

Beaches

Spring – April/May 2011

life

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11am - 2pm

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**Summer Issue – June/July 2011
deadline May 15, 2011.**

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DISCLAIMER: Beaches|life made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.

Spring Showers Bring Frankie Flowers

by Fran Battaglia

For many of you Frank Ferragine is a familiar face, even if his name is not. You may know him better as Frankie Flowers, the many gardening guru/weather guy who has been sharing his expert gardening tips with viewers on Citytv's Breakfast Television for the past seven years. Frankie's passion for plants has its roots in his childhood, as does his nickname. His family immigrated to Canada in the late 1950s from southern Italy after also having spent several years in England. Once in Canada, they applied their gardening skills to growing vegetables on a 20 acre farm in the Holland Marsh. Later, the family started one of the country's largest gardening centers, Bradford Greenhouses, which they still run today. As for the nickname, Frankie's boyhood friends had trouble pronouncing his last name so they just started calling him Frankie Flowers and it stuck.

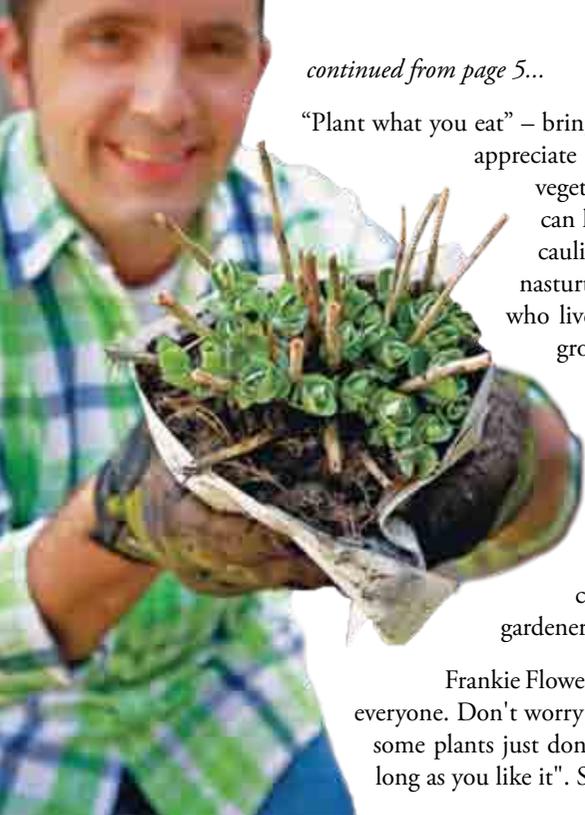
Frankie grew up playing in the greenhouse and helping out in the family business from the moment he could walk and talk. "Childhood labour", he jokingly called it, but obviously it was a labour of love that has become his life's work. While at one point he did leave the gardening business to study law at York University, he soon returned to working with plants; now he is passing on his love of gardening to his own two young sons. At the ages of two and four, the boys already have their own little gardens and enjoy harvesting, cooking and eating the veggies they've grown themselves.

Over the years Frankie has taken horticulture courses at places like Humber College and the University of Guelph. However, most of his knowledge comes from his experience in the family business, as well as through what he is continually learning from his own gardens and from talking and listening to other gardeners. Frankie's wealth of knowledge and the practical and yet humorous way in which he is able to convey it to others has made him one of the most popular and sought-after gardening experts in the country.

Throughout our conversation, Frankie offered many helpful hints for a better gardening experience.

continues on page 6...





continued from page 5...

"Plant what you eat" – bringing things from the garden to your table always makes you appreciate your gardening work more. "Don't be afraid to plant your vegetables amongst your flowers" - a veggie flower combo garden can look "cool and sexy". Mixing coloured vegetables like purple cauliflower, red cabbage, and eggplant with edible flowers like nasturtiums will only add to your garden's good looks. For Beachers, who live on mostly sandy soil Frankie had two suggestions: either grow native plants which suit the sandy soil or replace your garden soil with a triple mix, in raised beds or containers.

In addition to his daily spot on BT, Frankie also appears regularly on CityLine and CityNews, writes numerous gardening advice columns, and has recently written a comprehensive new gardening book called "Get Growing". The book, written in clear, concise language, complete with checklists and photos, is designed to make even beginner gardeners feel confident.

