

InStyle

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Just Chill!

Are the dog days getting you down? Stay cool and collected with these tips

Stash Skin Care in the Fridge

This makes all your formulas feel energizing, but it's especially handy for eye creams, sticks, or pads. De-puffing just got a lot speedier.

Vichy Aqualia Antiox Anti-Fatigue eye stick, \$28; at CVS. Earth Therapeutics Recover-E Cucumber eye pads, \$6/10; drugstore.com.

Look for Refreshing Ingredients

Stock up on products that contain mint or menthol, which makes skin feel instantly frosty and tingly. Whether for eyes, skin or lips, they'll hit you like a blast of AC.

Try a DIY Face Mist

Steep green tea, cool, then pour into a spray bottle filled with ice to take to the beach. Bonus: Antioxidants in the brew will help repair sun damage.

1 Neutrogena Fresh Cooling Body Mist sunblock, \$11; neutrogena.com. **2** The Body Shop Peppermint Cooling foot spray, \$10; at the Body Shop. **3** Jack Black Intense Therapy lip balm in Natural Mint, \$7; at Sephora. **4** Rohto Cool eye drops, \$7; drugstore.com.

Whitney spray bottle (similar to shown), \$3; amazon.com. Bigelow Tea green tea, \$3/20 bags; at Walgreens.

Prevent a Makeup Meltdown

On the run? Use an insulated cosmetics bag to keep makeup from getting goopy in the heat. Once frozen, the built-in reusable chemical coolant inside this case keeps cold for up to five hours.

It's a cooler for your purse!

Microfiber Cool-it Caddy in Zebra, \$40; cool-itcaddy.com.