



Escape the heat with this genius list of food, sex, beauty, home, and fitness tips

that will help you keep your cool.

effect

Cravings

by FAYE BRENNAN

Think back to how scorching it was last summer—the third-hottest on record in U.S. history, according to the WeatherBug Meteorology team at Earth Networks. Now imagine: This summer could be even more sweltering! A recent report from the Natural Resources Defense Council found that heat is “inexorably” rising all around the world, and average temps in the U.S. may shoot up 4 to 11°F within this century.

Luckily, you don't have to sweat it out. From icy drinks to breezy workouts to the latest frosty beauty products and more, we have all the info you need to beat the heat.

COOL

Cranking up the oven to 450°F on a 90°F day? Not happening. These yummy, refreshing dishes require no heat.



The Paradox of Spicy Food

Believe it or not, spicy fare can actually help cool you down (since it can make you sweat). “My favorite way to use spicy peppers and chilies in the summer is to pair them with sweet, water-rich produce, like watermelon and cucumbers,” says Amanda Skrip, a natural-foods chef and health coach in Chicago. Try Fresno chilies for something mild or jalapeños for more of a kick. “Toss slivers of the hot peppers with cubed watermelon and cucumbers, and fresh herbs like basil, mint, or arugula, then top with a pinch of sea salt.”



MANGO-BASIL FRUMMUS

Courtesy of Melissa Costello, a culinary nutritionist and founder of the plant-based food website KarmaChow.com

In a food processor, combine 1 can (15 oz) chickpeas (drained and rinsed), $\frac{2}{3}$ cup cubed mango, 1 tablespoon tahini, 1 tablespoon maple syrup, $\frac{1}{2}$ teaspoon coriander, 3 basil leaves, $\frac{1}{8}$ teaspoon salt, and 2 tablespoons lime juice. Puree until smooth. Chill and serve with pita or crackers for dipping. Serves 4.



QUINOA, BLACK BEAN, AND AVOCADO SALAD

In a bowl, combine 2½ cups precooked quinoa, 1 can (10 oz) black beans (drained and rinsed), 1 cup grape tomatoes (halved), and $\frac{1}{2}$ avocado (chopped). In a food processor, pulse 1 cup cilantro leaves, $\frac{1}{4}$ cup lime juice, 2 tablespoons extra-virgin olive oil, $\frac{1}{2}$ teaspoon lime zest, 1 clove garlic, $\frac{1}{2}$ teaspoon ground black pepper, and $\frac{1}{4}$ teaspoon salt. Toss with quinoa blend and chill for 15 minutes. Serves 4.



DRINK

These icy thirst quenchers are a bit more flavorful than the lemonade your 6-year-old neighbor is hawking (plus, they are easy to make!).

LAVENDER LEMONADE

Blend 3 teaspoons dried lavender (a culinary variety such as hidcote) and 1 cup sugar on high until mixture is powdery, about 1 minute. Transfer lavender sugar to a pitcher and add juice of 5 to 6 lemons (about 1 cup) and 6 cups cold water. Serve over ice and garnish with lemon wheels, if desired. Serves 6.

MEXICAN COLD-BREWED ICED COFFEE

Courtesy of Grady Laird, president of Grady's Cold Brew, a Brooklyn-based iced-coffee company

Combine 5 ounces medium-dark roast coffee, 1 tablespoon unsweetened cocoa powder, 1 teaspoon ground cinnamon, 1 teaspoon chili powder, and 1 teaspoon sugar in a large French press or bowl and fill with 5 cups cold water. Loosely cover and let steep for 12 to 24 hours in the fridge. Separate the grounds. To serve, dilute liquid 1:1 with water or milk and pour over ice. Serves 8.



A midsummer night's bad dream: trying to relax—and get some sleep—in a stuffy bedroom. Whether your AC is busted or you're trying to save energy, these tips will help keep you comfy at all times.



DISCONNECT

Unplug nonessential electronics to avoid the heat they produce. Take a cue from the EPA and use a power strip as a main hub for your gadgets (and switch it off when not in use) to reduce heat and cut your carbon footprint.

THINK WHITE

For your shades, blinds, or double-lined drapes, that is. They'll reflect heat-producing light from the sun, whereas darker colors will just absorb heat, says Raymond Hall, D.C., a sleep-science expert and chiropractic physician in Santa Monica, California.

