



Photo of Heather Marianna's Boulder City boutique by Andi Gingerich

Head-to-Toe Summer Skincare Tips

By H. Ventura

While some people love Las Vegas summers because of the “dry heat,” no one loves having dry summer skin. “I think people think that their skin only gets dry in the winter, but I know if my face has been dry lately, other people’s faces have been dry, too,” said local skincare specialist and owner of Beauty Kitchen Boutique in Boulder City, Heather Marianna. “It doesn’t matter if it’s winter or summer, you’ve got to hydrate.”

As a teenager, Marianna used to make face masks in the kitchen with her grandma to help her and her friends cope with having bad acne. Years later, after quitting her job as a marketing director for a consulting firm, her friends encouraged her to follow her passion and work in the beauty industry. Marianna launched her own YouTube series sharing skincare tips and do-it-yourself skincare recipes in 2012, and less than two years later, she started selling her own line of chemical-free, plant-based beauty products. Today, Marianna’s Beauty Kitchen products can not only be purchased online at beautykitchen.net, but also in her Boulder City boutique (501 Nevada Way, Ste. 1) and at all Sparkles Beauty Bar locations in Southern Nevada.



Photo of Heather Marianna, courtesy of Heather Marianna

Although Marianna still uses her own Beauty Kitchen face masks to help keep her skin healthy, the do-it-yourself beauty maven highly recommends keeping aloe vera nearby—especially during the summer. Not only does it help with sunburns (see sidebar for Marianna’s Sunburn Relief recipe), but it also keeps skin moisturized. “Just open a leaf and you can literally put the aloe vera pulp on your skin or put it in a water bottle and shake it up and spray it on,” Marianna said. “It’s super hydrating and will help prevent redness and burning.”

Naturally, sunscreen plays an important part in keeping skin healthy during the summer months, too. While most people apply sunscreen to their face and arms, Marianna stressed the importance of using it everywhere your skin is exposed. “People don’t realize it, but when you start to wear your flip-flops around Vegas, you really should sunscreen the top of your feet, because the skin on your feet is so thin,” Marianna stated. “Just buy a can of spray sunscreen, put it in your garage and when you walk out the door, spray your feet real quick so they don’t get burned. I do it with a SPF 50.”

Lavender is another important ingredient in at-home summer skincare, as lavender essential oil both calms the skin and reduces inflammation. That makes it helpful not only when dealing with sunburns, but also bug bites for those planning any camping trips or trips out of state where mosquitos are more common. “I was in Greece years ago and got eaten up,” Marianna recalled. “On the plane ride home, I couldn’t stop itching—it was terrible. When I got home, I took a soak in a lavender bath soap that Beauty Kitchen makes and scrubbed myself with our lavender sugar scrub, and my skin didn’t itch anymore. So, if anybody has sugar and lavender oil in their house, that will work, or just lavender oil with a little bit of aloe will help with the itching, too.”

Coconut oil is another product Marianna recommends women keep in their bathroom, as it works as a powerful makeup remover. “Get some cotton pads and some coconut oil and that will remove your makeup in 2 seconds—even your eye makeup,” Marianna stated. “That’s what I use whenever I have a photo shoot and have all that heavy makeup on, because my eyes will get really irritated from all the eye makeup. Coconut oil takes it right off.”

For those who want to try some of Beauty Kitchen’s small-batch, eco-friendly products this summer, its hydrating After Sun Aloe Spray and Chemical-Free Bug Spray are two of the brand’s “most must-have summer products” according to Marianna, because they’re so affordable and versatile—the bug spray is even safe on dogs! Academy Award-winning actor and Thirty Seconds to Mars front man Jared Leto is actually a huge fan of both products and purchases them every year for attendees at his Camp Mars music festival. Whether people use Marianna’s Beauty Kitchen products or follow her tips to create their own skincare products at home, though, the Boulder City beauty guru hopes people realize that quality skincare products don’t have to cost a fortune.

“I think most people when they think skincare, they think expensive, but you really don’t have to spend a lot of money,” Marianna concluded. ♦

SUMMERTIME RELIEF

Fast and Easy Do-It-Yourself Beauty Recipes

It’s bound to happen at some point during the summer: you’re either going to spend too much time in the sun or too much time in the pool. No need to fret, however, as Heather Marianna shared two easy-to-follow recipes that can be made in minutes to help soothe a sunburn and hydrate dry, chlorine-damaged hair.

SUNBURN RELIEF

- 5 aloe vera leaves
- 1/2 cup of aloe vera juice
- 10 drops of lavender essential oil
- 3 or 4 drops of menthol essential oil (optional)

Slice and peel aloe vera leaves to remove pulp (five 5- to 6-inch-long leaves typically fill a quarter cup). Put pulp into a spray bottle with aloe vera juice and lavender essential oil to remove stinging from the sunburn. Shake everything up and keep spray in the fridge. Spray after a long day at the pool. If you’re really burnt and can’t move, add menthol essential oil to help numb the skin.

CHLORINE RELIEF

- 2 1/2 cups of whole milk
- 3 tsp. of pure honey

Put milk on the stove and heat over a low fire for 2 to 3 minutes. The lactic acid and protein in the milk help to keep hair hydrated and nourished. Add in honey and stir for 30 seconds. Once everything cools down, put mask concoction in a jar. Cover hair with it and a shower cap for 25 minutes. Wash hair with light shampoo and style as usual. The honey will seal in moisture to your hair. This is a great do-it-yourself mask to revitalize hair from harsh chlorine chemicals.