Frankie Flowers seems to be on a mission to make gardening easy and fun for everyone. Don't worry about making mistakes he tells us: "I kill plants every year – some plants just don't work out. It doesn't have to be the perfect garden just so long as you like it". So relax, and just get out there in the garden and get growing!

Frankie's Early-Spring Vegetable Garden

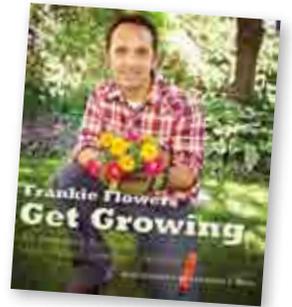
Early spring is the ideal time to prepare a vegetable garden. Growing your own vegetables has many rewards, but it takes a lot more effort than hitting the produce section at the grocery store. If you're a novice, don't let your stomach do the planning because it's your back that will end up doing the work!

Many people are too ambitious when they plant a vegetable garden. The bigger the garden, the more weeding, watering, and harvesting you'll be doing. Even a small vegetable garden can provide a bounty: by harvesting, replanting, and rotating your plants, a space as small as 1.5 square metres (16 square feet) can feed one person for an entire season. One zucchini plant can make a lot of zucchini loaf, and a single tomato plant grown under the right conditions will produce enough tomatoes to keep a family of four happy.

Your early-spring vegetable garden checklist:

- ✓ Choose an appropriate site for your first vegetable garden.
- ✓ Remove the sod and amend the soil with composted manure.
- ✓ Select vegetables that you and your family enjoy eating.
- ✓ Plan ahead to add summer vegetables (such as tomatoes) when early crops are done.
- ✓ Plan your garden so taller plants won't shade out smaller ones.
- ✓ Plant cool-season vegetables, such as radishes and lettuce.
- ✓ Plant asparagus or rhubarb, two perennial vegetables.
- ✓ Plant raspberries and strawberries.
- ✓ Consider adding a fruit tree to your property.

Early-spring vegetable garden, check list and all photos are from Get Growing by Frankie Flowers, HarperCollins Canada. Available wherever books are sold.



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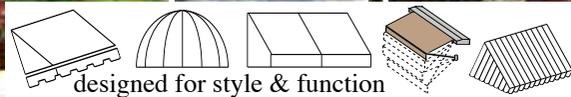


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Spring into a Fresh New Start

Spring in Canada is one of the most treasured seasons, partly because it's so short and so beautiful. For a few short weeks, we have cool evenings, warmer days, and we watch the daylight hours growing longer. Best of all, gardens and trees are covered in pale spring green buds and lacy blossoms. New leaves and spring flowers in vivid primary colours burst out from under dry leaves and messy garden beds.

Research shows that we have much more energy when the clouds break. This is because we're getting more of super vitamin D from the sun. Being connected to nature also is known to increase our "happiness quotient".

5 Makeovers to Make Your Spring Bloom

HOME MAKEOVER Consider a fresh coat of paint on household equipment. Select rust free paint to bring new life to metal garden chairs and tables, watering cans, indoor metal racks or hooks, even the outside of a laundry tub.

GARDEN Time to start planning! Why not research something you've never grown before; summer bulbs or growing water plants in a half-barrel?

HEALTH Time to detox your system and give your body a fresh start (*see page 11*).

LIFESTYLE Spring is a great time to incorporate walking into your daily routine while you enjoy the longer days and sunshine.

HAIR & MAKE-UP Try a new look, perhaps organic mineral make-up, or a different haircut or colour.



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Health talk

Spring Cleaning, INSIDE & OUT

Importance of Detoxification & Cleansing

Health is your wealth – when spring arrives, many gear up for annual spring cleaning, dusting away cobwebs and purging accumulated stuff, letting fresh air flow through our living space and clearing more space for new and better things in our life. Our body requires a similar clean up, so it is vital to our health to undergo a proper detox and cleansing program. Spring is a great season to begin.

Why Cleanse & Detox?

Body cleansing and detoxification has become increasingly necessary in our modern world because of an increase in chemicals and pollution. These toxins come from many sources: factories, vehicles, pesticides and heavy metals. As the demands of the outside world increase, the internal stress we feel can create toxins within our body.

