For many around the country, this winter was beyond awful (and endless). The stinging, deep chill of the polar vortex left us bummed out, shivering, and barricaded indoors. Which is exactly why this summer needs to be awesome—wait, make that epic. On the following pages, you’ll find tons of ideas for optimizing the sultriest season, from the must-have sandals and the tastiest drinks to the most sizzling vacay-style sex and more. Go!

BY THE EDITORS OF WOMEN'S HEALTH
7 DELICIOUS ICE CREAMS
THAT WON' T PACK ON POUNDS

We licked our way through the most virtuous frozen desserts to bring you the tastiest. (The ones here are all 150 calories or less per half-cup serving.)

1. TURKEY HILL CHOCOLATE CHIP COOKIE DOUGH LIGHT ICE CREAM
   This mash-up of cookies and ice cream cuts the fat and sugar but none of the taste.
   PER SERVING: 120 cal, 4 g fat (2 g sat), 27 g carbs, 35 mg sodium, 1 g fiber, 4 g protein

2. STONYFIELD ORGANIC LOW FAT FROZEN YOGURT IN CRÈME CARAMEL
   Protein, calcium, and good-for-your-gut bacterial cultures are packed into this organic fro-yo. Oh, and delectable ribbons of caramel!
   PER SERVING: 110 cal, 1.5 g fat (0 g sat), 26 g carbs, 59 mg sodium, 6 g fiber, 4 g protein

3. BLUE SUNDAY FROZEN YOGURT IN WHITE MINT CHOCOLATE CHUNK
   A fro-yo with protein and unexpected fiber; it also has a true mint flavor—without faux-green food coloring!
   PER SERVING: 120 cal, 4 g fat (0 g sat), 27 g carbs, 50 mg sodium, 3 g fiber, 4 g protein

4. DREYER'S/EDY'S SLOW CHURNEO ICE CREAM IN CHOCOLATE
   A chocolate lover's dream: It uses a special churning process to yield yum-tastic ingredients with half the fat and one-third fewer calories.
   PER SERVING: 100 cal, 1.5 g fat (0.5 g sat), 9 g carbs, 30 mg sodium, 1 g fiber, 3 g protein

5. JULIE'S ORGANIC LOW-FAT FROZEN YOGURT IN BLUEBERRY
   With every fruity spoonful, you get six active probiotic cultures—which can aid your digestive and immune systems.
   PER SERVING: 140 cal, 2.5 g fat (2 g sat), 27 g carbs, 50 mg sodium, 2 g fiber, 3 g protein

6. BREATHER FAT FREE ICE CREAM IN CREAMY VANILLA
   The lowest-call pick on the page. It doesn't make up for the lack of fat with a ton of extra sugar. Pretty sweet, huh?
   PER SERVING: 90 cal, 2 g fat, 21 g carbs, 49 mg sodium, 3 g fiber, 3 g protein

7. DANNON OIKOS GREEN FROZEN YOGURT IN CAFE LATTE
   With the most protein of the bunch—a whopping six grams per serving!—this is our kind of coffee fix.
   PER SERVING: 150 cal, 3 g fat (2 g sat), 25 g carbs, 40 mg sodium, 6 g fiber, 6 g protein

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5 WAYS TO HAVE HOT VACATION SEX WITHOUT LEAVING HOME

For those long weekends when escaping to some tropical destination just ain’t gonna happen, achieve the erotic highs of away-from-home nooky with these seductive tips.

1. DO THE PREP WORK. Before jet-setting off on a couple’s retreat, you usually get your hair done, nails painted, and legs waxed—all in the name of feeling irresistible. “For a staycation, you should re-create these get-ready rituals,” says Alison Tyler, coauthor of Never Say Never: Tips, Tricks and Exotic Inspiration for Lovers. “Pamper yourself from the feet up!” This way, you’ll happily welcome an impromptu romp.

2. BRING THE BEACH TO YOU. Trick your senses in familiar territory for an exotic (and freeing) vibe: “Slide into a little bikini, have your man oil you up with scented tropical lotion, put on surfer music, and mix frozen margaritas,” says Tyler. Odds are, the altered mood of your space will inspire both of you to act friskier than usual.

3. GET A PRIME VIEW. As you enter a luxury hotel room, your eyes dart to the soft and inviting bed and the giant mirror positioned opposite (it’s a naughty-ideas igniter for sure). Why not set up something similar in your own room? Make the bed with expert precision and place chocolates on top of your pillows for a touch of indulgence. Then, strategically place a full-length mirror so your guy can catch a glimpse as you start your racy hookup on your fresh bed with “a trip down South—and I don’t mean to Florida,” says Tyler. Afterward, switch positions so you can watch the action in reverse cowgirl.

