

Beauty Extenders

Spend less time primping this summer with these easy tricks.

Blowouts

Two ways to make smoothed-out tresses last for days: First, prevent frizz by tucking hair beneath a fabric (rather than plastic) cap before you shower. Second, **sprinkle dry shampoo on roots and brush out to reduce oil build-up.** Then spritz hair with water and blow-dry for two to three minutes.



Shaving

If you've lost weight and are showing more skin, you're probably shaving more this summer. To conserve shaving cream, add a dime-size amount to a shower puff and rub it on legs instead of applying it directly to skin. This distributes cream evenly, so you use less of it. Also, **keep razor blades sharp longer** by drying them with a towel after each use to prevent rusting.



Manicure

To rid fingernails of debris before applying polish, **dip them in apple cider vinegar.** Then rinse and pat dry. This is key for getting the polish to adhere—and extending the life of your mani. Another polish preserver? Wear rubber gloves when cleaning the kitchen or the bathroom. Chemicals in cleaning products can ruin your mani.

FASHION STRETCH

A Bright Idea Bought lots of new summer clothes to celebrate your weight loss? Don't put them in the dryer. High heat causes fading, particularly to brights. Air-dry clothes outside instead. (Bonus: Your home will stay cooler.)

Heel Appeal

Preserve the heels of your strappy sandals by covering them with inexpensive plastic heel protectors; they'll keep high heels from sinking into grass or getting caught in sidewalk cracks. **SOLEMATES, \$10, THESOLEMATES.COM.**



GET MORE Energy

Using your smartphone to track your food? Constant use can drain the battery; here's how to keep your devices running.

TRUE OR FALSE?

The brighter your smartphone screen, the shorter your battery life.

TRUE More battery juice is needed to keep the screen bright. To save power, adjust your settings so that the screen light turns off after one minute. Also pare down your applications and turn off functions like GPS and Wi-Fi.

TRUE OR FALSE?
Storing batteries in the fridge makes them last.

FALSE Save the

fridge for fresh fruits and veggies, and instead store batteries at room temperature when not in use.

TRUE OR FALSE?

Installing the latest software update on your laptop can increase the life of your device.

TRUE Don't click "remind me later" when updates appear on your screen. Start downloading!

The updates are designed to extend your computer's life, so take advantage of those free upgrades. **WW**

