

**Summer is a great time to do some simple natural 'Life Hacks'...**



# Janey Loves

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**1** In the summer there's no longer the need for heavy protective moisturisers, opt for light facial oils and avoid chemical sunscreens which can do more harm than good. For sun protection cover up! Big pashminas, sunglasses and parasols, film star style-y and for those times when you really must be exposed opt for a more natural sun cream such as the excellent one from **Green People**. [greenpeople.com](http://greenpeople.com)



**2** If you wear make-up make it light summery and natural, try the lovely lipsticks, mascaras and shadows from **NATorigin**, vegan and hypoallergenic. Remember too that mineral powders have a natural spf factor - result! [natorigin.co.uk](http://natorigin.co.uk)



It's essential to get some sunshine of course, many of us are lacking in Vitamin D so we really need some sun, in days of yore Naturopaths would encourage people who were convalescing to literally Sun 'bathe' for an hour a day. Interestingly certain foods are sun protective; opt for red and orange peppers to boost your protection.

**3** Avoid conventional lips balms as they are usually petrochemical based and can irritate, try the Vanilla lip balm made by hand by therapist and detox expert **Amanda Nelson**, using all natural ingredients, great for sore sun damaged lips. [authenticmermaid.com](http://authenticmermaid.com)



Be careful not to let UV rays degrade the protective protein in your hair and wipe out the shine and moisture in your locks- leaving it feeling dry and brittle, Chlorine and saltwater can parch your locks too so think protection and nourishment.

**4** Try **Tabitha James Kraan** 100% natural Organic Scented Hair Oil. It contains a range of high quality natural ingredients such as Argan, Safflower, Rosehip and Goji Berry infused with Organic essential oils of Rose, Neroli and Lemon. Perfect for strengthening, restoring and protecting your hair. This is a multi-use product, you can use it on damp or dry hair [tabithajameskraan.com](http://tabithajameskraan.com)



when I wasn't bitten for a few days and then, of course being blase I forgot to apply, and lo and behold I was bitten everywhere! [lessmosquito.com](http://lessmosquito.com)

**5** What we really don't want is to be bitten on holidays. The World Health Organisation have apparently warned that the Zika virus could hit Europe so for those people who like me are attractive (to insects!) it's really important to protect yourself. I used to be bitten constantly till I found a natural insect repellent called **Incognito**, it makes you invisible to the mosquitoes and other insects, (the kids love that idea!) I found out exactly how much it worked



Eat a rainbow! it's time to ditch the stodgy meals and opt for colourful salads, the expression is 'eat a rainbow' that means make sure you eat a wide variety of colours, as a general rule the lighter and blander the colour of the food, the worse it is so ensure you get creative with your fruit and veg.

**6** A recent study found that women who eat a handful of red or purple berries daily live longer - oh and the study suggested avoiding routine, varying mealtimes and not wearing a watch!

Keep well hydrated too, the new raw coconut water from **Tiana Fair Trade Organics** is fantastic, no sugar and high in electrolytes so great for hot days or for athletes. [tiana-coconut.com](http://tiana-coconut.com)