4. BRING ON THE BUBBLES. Draw a bath with a foaming bath soap or oil (jasmine and tuberose scents are sensual); candles lining the tub’s edge; and big, fluffy white towels for two. “Soak together with your guy and take turns massaging each other everywhere,” says Tyler. Don’t have a tub? Step into an especially steamy shower and experiment with new standing-sex positions.

5. SLEEP IN. HAVE SEX. REPEAT. “One of the best parts about being on vacation is letting go and turning your timetable upside down,” says Tyler. For the same effect, purposely ignore your alarm clock and spend a whole blissful morning ravishing your man.

3 RED FLAGS YOUR SUMMER FLING WILL BE HISTORY COME FALL

RED FLAG #1
You talk only via group text. He’s either unbelievably shy (and has a fear of being rejected) or he has commitment issues, says Carrie Henderson Mcdermott, coauthor of He Texted.

RED FLAG #2
He goes silent during the week. Everyone is busy, but if you hear from him only on weekends, it’s clear he’s not really up for fitting you into his day-to-day life, says Mcdermott.

RED FLAG #3
You’re in his phone as “Sarah Boardwalk.” He may not see this connection lasting, says Mcdermott, so you might as well keep your options open—and enjoy this hookup for what it is.
8 UGLY-CUTE SANDALS

TO PUT YOUR FEET IN RIGHT NOW

The big trend in 2014 sandals is a flashback to the '90s: Think clunky rubber soles and two-strap styles. And—woot!—Birks are back, but in poppy colors.

1. Zara, $99.95, zara.com
2. Teva, $50, diw.com
3. Ash, $175, 646-422-7098
4. Tommy Hilfiger, $59, tommy.com
5. Dolce Vita, $139, dolcevita.com
6. Rebecca Minkoff, $229, rebeccaminkoff.com
7. Isaac Mizrahi New York, $110, zappos.com
8. Birkenstock, $90, birkenstockusa.com

3 TIMES WEARING FLIP-FLOPS CAN LAND YOU IN THE E.R.

1. DANCING AT AN OUTDOOR MUSIC FESTIVAL
   It's a breeding ground for dirt, germs, and trash—which can result in a bacterial infection if you have an open cut on your foot, says David Barczyk, D.C., a chiropractor in Lafayette, Louisiana, and author of Wellness Wake Up Call.

2. HANGING IN A CROWDED BAR
   "The combination of alcohol consumption, crowds, and dancing could lead to various foot injuries," says Barczyk. And the chances of stepping on broken glass—or having a drink or bottle fall on your feet thanks to a disorderly patron—are absurdly high.

3. WALKING OUT ONTO A ROCKY JETTY
   One wrong step on a slippery jetty in flimsy shoes could send you sailing, causing a sprained ankle or much worse. Best advice? Keep off. "But if you insist on climbing the rocks, water shoes with traction on the bottom provide support and additional grip," says Barczyk.
THE SUMMER DRINK
THAT WILL MAKE YOUR SKIN GLOW

A concoction that hydrates, tastes amazing, and has health- and complexion-enhancing ingredients to boot? We're in!

When regular H₂O feels boring, try this water with oomph, created by Alexis Wolfer, author of The Recipe for Radiance: Discover Beauty's Best-Kept Secrets in Your Kitchen. Sip two to three cups per day on a relatively empty stomach—like after a workout or when you've spent the afternoon outside—to get these fantastic natural benefits, suggests Wolfer.

1 MINT
A cooling effect can help tame facial redness by lowering your body temp, says Wolfer. Dermatologist Francesco Fusco, M.D., adds: "Mint, as aromatherapy, could help reduce stress-induced acne and eczema."

2 GREEN TEA
Its antioxidants help prevent heart disease and reduce inflammation, says Gaye Canfield, Ph.D., director of nutrition research at The Pritikin Longevity Center in Miami.

3 LEMON JUICE
It's high in vitamin C, a coenzyme your body uses to make collagen, which helps maintain the health of your skin. It may also strengthen your immune system, says Canfield.

MINT + GINGER GREEN TEA LEMONADE

Serves 4
4 cups water, divided
4 bags green tea
½ cup chopped fresh mint leaves, tightly packed
½ cup chopped fresh ginger
½ cup fresh lemon juice
Bring 2 cups of water to a boil, then reduce to a simmer. Add tea bags, mint, and ginger, and let steep for 30 minutes. Strain into a large pitcher, pressing on solids to extract remaining liquid. Add lemon juice and remaining water. Refrigerate until chilled. Garnish with lemon slices, if desired, and serve over ice. —Liz Krieger
3 MAKEUP ITEMS THAT WON'T GET YOU LAUGHED OFF THE BEACH

If you’re not brave enough to go bare-faced for those inevitable Instagrams, these surf- and sand-safe products will prettify without looking obvious.

