A Swimsuit-Saving Rinse

To help your suit keep its color and shape all summer long, give it some TLC after a day at the pool, says Ajoy K. Sarkar, professor of textile development and marketing at the Fashion Institute of Technology. Fill your sink with cool water, mix in two to three tablespoons of white vinegar, and place your (rinsed and dried) suit in the solution for 45 minutes to an hour. Then rinse and let air-dry. Swimwear fabric dye is acidic, so adding a bit more acid (in the form of vinegar) creates an extra layer of protection against chlorine, UV rays, and sunscreen. When you're in the market for a new swimsuit, look for one made with Lycra Xtra Life, which Sarkar says is 5 to 10 times more resistant to stretching. So long, saggy suits!

-Martha Upton