GET THE RIGHT FAN

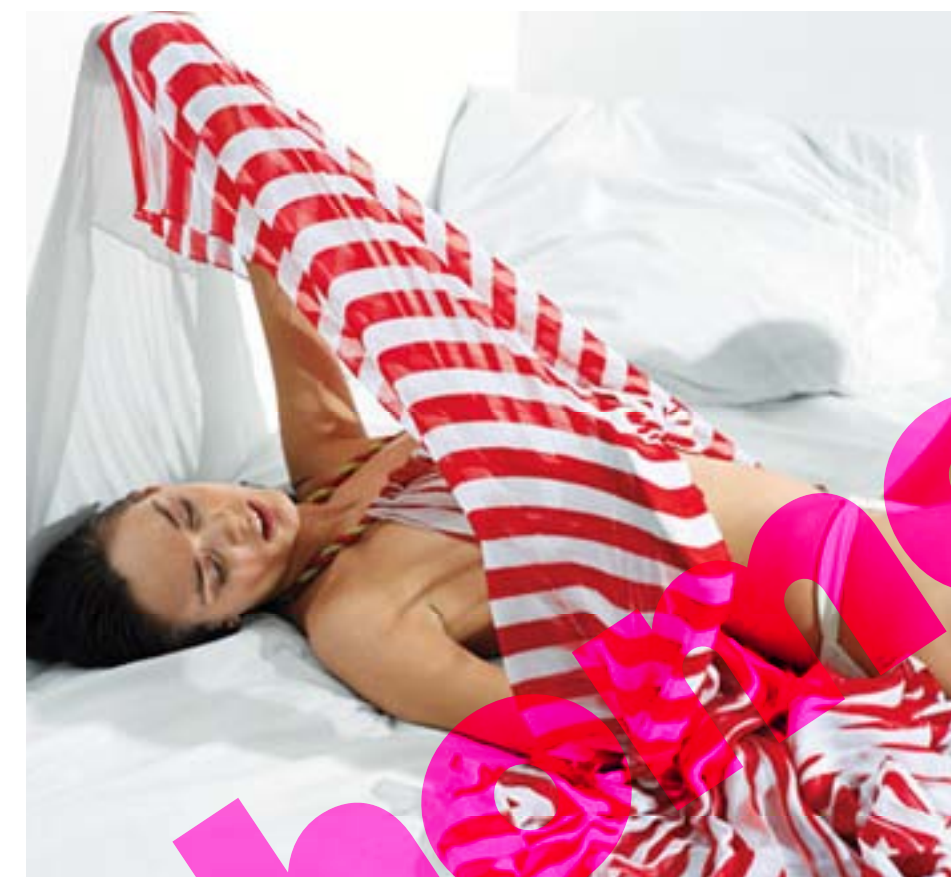
A tall, oscillating version, like the *Lasko 48-Inch MaxAir Tower Fan* (\$80, bedbathandbeyond.com), “can help eliminate hot and cold spots,” says Fredric Jaffe, D.O., a sleep specialist at Temple University Hospital in Philadelphia.

CHECK THE THERMOSTAT

Set it between 65°F and 75°F, then when you're ready for bed, adjust it to 73.4°F. A study in the journal *HVAC&R Research* found that people fell asleep the fastest and experienced the calmest sleep at this specific temp.

UPGRADE YOUR BEDDING

Layer a lightweight polyester or silk comforter over silk or cotton sheets. If you're still sweating, the *Wamsutta Cool & Fresh Down Alternative Comforter* (from \$130, bedbathandbeyond.com) and *Sleep Number In Balance Sheets* (\$225 for queen set, sleepnumber.com) contain temperature-balancing technology made to absorb excess heat; and the *Pillo1 Therapeutic Latex Neck Pillow* (\$199, pillo1.com), which Hall designed using palalay latex from a rubber tree, stays cool all night long.



OPPOSITE PAGE: CHRISTOPHER TESTANI (FOOD); FOOD STYLING: ALISON ATTENBOROUGH; PROP STYLING: ANGHARAD BAILEY; GETTY IMAGES (PEPPER). THIS PAGE: CHRISTOPHER TESTANI (DRINKS); JEFF HARRIS (STILL); STYLING: ANITA SALERNO/RJ BENNETT; OLAF WIPPERFUHR/THE LICENSING PROJECT

Relax

Go ahead, feel the burn (in your muscles, of course). Just remember: High temps and major humidity plus vigorous exercise can equal a scary health hazard, like heat exhaustion or heat stroke. Follow these guidelines to breeze safely through an alfresco workout.



Splash Around, Lose Weight

These pool-based tuck jumps work your whole body, says Ellis Peters, a group fitness instructor and swim coach at Equinox in New York City: Stand with your legs wide, feet flat on the floor, and arms stretched out to the sides with your shoulders submerged. Quickly tuck your knees into your chest, then release. Repeat 10 times.



