

[Looking Great For Summer That Won't Break The Bank.](#)

Summer is almost upon us, so it is time to think about giving yourself a little make over and have that wow factor when you wear your swim suit. If you are a member of a gym, so much the better, providing that you are actually going regularly. If you don't have membership, it may be a waste of money trying to join now, knowing that as soon as you have had your holiday, you'll never go back. Don't panic, there are other things you can do to get in shape.

If you work in an office block, start to use the stairs instead of the lift but don't attempt to climb to the top straight away. Use the stairs to go down, then take the lift to the floor below and walk the rest. When you feel comfortable walking one floor, stop two floors early and so on, remembering to get to your office in good time to do this. Don't sabotage yourself by arriving too late to use the stairs.

Now you have your legs in shape, you have to work on those arms and abs and your supermarket will help. At the check out, load your bags so that the weight in the bags is the same for each arm. As you walk back to your car or to the bus stop, slowly lift your arms up until they are straight in front of you, hold and then slowly lower them back to your sides. Repeat, but with your arms straight out to the sides. This will give you a great work out for free and you will be trading the strange looks in the car park for admiring ones by the pool or at the beach.

Everybody does incredible work on their body but often overlooks their face, except for the rich who just run for the plastic surgeon, throw thousands of pounds at them and hide from the world until the scars and bruising has died down. For us normal people we have a way that is even better. Facial exercises, that's what. Not just any facial exercises, isometric, they are the ones that will really take the years off and really improve the facial muscle definition and skin tone to smooth out the wrinkles and any sagging skin. Most young people dismiss facial exercises as being just for old people but the smart ones are doing it because they know that they are going to keep those youthful looks far longer than their friends.

Sun is the enemy of skin. It dries it and tans it so don't forget to use a good blocker when lying out on the beach. Remember that your face will have taken sun even when it is overcast. You don't have to stay indoors all the time but you do have to monitor the amount of sun you take as it does have an ageing effect on the skin and there is a risk of skin cancer.

With the coming of the sun, so the toes start to make an appearance as sandals, open toed shoes and flip flops start being bought out of the closet. After a winter stuffed into boots they need some care and attention. If your budget will run to it, your local beauty salon will be able to give you a fine pedicure but you can do your own. Get your stuff together and do it whilst watching a movie so it won't seem such a chore.

Dieting is not something that should be rushed into, especially those crash diets as you will be robbing your body of the vital minerals and vitamins that it will need to help recover from the sun. In fact if you eat foods rich in beta carotene, three to four weeks before you go on holiday, it will positively assist the tanning process. The foods to look out for are: cantaloupe melons, romaine lettuce, fresh thyme, broccoli, sweet potatoes and, of course, carrots. Increasing your intake of vitamin C will also help, but it is better to eat fruit rather than taking supplements as it contains beneficial soluble and non-soluble fibre. Using fruit as snacks means that you can remove sweets, crisps and other junk food from your diet and drinking water instead of sugary colas and other sodas will also help you to lose weight.

For more inspiration, put your old bikini on and check yourself in a mirror. You will probably want a new one, so while you are shopping, you could get some other summer clothes. You don't need to throw out everything but think of what you can use to brighten up last years wardrobe. Just get a new pair of shoes and a pair of sandals and you are ready for the beach.

About the Author

Ian Richards has more [women's interest](#) articles. Don't miss the fantastic tips on [facial anti ageing](#).

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