



Life

SECTION D

Friday, May 26, 2006

AT HOME

Shower yourself with vitamin C

Remedying scaly skin and dried-out hair doesn't always mean a trip to the spa. Instead, try cutting out chlorine in the shower with the help of citrus — no pulp involved.



Vitamin C shower:
From Sonaki America.

Sonaki America's Vaio shower head uses filter cartridges containing pharmaceutical-grade vitamin C, which the company claims neutralizes the drying effects of chlorine in tap water. Each cartridge can handle up to 3,000 gallons of water before replacement is needed.

Self-proclaimed "beauty skeptic" Jean Godfrey-June of *Lucky* magazine says vitamin C generally helps exfoliate and improve skin. "The beauty industry keeps coming back to it," she says. "There really is a difference in the way skin looks. It just looks better."

A set (shower head, hose, mounting unit and two filters) starts at \$79 at sonakius.com. A similar product, the VitaC shower filter (\$49.95), is available at vitashower.com.

— Alicia McGee