



## 10 ways to keep your cool this summer

Here's how stay chilled, whatever the situation

**When bugs are driving you mad...** Ward them off with clever anti-bug wrist bands, available from outdoor shops. Light citronella candles when you're eating outdoors, and keep wasps away from your picnic with mini food umbrellas - they look way better than Clingfilm, too. Wipe children's sticky mouths and fingers to deter flying pests. And keep cream or spray handy to take the heat out of bites and stings. If there's someone in your family who has developed a fear of bugs and wasps it can ruin a family day out. Go to the charity Anxiety Care (020 8478 3400) for great advice on how to conquer a fear.

**When you're in a holiday jam...** Stop your blood pressure from going through your sun roof. See slow-moving traffic as a chance to chill for a few minutes, say the experts from the Stress Management Society. Breathe in for four counts and out slowly for four. As your oxygen levels rise, you instantly feel more collected.

**When the picnic's over and you have a mountain of washing up...** Do all your plastics seem to come out of the dishwasher dirtier than they went in? Use New Fairy Ultra Caps to zap annoying red food stains and grease on your plastic tubs and lunchboxes. Fairy's formulated to prevent staining, and it's the only dishwasher detergent to be recommended by Tupperware.

**When you've burnt the BBQ sausages...** For bangers, the cooking rack needs to be at least 15-20cm above the coals, so raise it up with heat bricks.

When you're awake on long, hot nights... Your body temperature needs to fall during the night for you to sleep soundly. Keep a hot water bottle in the fridge during the day, and it will cool you down at night.

**When you're caught in a summer sales crush...** Canny sales shoppers only go to shops where they know their size.

**When you have a bad case of holiday hair...** Rub a spoonful or two of natural linseed oil into unruly locks and cover with a showercap. Slip away to a sunlounger where no one can spot you for an hour. Then shampoo. Ta-na! Lustrous, cared-for hair.

**When your noisy neighbours are driving you mad...** Don't complain while their party is in full swing. Go round in the morning for a quiet word. Phone the National Noise Helpline on 01273 823851.

**When your summer tops are showing off your bra straps, not your tan...** If you're a C-cup or smaller, track down silicone stickies from a department store lingerie section to lift and enhance your cleavage. Need more support? Go for a bustier-style backless bra. Some ranges offer styles up to an F cup.

**When your high heels are sinking into the grass...** For a party in the park or a wedding take a pretty straw shopper for your shoes, or wear wedges.