



Simplify Your Lifestyle this Summer

(Family Features) From backyard barbecues and trips to the beach to baseball gam-es and swim meets, summer is all about family fun. It's also an ideal time to slow down and incorporate a more mindful routine at home.

This season, prioritize a "less-is-more" lifestyle by making smart swaps, like using products with better ingredients, to simplify your life and create an even healthier home for your family. With these easy, helpful tips, you can arm yourself with the tools to spend more time focusing on family and fun.

Pick Produce, Not Processed. What you feed your family often fuels summer fun, but favorite treats like ice cream and hot dogs can be full of unwanted ingredients and added sugars. Skip prepackaged items and look for fresh, seasonal produce that can be incorporated into multiple meals throughout the day, which can also lead to a shorter grocery list and less waste. For example, you can add nutrient- and antioxidant-rich stone fruit to Greek yogurt for breakfast, mix into salsa for a snack and throw on the grill then top with whipped cream for dessert.

Focus on the Right Ingredients. Warmer temperatures and fun, outdoor activities can lead to extra stains and more laundry. It's important to keep summer items dirt-free and smelling fresh with products you can feel good about bringing into your home. For a powerful clean without harshness to keep your summer wardrobe clean and fresh, try all fresh clean Essentials, which is formulated without sulfates and contains effective ingredients for deep cleaning the toughest stains.

Minimize Your Regimen. Take advantage of the seasonal climate to shorten your beauty routine and save time, energy and products. There's no need to blow dry hair with warm weather - sleep in two twisted braids for beachy waves, air-dry after the shower or throw on a wide-brimmed sun hat to hide bed head. Also focus on products that do double duty: replace sticky lipsticks and gloss with tinted chapsticks that include SPF or mix in a drop of sunscreen to liquid foundation.

Simplify Cleanup. It's easy to let the myriad rotating summer activities turn your space into an unexpected mess, so proactively prepare for the chaos by creating a cleanup kit. A clean towel, water bottle, sunscreen, change of clothes and snack in a small tote or plastic container can be left in the trunk of the car or in the garage to keep you from running around searching for supplies. This way, you're prepared for whatever summer brings, be it spilled ketchup, an unexpected shower or even a care-free run through the backyard sprinkler.

Bargain Bin!4



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