

Hot Summer Tips to Keep You Looking Cool

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Beauty and Lifestyle Expert Mercedes Sanchez Shares Tips for Sizzling Summer Style

NEW YORK, Aug. 2, 2019 /PRNewswire/ -- With the summer in full swing, summer beauty routines can be tricky as we navigate rising temperatures and busy schedules. Here to help, beauty expert Mercedes Sanchez is sharing her go-to beauty products and tips to steal the summer.

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- **Hydrate:** While it's important to protect skin with a lightweight, SPF-heavy summer moisturizer, higher temperatures can leave skin dehydrated, so it is essential to drink water too. The Mayo Clinic recommends drinking 2.7 liters of water a day for women and 3.7 liters a day for men, so drink up to maintain that summertime glow!
- **Take your vitamins:** Like water for skin, your nails can also benefit from vitamins, especially during the summer when some of our favorite activities, like going in the pool, can damage hair and nails. Go beyond topical treatments by adding vitamins that encourage the production of proteins for nail growth to your routine you can enjoy those mani/pedis even more!
- **Smile bright:** A white smile is always in season! With summer food and drinks like berries and wine everywhere, you'll want some help keeping yours white and bright! Colgate® Optic White® High Impact White® toothpaste really works because it has hydrogen peroxide, which is a key whitening ingredient that goes below the surface of the tooth to deeply whiten.
- **Cleanse:** After spending time getting ready, the last thing you want are panda eyes! Swap in a waterproof mascara and update your foundation to a lightweight formula with a shade to accommodate changes between your winter and summer coloring.

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