

# Beat The Heat

Keep your cool this summer with our top 10 tips for staying fresh and gorgeous.



As the temperature soars, it is time to think of ways to look and feel good despite the scorching weather. There are plenty of things you can do to manage the heat and stay as fresh as possible. Here are some practical tips to keep you cool and beautiful this summer.

## 1. Drink the right beverages

Water is the best thirst quencher. Prevent dehydration during the hot days by drinking more water than usual – that is 12 glasses (three litres). Alternatively, drink a minimum of eight glasses of water (two litres), and supplement this with fresh lemonade or freshly pressed fruit and vegetable juices. Other good cooling drinks include coconut water, herbal teas and lassi.

## 2. Avoid dehydrating drinks

You may be longing for a chilled glass of wine or iced coffee, but alcohol and caffeinated drinks such as tea, coffee and colas are dehydrating and increase the metabolic heat in the body. Avoid sugary drinks too as their high sugar content can lead to dehydration.

## 3. Opt for cooling foods

Summer offers a greater variety of juicy fruits than any other season. Watermelons, melons, pineapples, grapes, grapefruits, guavas and lychees, all have a high water content and are naturally cooling. Other cooling foods include cucumber, lettuce, salad leaves, bean sprouts, asparagus, celery, broccoli and radish. Use cooling spices such as mint, fennel, anise and cardamom. A cold soup makes for a delicious and refreshing treat in the summer months.

## 4. Eat light meals

The larger the meal, the more metabolic heat your body creates to break down the food. Ditch heavy meals in favour of small ones. Avoid fried and fatty foods. Salads are the



perfect choice for the summer season. They are full of fresh vegetables which come packed with nutrients your body needs to replenish its reserves that have been depleted by the heat. They are also low in calories and contain minimal fat.

## 5. Munch on cool snacks

Keep your hunger pangs at bay by snacking on fresh fruits and vegetables. You will be spoiled for choice – watermelons, grapes, pineapples, chilled apples or mangoes, corn-on-the-cob, radishes, cherry tomatoes, carrots, celery and cucumber sticks.

## 6. Take a shower

Have a cool shower twice a day, mostly before going to bed. A cool shower (water that's just below the body temperature) will help cool the body for at least an hour. Avoid a cold shower, as tempting as it might be, as shivering will raise your body temperature.

## 7. Keep your blood cool

Run the inside part of your arms under a cold tap for five seconds each every couple

of hours. This will have a cooling effect on the whole body because a main vein passes through this area and helps cool the blood.

## 8. Use a water spritzer for instant refreshment

Always keep a spray bottle of water in the fridge. You can cool down instantly by spritzing the back of your neck, arms and face with cool water. The temperature of the skin will cause the water to evaporate and help cool down your body.

## 9. Apply cooling moisturisers

Replace your usual moisturiser with cooling aloe vera products. This will help lower your skin temperature and keep it moisturised at the same time.

## 10. Use a rose water atomiser

Roses are renowned for their cooling properties. If your eyes are burning from the heat, make a soothing eye pack by soaking cotton wool pads in rose water and placing them on your closed eyes for 10 minutes. Keep a rose water atomiser handy to spritz your face and maintain a dewy look this summer! □

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