1 TINTED LIP BALM
Lazy lounging calls for natural—albeit protected—lips. Neutrogena Revitalizing Lip Balm SPF 20 ($9.50 at drugstores) shields your pucker from the sun and gives a gentle tint of color. (Our fave shade: Petal Glow, a rosy pink.)

2 WATERPROOF MASCARA
For lush, long, and flirty lashes, apply a coat of Tarté Lights, Camera, Splash! 4-in-1 waterproof mascara ($20, sephora.com). Its secret: Rosin wax forms a protective barrier to help repel water all day long.

3 BRONZE LINER
Physicians Formula Shimmer Strips Custom Eye Enhancing Extreme Shimmer Eyeliner Trio in Brown Eyes ($12, at drugstores) has a smudge-resistant golden bronze that's just -&gt;1 Draw it along your upper lash lines for subtle brightness. —Liz Krieger

2 CHIC BARRETTE 'DOS THAT RESCUE YOU FROM NECK SWEAT

1 / LOW CRISSCROSS BUN
Make a center part, then gather the bottom half of hair into a plump, low bun, says hairstylist Eugene Toye of the Rita Hazan Salon in New York City. Divide remaining hair into four even sections. Pull each section horizontally across your head, tucking ends into the bun; pin in place. Place a long barrette at an upward angle just above the bun.

2 / FAUX BOB
Mist hair spray generously through the ends of hair to make them tuck and easy to secure, says Toye. Gather all of your strands with one hand as if you were creating a low ponytail. Use your other hand to tuck ends up and under, creating a faux bob. Anchor with pins placed horizontally, and slide a long barrette behind one ear. —Liz Krieger
6 TRICKS TO MAKE YOUR FRIZZY HAIR CALM THE EFF DOWN

With these fuzz-, pouf-, and sweat-fighting tips from the Sally Hershberger Downtown salon in New York City, your hair will play nice this summer.

1. MISBEHAVING HAIRLINE. Despite applying frizz serum in the a.m., come noon you’re playing Whac-a-Mole with face-framing flyaways. THE Rx: To prevent stick-ups, use a small round brush for tension as you’re blow-drying, says hairstylist Matt Fugate. On the go, hit trouble spots with a humidity-fighting hair spray, says hairstylist Tim Rogers. Try Living Proof Straight Styling Hairspray ($29, livingproof.com); it also comes in a travel size.

2. ALLOVER PUFF. Indoors, your hair lives in Straight City. But when you step outside—Hello, Frizztown, population you—THE Rx: You could have dodged this by working a hydrating cream, like Kerastase Elixir Ultime Crème Fine ($42, kerastase-usa.com), throughout your wet hair before styling it. But now, “you have to embrace the chaos,” says Fugate. Pull your hair into a tight, high ponytail—sleeked back on top, with a balloon, deliberately fuzzy tail.

3. SWEATY BANGS. One moment, you’re posing for selfies with your Alexa Chung-perfect bangs. The next? They’re stringy and soggy. EW. THE Rx: Product will only weigh your bangs down more. Instead, tie longer bangs into a face-framing side braid, says Fugate. Brush shorter bangs straight back and secure them with two pins in an X shape (so rocker-chic!), We like Goody Colour Collection Bobby Pins or Bobby Slides ($3.85, at Target).

4. LOCKS GONE LIMP. Oh, you spent 30 minutes curling in waves? Ha! Your hair laughs in your face by falling flat. THE Rx: Ditch your humid, post-shower bathroom and curl in your home’s coolest spot. “Do a section at a time and take small breaks to avoid sweating from your scalp,” (a.k.a. your styling nemesis), says Fugate. Set the curls with a humidity blocker like L’Oréal Paris Advanced Hairstyle Lock It Weather Control Hairspray ($8.50, at drugstores).

5. OIL SLICK. As the day wears on, your roots become greasier than a funnel-cake stand at the shore. THE Rx: As with your face, higher temps can prompt more sebum production on your scalp. Spray a dry shampoo, like Pantene Pro-V Blowout Extend Dry Shampoo, ($7, at drugstores), directly onto your roots to counteract the oil.

