



## It's Still Hot Outside: 21 Products to Help You Beat the Heat

By [PJ Gach](#) on August 19, 2015   
**BlogHer Original Post**



Grr! It's hot out! Aside from staying in the shower all day, what can you do to beat the heat, stay cool and feel like you're not going to melt?

Good news! There are products out there that can make you feel positively icy—which is a good thing when the temps are hovering in the 90s.

We all need to wear sunscreen, but it's usually a chore. There's a new one out that gives you tingles! How about a spray that instantly cools down hot, tired feet, an exfoliator that adds moisture to your face while it wipes away grime or a gel that makes arms, legs (and anywhere you rub it in) feel cool and relaxed? Have you heard about the uplifting scent of mojitos?

All that and more can be found in this roundup; there's even a product that's perfect for runner's aching legs.

# Legs & Feet



6. **BASQ NYC Cooling Body Bliss** (\$20, [Basq NYC](#)). Swollen legs, sticky shoulders, achy and hot all over? There's a lotion for that. BASQ NYC Cooling Body Bliss is made with Aloe Vera; a natural anti-inflammatory and moisturizer. The antioxidant gel helps speed repair and quickly soothes and depuffs skin. It's so cooling that it works wonders if you're dealing with dreaded hot flashes too.

7. **The Body Shop Peppermint Cooling Foot Spray** (\$10, [The Body Shop](#)). Ever since I discovered this product four years ago, I never leave home without it tucked in my bag. When my feet get hot and tired, I'll whip this bad boy out and spritz them. Instant relief. Seriously. Made with Fair Trade peppermint oil, grape extract and menthol, this potion refreshes your tootsies whilst combating stinky toes.

8. **Shaveworks Pearl Polish Dual Action Body Oil** (\$28, [Anthony Logistics](#)).

Summertime brings out your legs. Which means shaving (almost daily). Protect and moisturize your skin and get a really close shave at the same time with this body oil. Having used it for two months (a little goes a long way), I can say it really, really works. No razor burn, no redness, just silky skin.

9. **Shaveworks The Cool Fix** (\$25, [Sephora](#)). It's a burst of icy, minty whoo-hooness on shaved legs! Wakes up your pores while banishing (and preventing) ingrown hairs, razor bumps, redness and anything vexing.

