

Summer beauty

Tanning to fight acne? Kool-Aid for brassy hair? FIRST asks the pros

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Over time UV rays can break down the violet or blue pigments in color-treated hair, causing locks to look overly yellow or orange. Surprisingly, Kool-Aid can be an effective, affordable solution, says Suave celebrity hairstylist Jenny Cho. But she cautions that it shouldn't be added to shampoo, the soap will just wash the purple pigments away. Simply shampoo hair as usual, then add a pinch of sugar-free grape

THE TRICK Taking a sunblock pill to avoid getting burned

THE TRUTH Sunblock pills with Polypodium leucotomos (an antioxidant from the fern plant) help decrease UV damage by providing extra SPF insurance in case you miss a spot or forget to reapply, says Jody A. Levine, M.D., codirector of Plastic Surgery & Dermatology of NYC. But she notes that these pills are a supplement to sunblock and should never be used as the only source of sun protection. For the most benefit, she suggests taking one pill, try a brand like Heliocare (\$60 for 60 capsules, at drugstore.com) or Life Extension Enhanced Fernblock with Sendara (\$16 for 30 capsules, at lef.org)-30 minutes before going out in the sun. For prolonged sun exposure, take one capsule every two hours. Or consider noshing on watermelon. A recent study found that the fruit's lycopene helps fortify skin against oxidative damage.

THE TRICK Spraying salt water on hair to create volume and waves

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