Our internal and external environments and the link between toxicity and disease has caused chronic illness to increase. By undergoing proper cleansing and detoxification, we can decrease our chances of illness and prevent such states before they occur.

Benefit of Body Detox

Proper detoxification and cleansing will give you greater energy and stamina, clearer skin and a relaxed mind. This works by supporting body organs that are responsible for detoxifying harmful substances from our body. Cleansing often focuses on our 7 elimination organs: the liver, skin, kidneys, lungs, blood, colon and lymph.

by Monika Weller CNP – a Holistic Nutritionist available full time at Hooper's Pharmacy to help support you on your road to wellness. Feel free to call anytime to book your free 15 minute consultation.

5 Ways to help your Body Detox

- 1** Always eat plenty of fiber! Include lots of brown rice and organically grown fresh fruits and vegetables. Focus on foods such as beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella, and seaweed; these are all excellent detoxifying foods.
- 2** Protect the liver by taking herbs such as dandelion, burdock and milk thistle. These are well researched, and are known to support and detoxify the liver.
- 3** Always drink lots of clean water; a good rule of thumb is to drink half your body weight daily in ounces. This will keep you hydrated and flush out toxins.
- 4** Breathe deep and often to allow oxygen to circulate freely throughout your system.
- 5** Transform your stress by emphasizing the positive. Focus on everything wonderful you do have and feel grateful, and do not focus on what you don't have or compare yourself to others; you're perfect the way you are.

Wildflowers springing up everywhere

Spring is a time when days are warm, but night temperatures may still drop below freezing. One of the first signs of spring is the number of flowers that begin to bloom, some even before the snow is gone. Brightly coloured buds push up through the soil, seduced by the longer days and warmer sun.

Spring wildflowers have a tough job though; within less than a few weeks, they have to be ready for those first warm days of late March to send up their leaves, flower, be pollinated, set fruit and store up energy in

their roots for next year. Their life span lasts only a couple of weeks until the trees begin to block out their sunlight.

Some of the most common spring wildflowers in Ontario include: red and white trilliums, hepaticas, bloodroot, Dutchman's breeches, trout lilies, bellflower, columbine and a variety of orchids. Don't miss out on seeing some of these beautiful signs of spring. The days are longer, so you have more time to get out and explore your neighbourhood parks and ravines.

Toronto's Top Ten Blooming Beauties for Spring



1 SNOWDROP – One of the earliest bulbs to bloom, sometimes while snow is still on the ground, these small, delicate, bell-shaped flowers are white and tipped with green.



2 SPRING SNOWFLAKE – Similar to Snowdrops, they like a damp, sandy location and thrive in sun or shade.



3 TROUT LILY (also known as Dogtooth Violet) – A tall plant with yellow petals that poke through wooded parks in early spring.



4 DUTCH CROCUS – Available in a rainbow of colors: purple, white, blue, mauve, yellow, and several striped varieties; these often scatter across a lawn in a sunny location.



5 DAFFODIL – Synonymous with spring, the gorgeous yellow/white flowers bloom early to mid-spring.



6 SCILLA – Carpets of these blue flowers blanket lawns and spaces under trees in April, long before grass needs to be mowed!



7 TRILLIUM – Ontario's flower, the Trillium, grows wild and is predominant throughout the woodlands. Usually white, but also found coloured in deep burgundy.



8 TULIPS – Found in every colour and in numerous varieties, tulips come in early, mid and late spring depending on the variety.



9 HYACINTHS – These fragrant beauties bloom shortly after the ground thaws, bringing early color to your garden in white, pink and blue.



10 WILD GINGER – Almost unnoticed, Canadian native ginger appears in spring in moist, humus soil, with a purple/brown flower.

Where to Find?

Check out a nearby park, or explore the trails of the West Don trail where you can find trout lily, jack-in-the-pulpit and false Solomon's-seal, or the Rouge Valley

for Trilliums. Also visit local parks such as the Glen Stuart Ravine and Neville Park. Each week you'll see different signs of spring, birds returning and varieties of wild flowers and blossoms.

