

Good Housekeeping

August 2010

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*easy*

## Summer SUPPERS

Fast, Fresh, Fabulous

### GENIUS ORGANIZING

Smart Ideas for the Whole Family

# 50

## Guilt-Free SNACKS

(Even chocolate!)

## STAND UP For Yourself!

10 Simple Steps

## Shinier, Fuller Hair

The pros' surprising shampoo secret

## Bottled Water

What's Best, What's Bad

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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\$3.49

goodlooks

Before you step in

Brush up

Once the sole province of spas, body brushing is so easy, fast, and delicious (think soft, pleasingly scratchy bristles) that it's infiltrating the home front. And a one-minute session is the perfect prelude to a shower, says Ann

For a quick hit of happiness in the morning, spike your shower's steam with aromatherapy

Marie Cilmi, spa and wellness consultant for Mama Mio Skincare. Using one or two brushes—and large, gentle, circular strokes—start at your feet and work your way up toward your heart. Then repeat from hands to heart (of course, you can use only one brush at a time for this part). You'll not only stimulate your nerve endings and circulation, but slough your skin lightly, too. "Whatever you use in the shower will consequently be absorbed more easily," notes New York City dermatologist Doris Day, M.D. Try **The Body Shop Round Body Brush** (\$12, thebodyshop-usa.com; 1).

Give masks more face time

Whether you'd like to moisturize, deep-clean, or simply get glowing, apply your mask before (rather than during) your shower, says Cilmi.

"You'll get more treatment time, and less dilution from the nozzle's spray." So put on your robe and mask, start the coffee, make the kids'

lunches...whatever buys you a few extra minutes (many masks work in five to 10 minutes anyway). Try **Freeman Superfruits Detoxifying Facial Clay Mask** (\$4, drugstores) or **Dermalogica UltraCalming Relief Masque** (\$42, dermalogica.com). Once you step into the shower, you can rinse right away or let the mask steam into your skin for a few minutes.

Get the vapors

For a quick hit of happiness in the morning, spike your shower's steam with an aromatherapy tablet, suggests Shéri Bardot, a spa manager for Equinox Fitness Clubs in New York City. Once you've selected a scent (peppermint for the most exhilarating inhalation, lavender for calming, eucalyptus for sinus-clearing), toss the tablet on the tile, away from the direct stream. Then step—and breathe—in. Try **Bath By Bettijo Sweet Peppermint Aromatherapy Shower Infusers** (\$36, bathbybettijo.com; 2) or **Aura Cacia Aromatherapy Shower Tablets in Purifying Eucalyptus, Relaxing Lavender, or Reviving Peppermint** (\$7 for three, Whole Foods Market).

When you're in the shower

Meet your kneads

The easy way to turn basic sudsing into a stimulating scalp massage: Start by squeezing your shampoo's prescribed dose directly onto your wet hair. Then, opening your hands wide (into "spider-fingers position," as Cilmi calls it), vigorously rub your scalp. "Don't just run your fingers over your hair," she says.

"You want to really move the tissue along the bone." Within one minute, you'll release tension, boost blood flow, and clean well to boot.

Lather. Rinse. (Switch.) Repeat.

If you use a somewhat pricey treatment shampoo, squeeze more life out of it: "Treatment benefits tend to be wasted with your first sudsing, when you're mostly breaking up sebum and product residue," says Philip B., owner of the eponymous skin- and hair-care line. "It's only when you 'repeat' that the shampoo penetrates your hair and scalp." His advice? Save the good stuff for when it really matters: the second sudsing. For round one, "you can get away with any inexpensive, noncreamy shampoo."

Shine on (without falling flat)

Thanks to mica particles and other shine enhancers, ever more products are offering in-shower hair glossing—a lighter-weight option than many silicone styling sprays (so you'll →