6. TANGLED MESS. You emerge from the pool feeling like a water nymph—until your locks air-dry knotty, Medusa-style. THE Rx: Curly-girls can pack a wide-tooth comb and a frizz-fighting product (try John Frieda Frizz Ease Curl Reviver Mousse, $7, at drugstores) to brush out tangles and de-puff, then pull wet hair into a high bun, says Rogers. For straight hair, Fugate suggests rubbing in styling cream, like Aveda Smooth Infusion Naturally Straight ($26, aveda.com), before tying a loose headband.

—Liz Krieger
5 SUMMER BEERS
THAT WON’T MAKE YOU
FEEL LIKE A FRAT BOY
Craft beer is booming, especially among women—making now the perfect time to crack open a cold one.

1. GOOSE ISLAND 312 URBAN WHEAT ALE
Taste: This American beer is crazy refreshing, due to its delicate wheat flavor and high carbonation.
Terrific with: Summer salads and grilled white fish, such as halibut

2. STEIGL GRAPEFRUIT RADLER
Taste: More of a beer cocktail (think of a boozey Arnold Palmer), made with a light lager and citrus.
Terrific with: Fish tacos; fresh guac and chips

3. BOULEVARD BREWING CO. TANK 7 FARMHOUSE ALE
Taste: Complex and fruity but dry, season like this have a pecorino note, usually a direct result of being brewed with Belgian yeast.
Terrific with: Grilled steaks and chicken; goat cheese

4. WHITE BIRCH BREWING BERLINER WEISSE
Taste: A light, sour Berliner Weisse ale with a puckering finish and low alcohol content
Terrific with: Fresh fruit like strawberries, raspberries, and kiwi; ceviche

5. SHOCK TOP BELGIAN WHITE
Taste: Because it’s brewed with orange peel and coriander, it’s both fruity and spicy.
Terrific with: Shellfish like mussels and shrimp

4 SIGNS YOUR LIVER IS CRYING UNCLE

1/ A NEW MIDDLE POOCH
Booze lowers your inhibitions (hello, nachos!). And for a variety of reasons, it tends to turn into abdominal fat, says Angela Lemond, R.D.N.

2/ TIREDNESS
One of the nutrients particularly affected by alcohol is B6, a lack of which can lead to fatigue and, in extreme cases, light-headedness and confusion.

3/ HAIR AND NAIL BREAKAGE
Alcohol has a dehydrating effect that can leave your strands and nails limp or brittle; both rely on good hydration to stay healthy and strong.

4/ A BITCHY ‘TITUDE
“When your body is trying to metabolize alcohol, it can bring on anxiety, nervousness, and irritability,” says Lemond. It’s detox time!
4 MOVES
FOR INSANELY TONED ABS #NOFILTER

This total-body strength routine works overtime to firm your core by challenging your stability. The result? An effective sweat session we don’t mind doing in the heat! Perform three sets on nonconsecutive days three times a week.

1. SUITCASE DEADLIFT
Hold two 8- to 10-pound dumbbells at your sides and stand with your feet shoulder-width apart (a). Keeping your abs engaged and your knees soft, sit your hips back to slowly lower the dumbbells until they reach the middle of your shins. Your back should be parallel to the floor (b). Pressing through your heels and tightening your abs, quickly return to start. Squeeze your glutes once you’re completely upright. That’s one rep. Do 10.

2. HALF-KNEELING OVERHEAD DUMBBELL PRESS
Kneel down with your right leg bent in front of you at a 90-degree angle. Hold a dumbbell in your left hand in front of your shoulder (a). Keeping your core and glutes tight, press the weight directly overhead until your arm is fully extended (b). Use your back and shoulders to slowly lower the weight back down to start. That’s one rep. Do 10, then repeat on the other side.

QUICK TIP
Your arm should be close to your ear when it’s fully extended.

3. GOBLET SPLIT SQUAT
Stand with your right leg in front of you and your left leg behind, and hold a dumbbell vertically in front of your chest with both hands (a). Engage your abs to keep your balance as you slowly lower your left knee toward the floor, bending your right knee to a 90-degree angle (b). Rise back to the starting position. Do 10, then repeat on the other side.

4. BENT-OVER ROW
Stand with your feet shoulder-width apart, knees slightly bent, hips pushed back, and back straight. Hold two dumbbells just outside your shins, arms hanging down (a). Quickly row the dumbbells up to your chest, keeping your elbows close to your sides and squeezing your shoulder blades together (b). Slowly lower the weight back down to start. That’s one rep. Do 10.

QUICK TIP
Keep your head in line with your spine.

SOURCE: KATIE HARRIS, A TRAINER AT PEAK PERFORMANCE IN NYC

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