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my Secret Beaches Spot

Everywhere I walk in the Beaches I am always amazed by the big majestic trees. This particular weeping willow catches my eye each time I go by it, especially at this time of the year.

William Field



answer to win

If you can tell us where the Secret Beaches Spot photo was taken, you could **win a copy of Frankie Flowers Get Growing**. Send in your answer by May 10, 2011.

Email your answer to: info@beachesliving.ca

win your secret Beaches spot

Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in *Beaches|life* you will **receive a movie pass for two to the Fox Cinema, 2236 Queen St. E.**

Email us at: info@beachesliving.ca

Congratulations to...

February/March's Secret Beaches Spot winners: David Livingston-Lowe, Maša Stojanović and Doris Suzuki. They knew that the last Secret Beaches Spot was the clock tower on the Toronto Fire Station #227 at 1904 Queen Street East. The station was built in 1905.

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WOW! Beachers know their movies!

Thanks to everyone who sent us your Oscar winning predictions. We were overwhelmed with entries from enthusiastic "movie-goers". Although no one picked all eight winners, three did predict seven – amazing! Everyone with three or more correct answers was entered into the draw. The winner of four movie passes to the **Alliance Cinema in the Beach** is **Anne West**.

The Oscar went to...

- | | |
|--|--|
| Best Picture
The King's Speech | Best Sup. Actor
Christian Bale, <i>The Fighter</i> |
| Best Director
Tom Hooper, <i>The King's Speech</i> | Best Sup. Actress
Melissa Leo, <i>The Fighter</i> |
| Best Animated Film
<i>Toy Story 3</i> | Best Actor
Colin Firth, <i>The King's Speech</i> |
| Best Foreign Film
<i>In a Better World (Denmark)</i> | Best Actress
Natalie Portman, <i>Black Swan</i> |

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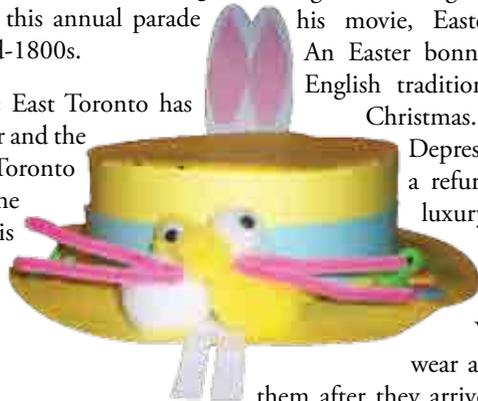
In various cities in North America, Easter is celebrated with an annual parade.

New Orleans: There are three parades: the Historic French Quarter Parade, the Chris Owens Parade and the annual Gay Parade.

New York: Folks walk down Fifth Avenue wearing fancy Easter hats – “bonnets” in this annual parade which has been held since the mid-1800s.

East Toronto: For over 40 years East Toronto has enjoyed a parade celebrating Easter and the beginning of spring. In 1981 the Toronto Beaches Lions Club became the official organizer – making this year, their 30th anniversary.

Toronto's Easter Parade – Sunday, April 24, 2 pm. Runs along Queen Street East from Neville Park to Woodbine.



In Your Easter Bonnet, with all the frills upon it

The Easter bonnet was fixed in popular culture by songwriter Irving Berlin in his movie, *Easter Parade*. An Easter bonnet follows the English tradition of getting new clothes for Christmas. At the depths of the Great Depression a new hat at Easter, or a refurbished old one, was a simple luxury.

Why not add a theme to this year's family Easter gathering. You can suggest your guests wear a fancy Easter bonnet, or make them after they arrive. The hats can have a spring



theme by adding flowers and your favourite fun elements. Once they are done, show off your beautiful creations by taking a walk around your street. Who knows, it may catch on and next year it could be a neighbourhood activity!

Easter Bonnet Song by Irving Berlin

*In your Easter bonnet, with all the frills upon it,
You'll be the grandest lady in the Easter Parade.*

*I'll be all in clover and when they look you over,
I'll be the proudest fellow in the Easter Parade.*

*On the avenue, Fifth Avenue, the photographers
will snap us,
And you'll find that you're in the rotogravure.*

*Oh, I could write a sonnet about your Easter bonnet,
And of the girl I'm taking to the Easter Parade.*

Easter Parade (Musical 1948) – Dir. Charles Walters; Judy Garland, Fred Astaire, Peter Lawford

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Mother's Day

In **Canada**, Mother's Day is the most popular festival after Christmas and Valentines Day. People pay tribute to their mothers on this day and thank them for their life-long love and support.

