

Be Sun Protection Savvy

Now that summer has finally arrived, you're probably planning to spend some quality time outdoors. Just don't leave the house without a sun protection strategy. Try these tips from the experts at Mario Tricoci Hair Salons & Day Spas to protect your hair, skin and nails:

Love Your Locks

- Use a spray-in conditioner with an SPF like René Furterer's Protective Summer Oil-KPF90, which can help guard against the triple threat of sun, chlorine, and salt water.
- There's still hope for damaged hair! Restore it with René Furterer's Repairing After-Sun Shampoo and Repairing After-Sun Mask, specially formulated to eliminate the effects of seawater and chlorine.
- 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.

Smart Skin Strategies

- Try a sunscreen like SkinCeuticals SPF 30 to protect against both UVB and UVA rays. UVA rays penetrate 30-40 times deeper into skin and can cause premature aging.
- Already sunburned? Reduce redness and irritation with B. Kamins Revitalizing Booster Concentrate. This formula soothes and helps repair sensitive, reddened, and dry skin. Anti-inflammatory bisabolol helps to restore smoothness while calming and cooling skin.

Healthy Hands & Nails

- Use a topcoat with sunscreen to protect nails from over-exposure to the sun. *Super Shiny* from CND is a great topcoat with a non-yellowing component to protect your polish and nails.
- For the hands, try an anti-aging, super-hydrating product such as a citrus cream, which contains peptides to produce a younger appearance. Mario Tricoci offers a Citrus Manicure with black tea extract citrus oils and peptides to keep your skin vibrant and younger looking during the summer months.
- Remember, stay hydrated and always keep your hands protected with any SPF 30 lotion that you would normally use on your body or face.

Mario Tricoci sources:

- John Gialluisi, creative director
- Cheryl Santucci, beauty director
- Amber Edwards, nail director

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