deficiency. Once I get them on the right track nutritionally, they see improvements in their hair. I recommend incorporating lean protein, such as chicken and beef, into your diet.

Ingest Healthy Fats. Essential omega-3 fatty acids are important for a healthy scalp. People who consume few essential omega-3 fatty acids can experience brittle, dry hair and eventually hair loss. Try eating fish, nuts and healthy fats like olive oil to maintain a good balance.

Ask salon workers how the foot spas are maintained and how often they are cleaned. Observe the actions of nail technicians while they work on clients to see if foot baths are disinfected after each customer.

Get a pedicure if you have cuts or abrasions on your feet or legs. Micro-organisms living in foot baths can enter through openings in the skin and cause infections. This includes bug bites, bruises, scratches, scabs or poison ivy.

Pay attention to the amount of time technicians spend cleaning foot baths in between customers. The disinfectant needs to work for the full time listed on its label, which is typically ten minutes, depending on the type of disinfectant. It is worth your health and safety to practice patience at the spa! Infections can lead to serious illnesses.

Shave, wax or use hair removal creams within a day before getting a pedicure.

Check your skin for an infection during the days following your pedicure. If open wounds resembling insect bites appear on the skin of your feet and legs, and increase in size and severity over time, seek medical attention immediately.

Visit your podiatrist or primary care physician if you suspect you may have a serious infection.

Use the spa’s tools. Tools used by other people might carry bacteria and fungi. Always bring your own pedicure kit or have a personal kit kept at your favorite spa.

While we might slap suncream onto our faces and rub it into our bodies, one part that often gets forgotten about are the lips.

The skin on our lips is actually thinner and more delicate than on the rest of the body, yet many of us are guilty of leaving it unprotected in the sun.

Step in SPF lip balm, the product to chuck into your beach bag alongside a bottle of your favourite sunscreen. Just like the SPF creams, sprays and oils that we use elsewhere on our body, this type of lip balm is designed to protect the skin on our lips against UVA and UVB rays.

SPF lip balms often contain a host of moisturising ingredients too, so that they can address any chapping and dryness alongside the much-needed sun protection.

Whether you’re partial to a hint of colour or prefer something simple and unscented, then luckily there is a wide range of options on offer. Here’s our list of the SPF lip balms worth a space in your bag or pocket this summer.