Mother's Day is celebrated in over 40 countries around the world! The exact date of this holiday, however, varies from country to country. The way in which this holiday is celebrated varies in different countries.

Australia & the U.S.A. – carnations are worn. A colored carnation signifies that a person's mother is living while a white carnation is used to honour a deceased mother.

Japan – young children draw pictures called “My Mother” and enter them into an exhibit.

Sweden – they sell little plastic flowers before Mother's Day, then use this money to send mothers with many children on vacation.

Yugoslavia – Mothers' Day is observed in December. The children sneak into their mother's bedroom and tie her up in bed (or just tie her feet!). When she awakes, she promises to give the children gifts that she has hidden in order to be untied.





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Spring is the time for wild asparagus and other tasty wild edibles

Food talk

Another treat that springtime brings is wild edible plants, such as wild asparagus, fiddleheads, dandelions and wild leeks. They arrive as early as mid-March to the beginning of April. Like spring, their season is tender and short. You begin seeing them at many farmers' markets, including the St. Lawrence Market, or your local grocery store around this time of year. Why not make a field trip to a nearby forest and harvest them yourself?

From Field to Plate – How to Prepare Them

Fiddle Heads are traditionally a spring staple of Maritime cuisine. The demand for fiddle heads has unfurled across the country, so now these wonderful morsels can be found just about anywhere. Steam or boil them for 10-15 minutes, then serve with a quinoa salad and apple cider vinaigrette. If you like the tartness and earthy taste, grill or sauté with olive oil or butter and eat as a side. They're a great addition alongside an omelet, grilled salmon, or to accompany your first BBQ steak.



Wild Asparagus:

they are hard to find and you need to hunt for them, or make friends with people who know where to find them. Sauté, grill or steam, then toss with good olive oil or butter. Asparagus makes a great addition to pasta, or your favourite frittata, or serve with grated cheddar cheese and toast sticks.



Dandelion Greens are a wonderful spring treat but don't use them if they've been sprayed. Your best bet is to look for them in a farmer's market or an organic vegetable store.

Fry up small pieces of bacon or pancetta, add washed dandelion greens, sauté a few minutes with chopped mild onions and mushrooms and serve with a few drops of balsamic vinegar, salt and pepper. For extra impact, include a few of the yellow blossoms, also edible and delicious!



Spring Clean-Up

Community Environment Days

WARD 36: Thursday, May 5 – 4-8 pm
Birchmount Bluffs Neighbourhood Centre
93 Birchmount Rd.

WARD 32: Thursday, May 26 – 4-8 pm
Ted Reeve Arena, 175 Main St.

WARD 30: Saturday, October 1 – 10 am-2 pm
Riverdale Park (east side), along Broadview Ave.
south of Danforth Ave.

For full details and schedules visit:
toronto.ca/environment_days/schedule.htm

The 20-Minute Toronto Makeover

Friday, April 15, 2 pm

Mayor Rob Ford asks you to stop what you're doing at 2pm and come outside to do a 20-minute clean-up blitz around your office, school or neighbourhood.

Mayor Rob Ford's Community Clean-Up Day

Saturday, April 16

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Sci Fi and Predictions of the Future

by Boyd Tattrie

Ever wonder how accurate science fiction's predictions are? While we don't have flying cars or personal robots just yet, it's worth a look at sci-fi movies from decades past to see what kind of world they imagined we'd be living in today.

Science fiction movies came of age in the 1950s. Inspired by events of the time, space travel was a common theme, and movies like **Flight to Mars** (1951) and **Forbidden Planet** (1956) featuring Robby the Robot may well have launched thousands of kids into careers in science and technology. We haven't quite made it to Mars yet, but putting satellites and space stations into orbit has become almost routine.

Many Sci Fi movies of the 1960's looked at how technology might transform our daily lives, for better or worse. The most famous movie from that period, **2001: A Space Odyssey** (1968) warned us against too much reliance on our machines, but also may have inspired the creation of the iPad.

