## ... unforgetable!

## What to take on your holiday

That kind of beauty V aids should you take on your vacation?

The most important is a good sun-tanning cream. While most people look super in a tan; they should be aware that too much exposure to the sun can do it reparable damage to the skin. In fact, too much sun is not only a major cause of skin cancer but premature wrinkling of the skin as well.

In addition to a suntanning cream, also take along a moisturizing lotion or cream to apply at night before retiring as well as a mild soap, which you may not be able to find in your hotel room.

Your hair has its special needs, too, all the more so if it has undergone treatments in which chemicals - such as coloring and perm lotions - have been used. Best protection is to wear a hat or scarf.

This, as we all know, is not always possible. If that's the case, then you'll also need some special products such as a good protein shampoo, a protein conditioner and cream rinses.

And never leave swimming pool water in your hair. Always shampoo it thoroughly after swimming. Sea water must also be removed from the hair to avoid dryness and dull-

ness. You can always go and visit a local hairdresser wherever you are for advice and services during your vacation. Since your own stylist at home knows your hair probably even better than you do yourself, consult with him before departing and get from him the products you will need to enjoy a happy and beautiful vacation.

When you return, your stylist will be pleased to see that you have taken good care of your hair. It won't need any of his special skills to make it look and feel the way it did before your vacation.

## Gifts of gold for the bridal party can be affordable keepsakes

With the wedding season in full swing, brides-to-be all over the country are checking off a long list of last minute details and expenses. such as choosing gifts for the bridal party. Finding a meaningful gift without spending a fortune for close friends and relatives that will share this very special day can be a troublesome task. If you're wondering how to find a beautiful keepsake on a budget, don't despair. Today there are many charming gifts in karat gold that will be treasured for years without breaking you now. Manufacturing techniques such as hollowing, stamping and hammering have enabled designers to create fashionable gold jewellery items with price tags that are within everyone's reach.

When buying gifts of gold for bridal party members, consider individual personal style. For women who like feminine frills and romantie clothing, delicately designed jewellery is best. This season, there are exciting new items fashloned after the Victorian cra, emulating face and embroidery. For example, dainty drop earrings with tiny hearts of gold or fly-away ribbon earrings are gift choices that also work hand in hand with the dresses many bridal parties will be wearing.

For women who are always the first with the latest, gold jewellery that is streamlined, with modern geometric edges is a perfect "thank you." There are gold hoop earrings, one of today's most important fashion statements, in a multitude of styles. The new gyroscope hoop mixes rings of 14k gold with onyx or mother-of-pearl and look sensational with summery off-theshoulder knits.

For the men in your wedding party there is a wide selection of inexpensive gold accents that will be a timeless remembrance. Classically designed tie tacks, collar and tie bars add panache to the formal wedding attire he'll wear as well as a summer suit or casual outlit. There are also a variety of affordable and whimsical gift items including a money clip, keyring, even paperclips and toothpicks made of gold.

Karat gold jewellery is a gift of intrinsic value and everlasting beauty. To be sure you're buying the "real" thing, shop at a reputable jewellery or department store and remember to look for the karat mark stamped on each piece. Even if you are shopping on a limited budget, there are fashionable gold jewellery gifts to give the members of your wedding party, which will be a lifelong memento of your special day.

## Travelling with fine jewellery

Your fine jewellery should be enjoyed both at home and when you travel. A little thought and careful planning will enable you to keep it safe and in the best condition while having the fun of wearing it on any type of excursion.

Jewellery care is especially important when you travel since there is zreater risk of scratching precious metal surfaces and chipping gemstones.

Purchase a carry-all especially designed for jewellery travel. These are available in all price ranges and come in a variety of sizes, materials and shapes. In addition, many have velvet pads inside to attach pins and earnings, and special compartments for bracelets, necklaces and rings. Most styles like he popular jewellery roll or circular tippered "drum" case are compact and convenient enough to carry in a pockstbook or suitcase.

To keep your gold jewellery looking lustrous it's a good idea to clean them every few days. This is easy if you pack a small plastic bottle of prepared jewellery cleaner in with your cosmetics. However, a solution of mild soap and lukewarm water will do an efficient job in out-of-town situations where cleaner is not readily available. First, dip in solution, rinse with water, then use a age! soft buffing pad, chamols or tissue to

wipe off any residue.

To keep your gold jewellery in top condition, avoid exposure to chlorinated water for extended periods of time. Chlorine may pit and discolour gold, as well as wear down the alloys used in 14kt and 18kt jewellery. It can also weaken gold chain links and ring prong

Unless the degree of water resistance was clearly specified when you bought your gold watch, don't risk wearing it into the shower, swimming pool or

When participating in vigorous activities such as tennis, volleyball, golf or jogging, wear a choker-length chain and simple earrings, such as classic knots or thin wire hoops, rather than fine pieces such as long chains, intricate cuffs or rings with high settings. Due to their fragile nature such items may become loose within their prong settings and, depending on their durability, will be subject to chipping and scratching if roughly treated.

When staying at a hotel, keep the jewellery you're not wearing in its vault. There is generally no charge for this service. Also, check with your insurance agent to see if there are other precautions you should take. Bon voy-











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