

the dog days of summer are in full swing and it's hard to beat the heat, but never fear, **philosophy** is here to turn your steamy days into beautiful ones.

6 tips for keeping your cool until the sun sets on summer:

cooler

step into a cool shower and rinse off with zesty lemon custard, refreshing raspberry sorbet or must-have senorita margarita—"chill," relax and indulge your senses.







pamper
your pulses
apply ice or a cold compress
to the pulse points on your
body (think wrist, neck, elbows
ankles, behind the knees)
and chill out super-fast.



hydrate your skin any time, any place (even over makeup) with a refreshing on-the-go mist.





glass a

drinking cold water makes your whole body temperature drop, so keep H₂O close at hand and drink in the day.

uplifted

start your day with a moisturizer that not only cools and refreshes your skin, but also helps lift and firm.





popcorn

when the going gets hot, duck into a movie theatre, sit back, relax and bask in the a/c.

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philosophy: keep your cool when all around is chaotic.

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philosophy: find the joy in every day.