

BIKINI LINE BUMPS?

BEAUTY HERO

**CALMS IRRITATION:**  
*Aloe vera ice cubes*

Constant shaving or waxing makes the bikini area prone to ingrown hairs, which can easily morph into unsightly and painful red bumps. Get instant relief with aloe vera ice cubes! Aloe is an anti-inflammatory that reduces redness and irritation while its antiseptic properties help stave off infection and speed healing time, explains dermatologist Debbie Palmer, M.D., author of *Beyond Beauty*. And when frozen, the chill constricts blood vessels to further thwart redness and numb any pain.

**To do:** Pour aloe vera gel into an ice cube tray and freeze. Once daily as needed, rub an ice cube onto bumps for 1 minute. (Don't rinse—letting the aloe absorb leads to a lasting skin-soothing effect.)

FASHION FIX

**HIDES REDNESS:**  
*A crochet romper*

A cover-up with built-in shorts conceals redness and bumps along the bikini line while also preventing friction to thwart uncomfortable chaffing along the inner thighs, says celebrity stylist Eric Himel. Even better? A romper made with an open-weave fabric acts like built-in ventilation. This allows air to pass through to prevent overheating and helps keep salty sweat at bay so it doesn't cause a burning sensation to the irritated skin. "Plus," adds Himel, "a romper's got you covered from bust to belly to butt for a boost of body confidence from every angle."

**FIRST pick:** New Look White Sheer Crochet Lace Playsuit, \$38, [NewLook.com](http://NewLook.com)

LeAnn Rimes