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How to Look Good and Stay Cool this summer by [Jwallace10](#)

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It's the height of summer and you're ready for your summer wardrobe. How can you keep a glamorous look going in this weather, when your makeup is sliding off and you can feel your clothes sticking to your body? Fear not! Load your favourite handbag with this summer tool kit and you'll be looking gorgeous and feeling cool.

The first key to staying cool is wearing a good anti-perspirant. Make sure you use one with 24 + hours protection, so you don't risk unsightly underarm patches. Be sure to get a deodorant which doesn't leave white marks. Many deodorants have a high level of aluminium salts which cause this thick white residue, but new technology has created some excellent clear deodorants. Apply a thin layer, and leave to absorb into your skin before getting dressed. Check your underarms; you should be free of any build-up of white gunk! Take a small can with you in your handbag for a cooling spritz under clothing later in the day.

Stay hydrated, externally and internally. In this hot weather, you are losing more water and need to rehydrate. Carry a small bottle of mineral water in your bag, and sip regularly. Your skin suffers when exposed to extreme heat and air conditioning. Use a good moisturiser to quench thirsty skin; be sure it has an SPF of at least 15. Ask your beauty counter for a sample pot, and keep it in your gorgeous summer bag for top-ups when your skin feels particularly parched. Also have in that bag a refreshing water mist spray to revive your face and relieve tired legs in intense heat.

You've made it through the spring in the capsule wardrobe you invested in for SS12, but it's time to update your look with some key summer pieces. Swap those jeans for your trusty leggings teamed with one of this season's pretty vintage-lace look fashion tops or try a bit of gingham for that wholesome girly look, paired with a pretty pair of neutral shorts. What's your totem look? Stay on trend by wearing your animal totem; go for overt emblems or understated prints. Try a big cat or a pretty butterfly print on a sleeveless top for your weekend look. For work, wear a jade or coral ruffle vest top under your jacket, then sling the jacket off and throw on a pair of jeans to look hot and stay cool for those essential after-work cool-down cocktails.

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[Jwallace10](#) - About Author:

Jesse Wallace writes for a digital marketing agency. This article on a [fashion tops](#) has been commissioned by a client of said agency. This article is not designed to promote, but should be considered professional content.

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