WEAR THE RIGHT GEAR. Porous, lightweight clothing is always a plus in the heat, but fitness brands are taking things up a notch by developing innovative fabrics that work with your body to help cool it down. Our picks:

1. *Craft Cool Singlet* (\$40, craftsports.us) can lower skin surface's temp by 6°F after an hour of sweating.
2. *Under Armour HeatGear Sonic See It Through Bra* (\$40, ua.com) has superlight HeatGear fabric to help regulate your temperature.
3. *The North Face Women's GTD Running Shorts* (\$38, thenorthface.com) evaporate sweat quickly to keep you dry and breezy.
4. *Mountain Hardwear Carinae Running Cap* (\$30, mountainhardwear.com) has moisture-absorbing fabric and mesh sides to allow air in.

ACCLIMATE. "Take 15-minute walks outside for four to 14 days—by that time, your body is far better able to cope with extreme heat," says Barry A. Franklin, Ph.D., director of preventive cardiology at William Beaumont Hospital in Royal Oak, Minnesota. Then go back to your full workout.

GET CREATIVE. Put an icepack over your forehead. Attach a small clip fan to your bike's handlebar. You may not look cool, but it's more important to keep your head and skin cool, says Juliet Kaska, a certified trainer and founder of JK Zen Fitness in Los Angeles.

BE SHADY. It's a no-brainer to exercise early in the morning or at night when the sun's radiation is minimal. But if you can't resist an afternoon jog, stick to shaded areas or wooded trails, and avoid surfaces that absorb heat, says Franklin—like asphalt, AstroTurf, or even sand.

STOP, DROP, AND ROLL. "If you're feeling a little too hot, head to a shady area, drop to the ground, and do some core work, like an ab series," says Kaska. "You still get quite a workout, but you're lower to the ground, which is cooler because heat rises."

FROM LEFT: ELINOR CARUCCI/TRUNK ARCHIVE; THOMAS MACDONALD AND MITCH MANDEL/RODALE IMAGES; ALEXA SINGER/BA REPS; JEFF HARRIS



Hot and bothered is sexy. So hot you might pass out? Not so much. Use these tricks to enjoy scorchin' foreplay without overheating.

GIVE HIM A FROSTY LICK. Yes, it's cliché—but ice is a romp-time necessity for a reason: Putting some in your mouth before licking the outer edge of your guy's ear—an erotic pleasure zone—will instantly put him in the mood, says Ava Cadell, Ph.D., a sexologist in Los Angeles and founder of Loveology University, an online program on relationships.

HAVE A NAUGHTY TASTE TEST. Blindfold and feed your guy an array of sherbet or sorbet flavors. If he guesses a flavor right, reward him with some manual stimulation, suggests Cadell. If his taste buds are off, channel your inner *50 Shades* by giving him a teasing tap on the butt.

DIP YOUR TOES IN. "Recent research shows that the toes are located right next to the clitoris in the female sensory cortex of the brain," says Cadell. Knowing this, ask for a sensual foot rub with ice water. Strange as it sounds, the change in temp will heighten physical sensation in your toes...and will "send signals to the body to create arousal that may result in an orgasm."

FREEZE YOUR TOYS. Pair a frozen *Pipedream Products Icicles No. 8 Glass Massager* (\$32.41, pipedreamproducts.com for stores) with a cooling lube, like *Wet Synergy Plus Cool Tingle Water-Based Lubricant* (\$17, drugstore.com), or a spine-tingling combo, says Cadell. ■

BEAUTY

These days, you can find a refreshing product for practically every part of your body. Each of our head-to-toe faves has some pretty chilly DNA (no, really, we checked their labels).

HAIR/SCALP: Massage *Redken Nature's Rescue Cooling Deep Conditioner* (\$18, redken.com for salons) into strands to feel menthol tingling your scalp, while sea algae and soy protein moisturize your hair.

FACE: *Elemental Herbology Cool & Clear Facial Cleanser* (\$46, elementalherbologyus.com) does wonders for a sweaty T-zone. Green tea and aloe vera cool your face on contact, and lavender and tea-tree oil soak up shine.

UPPER LIP: *Shaveworks The Cool Fix Lip and Brow Formula* (\$21, at [Sephora](http://Sephora.com)) is meant to calm skin irritation post-facial waxing, but its frosty blue gel and boerhavia root extract are soothing on any hot spot.

ARMS: Spraying an even layer of *Neutrogena Fresh Cooling Body Mist Sunscreen Broad Spectrum SPF 45* (\$8, neutrogena.com) on your arms and chest is about as close as you'll get to feeling like you just ran through a cold sprinkler.

LEGS: Spritz the tinted *Guerlain Jambes de Gazelle Cooling Bronzing Mist* (\$59, saks.com) onto legs for a shivery thrill—seconds later, you'll have a dry, natural-looking tan that washes off with soap and water.

FEET: Smelly, hot, blistering, gross: all words that describe your feet after a long, sweaty day. Good thing new *Fab Feet Eucalyptus Foot Cleansing Wipes* (\$5, globalbeauty.com) solve all those problems, leaving tootsies invigorated.