



[TREND WATCH]

a soak for the senses

WANT TO SATISFY your sweet tooth while smoothing your skin this summer? These new bath-time treats smell like your favorite coconut cookie or strawberry shake, all without the added calories. (Products are pictured counterclockwise from far left.)

- Essencia's White Chocolate With Almonds Exfoliating Soap (\$8) is like a candy bar for your bath. The rich lather, infused with coconut oil, olive oil, and cocoa butter, cleanses skin as real crushed almonds gently exfoliate.
- The Me! Bath Ice Cream Sandwich (\$6) is really a delectably disguised pumice stone that scrubs the rough stuff off your heels.
- Me! Bath Ice Creams (\$8) look just like big scoops of the real thing. They start to fizz when they hit the bathwater, releasing essential oils that soothe your mind and your skin. Available in flavors like coconut and strawberry.
- Joey New York's White Chocolate Body Shimmer (\$24) is a body oil with the subtle scent of chocolate and macadamia nut. After towel-drying, smooth it on shoulders, arms, and legs for softness with a hint of sparkle.

[READER POLL]

change your outfit, change your mood?

A recent Health.com poll underscores the power of the connection between fashion and feelings: 87 percent of respondents said their mood determines what they wear, while 55 percent said their clothes influence their outlook. Almost half of those surveyed have a mood-boosting ensemble they count on when they're feeling down. For fun tips on using your wardrobe to adjust your attitude, see our "Feng Shui Fashion" feature (page 134).

[GOOD QUESTION]

My stylist suggested that I try a clear hair gloss. Are the results worth the money?

Glosses are particularly beneficial during the summer months: The layer of shine seals the hair shaft, protecting it from ultraviolet rays and heat damage from hair dryers and flatirons, not to mention the sun. "Think of how a coat of clear lacquer adds luster and protects the finish on a car. That's what gloss does for hair," says Thaddeus Golonka, master stylist and manager of the salon at Nemaquin Woodlands Resort & Spa in Farmington, Pennsylvania. During the half-hour salon treatment, gloss is applied to dry hair, allowed to penetrate for about 20 minutes, and then washed out. The \$75 to \$100 process is most effective on dark (red, brown, or black), straight hair, which reflects light best. The luster lasts 4 to 6 weeks; prolong it by washing every other day with a gentle moisturizing shampoo free of gloss-stripping sodium lauryl sulfate and sodium laureth sulfate (try Pavés Professional Flawless No Sulfates Allowed Repairing Shine Shampoo, \$5.99). —Leah Wyar



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