In the 1970's, concerns about ecology and the environment became a recurring sci-fi theme, **Soylent Green**, (1973) actually predicted the Greenhouse effect! These movies warned us of the possible outcome of continued pollution and overcrowding, but how accurate they turn out to be remains to be seen.

So, what did sci-fi from long ago get right, and what did it get wrong? Well, most of the predictions about space travel turned out to be overly optimistic, but even if we don't have personal jetpacks and daily shuttle flights to the Moon, sci-fi was spot-on about how technology would play an ever-bigger role in our daily lives. Cell phones, Bluetooth headsets, personal computers, and the Internet were all suggested in some way by sci fi movies - and in some cases might have even inspired their development.

Some more movies featuring a vision of the future:

Equilibrium (2002)

In this future, everyone is required to consume pills that suppress all emotion. Christian Bale's job is to exterminate anyone not following the rules, until he finds out what he's been missing.

Minority Report

(2002) Thanks to Steven Spielberg, we get to see what those personal jetpacks might look like when we finally get them in 2054.

The Fifth Element

(1997) This Bruce Willis movie provides an eye-popping depiction of what a city full of flying cars might actually look like.

A.I. Artificial Intelligence

(2001) Another vision of the future from Steven Spielberg, featuring life-like robots and a submerged Manhattan.



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What is the "Gadget" of 2011?

Everyone is talking TABLETS

Tablets are more than high-tech eye candy. They have taken the best of today's devices, such as notebooks, smart phones and game consoles, and packaged it into one sleek gadget.

5 reasons tablets have taken off as the must-have tech-tool of recent history.

It's Portable

Allows for a mobile workflow like editing/proofing a document, reviewing graphic details missed on a smaller phone screen; unlike your laptop, it is much lighter and has a longer battery life.

It's Accessible

Wi-Fi and cellular technology allows you to access your email, files, presentations etc. anywhere there is cellular availability or a "hotspot".

It's Fun

Easily and comfortably browse the Internet, watch your favourite movies/television shows and play games without compromising screen size. Pure enjoyment!

It's Connected

Adding to your business arsenal, tablets are one more tool that can link up to your desk computer, laptop and smart phone, making the mobile office even more mobile.

It's Affordable

Tablets are relatively inexpensive for a brand new technology.

Which one is made for you?

Many techies are calling 2011 the Year of the Tablet. Four of the more talked about are: Apple iPad 2, Motorola Xoom, HP TouchPad, and BlackBerry PlayBook. So how do you go about figuring out which tablet is right for you?

From a hardware standpoint, each tablet is fairly comparable; each brings something they can call their own to the table. So what separates the apples from the oranges? The operating system and app market.

The iPad 2 and iOS clearly leads in this area over the competition. There are over 65,000 iPad specific apps available on the iTunes App Store. As well, iPad can run almost every app available in the store (over 300,000). Of course, if you have an iPhone, the addition of an iPad is a "no brainer".

If you are a BlackBerry fan or a Motorola owner, then the Playbook or Xoom may be a good companion to your smart phone. Just keep in mind Android and BlackBerry apps number in the hundreds, not hundreds of thousands.

The bottom line – shop around, do your research and pick the best tablet for you. Remember, this is not a toy; it is an entertainment and productivity tool and it needs to fit your lifestyle and business model.



iPad2 (also in black)
7.31" x 9.5" x 0.35", 1.33 lbs.



Motorola Xoom
9.8" x 6.6" x 0.51", 1.5 lbs.



HP TouchPad
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BlackBerry PlayBook
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You Ask... Answer.



Winner of...

Our question from the February/ March issue "...how long have people skated on the Glen Stewart Ravine?" has stumped our readers. Although many residents have told us that they have seen skating on that rink for as long as they can remember, we know that children today are at least third generation Glen Stewart Ravine skaters.



This issue's question:

My whole family loves to go to the Beaches Easter Parade each year. I wondered when was the first parade held and who started it?

Stephen P.



Do you know the answer?

You could win movie passes for two to the Fox Cinema, 2236 Queen St. E. Send in your answer by May 10.

