FAB

Are warm, sandy beaches in your spring break future? Then it's time to shake that winter drab feeling with some beauty tips that will have you ready in no time for sunny skies and sassy swimsuits.

“Getting a beach-ready look is easier than many women think,” said Cheryl Santucci, Beauty Director for Mario Tricoci Hair Salons & Day Spas. “We recommend targeting three key areas – skin, nails and hair – to make the most impact and achieve a tropical glow before you even step off the plane.”

This spring break season, the experts at Mario Tricoci suggest:

- **Get rid of winter skin woes.** Body wraps and polishes are designed to address a range of skin conditions and needs using carefully balanced blends of vitamins and essential oils. They can exfoliate, tone, hydrate and more. Not only do these treatments nourish your skin, they're also an incredible way to relax.
- **Love your locks.** Ask your stylist to refresh your winter-weary hair with a deep conditioning treatment, and then protect it from the triple threat of sun, chlorine, and salt water with a product like Rene Furterer's Protective Summer Oil-KPF90. Remember a cute hat or scarf not only acts as the perfect beach accessory, but it also protects your hair from the sun's harsh rays.
- **Nail a perfect pedi.** The beach can be tough on polish, but a No-Chip Pedicure can keep nails shiny and chip-free for up to 14 days. While eliminating the appearance of smudges, depressions, and other flaws, the No Chip Pedicure also can help strengthen and protect weak and damaged nails. No Chip is also available as a manicure.
- **Get a jump-start on your tan.** A sunless spray tan like St. Tropez can give your skin a pre-vacation sun-kissed glow. But don't let your new healthy color fool you; remember to protect your skin with a sunscreen that guards against both UVB and UVA rays. UVA rays penetrate 30-40 times deeper into skin and can cause premature aging. Prevent the damage with moisturizers such as Skinceuticals Daily Sun Defense SPK 20 or Ultimate UV Defense SPF 30.
- **Add a dash of color.** Give your makeup bag a makeover with some of the spring's hottest shades such as coral or fuchsia – colors that make your skin glow and put you in a vacation state of mind!

**Mario Tricoci source:**

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- Cheryl Santucci, beauty director
- Liz Swanson, nail trainer
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