Do you have a question of your own?

Send it in! We would love to feature it in the next BeachesLife. Our readers might have the answer you are looking for.

Email info@beachesliving.ca or call 416-690-4269.



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Beaches 4th Annual Kids Program Open House

A Huge Success!



Beaches Living would like to thank everyone who came to the 4th Annual Beaches Kids Program Open House and the sponsors and local businesses who showcased their programs and services to help kids live their dreams!

View event photos at beachesliving.ca/kids

Participating Businesses and contacts:

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- Beach Swim School, 416-271-3814
- Beaches Oxford Learning, 416-686-1430
- Beaches Rec Centre, 416-392-0740
- Broadview Community Youth Group, 416-907-8002
- Blastoch Chiropractic, 416-724-7574
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See you next year on February 18, 2012!

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Event hosted by: www.beachesliving.ca





Seeing in Style Be the Envy of the Beaches!

Since opening Envy Eyewear almost four years ago, owner Jasmine Boga has traveled the world in search of the best and latest designs in frames to suit her Beaches clientele. Her annual visits include trade shows in Milan, New York and Paris.

"A good optician has to know the brands so the customer can feel confident," she explains, "especially since they can't see as well when they are trying them on."

Envy Eyes offers its customers full service, from the initial eye exams by an onsite doctor three afternoons a week, to a choice of quality, stylish glasses. Envy Eyewear's premium brands include internationally recognized Lindberg, the feather-weight beauty of IcBerlin and Blac, known for its carbon fibre frames and titanium collection.

Selecting the right frames is a real science for Yasmine. First she interprets the prescription to see what style of frame and material will suit the weight of the lens. She then takes time to analyze her client's faces, round faces for example, suit square frames, smaller faces look better with a smaller frame. She gets to know her clients as well; some occupations call for a more conservative look, others require some flare.

A real family business, it's Yasmine's father who does the eye exams. There's also a second full time optician and part time optical assistant at the store. As an added customer bonus, the cost of the exam is waived if you purchase prescription glasses at the store. You can get your contact lens there, and Yasmine also carries children's eyeglasses and "petite" sizes for 'twens and small adults.

With today's awareness of the importance of sun protection, particularly for children, the store has a variety of designer sunglasses in child, petite and adult sizes. Prescription sunglasses, of course, are also available. Some of the most stylish designers include premium polarized sunglasses maker, Maui Jim.

Yasmine enjoys her Beaches customers who appreciate and support local shops. She also finds that they love the styles she carries, her knowledgeable staff, the selection and her full service. A big believer in "giving back", Envy Eyewear supports community causes such as sponsoring a band each year for the annual Beaches Jazz Festival.

Envy Eyewear Boutique
1944 Queen Street East
416-699-3407

Watch out for this year's

Let's beach! 2011

Date and location to be announced, stay tuned!

Check out last year's photos at beachesliving.ca/letsbeach

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Lip Care

Lip care is usually neglected – we take better care of our skin and teeth. A little bit of lip balm or lipstick and you are good to go, but healthy looking lips usually make a first impression. There are things you can do to this spring to get the best lip care for a fresh and healthy look.

Like taking care of our skin the first thing is to hydrate. Our lips are usually exposed directly to the elements with almost no protection, unlike other parts of our skin which are covered with hair and clothing; this means re-hydration and lubrication are very important.

– for Men & Women's Healthy, Beautiful Lips

Lip care tips for healthy and beautiful lips:

Hydrate – Drink plenty of water, while it helps hydrate your skin, it also hydrates your lips.

Exfoliate – Gently scrub your lips to remove dry, flaky skin.

Wind & Sun Protection – Apply a lip balm as often as you can to help shield the wind. Use one with SPF protection for sun safety. Apply regularly throughout the day when you are outside.

Use Natural Products – Remember your lips, are the gateway to your mouth and body, so use products that are as natural as you can get. Lipsticks are made for women and men; choose the right shade to match your skin and personality.

Vitamins – Take vitamins from food or supplements to keep your lips smooth and avoid cracks.

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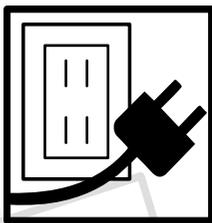
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