Drink of the Moment

MAIN SQUEEZE

Boston bartenders are squeezing all they can out of twists on traditional lemonade, and for good reason. A lemonade base is both versatile and approachable, tasty for teetotalers and otherwise. Fruity varieties abound with huckleberry (Henrietta’s Table), pink guava (Stella) and strawberry-steeped rhubarb (Post 390). The latter’s Post Hard Lemonade has a soft floral finish, thanks to hints from Peychaud’s bitters and sprigs of lavender. Marliave and Highland Kitchen add cucumber to their W.C. Fields and Dorchester lemonades, respectively, while the trend takes an herbaceous turn in a rosemary version at Jamaica Plain’s Ten Tables.

One of the simpler iterations is Hamersley’s Bistro’s Lemonata. Made with Grey Goose Citron, freshly squeezed lemon, sour mix and limoncello, the frothy cocktail recalls classic Del’s frozen lemonade. It’s a pale, ungarnished tipple with a puckering tang followed by a long, acidic finish.

All of these cocktails aim for summery brightness rather than complexity, a goal best achieved through vodka. “Vodka is a base that doesn’t interfere with other flavors. If this was a gin drink, you’d taste the gin. But this is a lemon drink,” says Hamersley’s bartender Mark Osgood. Simple as they are, the drinks pair nicely with light fish dishes, but the unabashed citrus stands up equally well to chocolaty desserts. Lemonade and sunshine go together, so it’s no coincidence that these cocktails are springing up at some of the city’s patioed venues. From MET Bar’s Spiked Peach Lemonade to 29 Newbury’s Newberry Lemonade (Eastern Standard even has a lemonade mocktail), drinkers face a wealth of choices for summertime sidewalk sipping.

LINDSEY CANANT

How does sunscreen work?

ASK THE EXPERT

WITH

Dr. Emmy Graber
Assistant Professor of Dermatology at Boston University School of Medicine

A BREAKDOWN OF THREE POPULAR SUNSCREENS

Burt’s Bees SPF 30
This one is considered “natural” because it contains a physical blocker (titanium dioxide), reflecting sunlight away from the skin. Physical sunscreens are the most effective, but they’re not as popular as chemical ones because they leave a white residue on the skin.

Coppertone Sport Sunscreen SPF 50
Chemical sunscreens like this block sunlight, but also absorb ultraviolet light, converting it into non-harmful energy. The FDA states that no sunscreen is actually waterproof. The ones that are labeled as such should retain some effectiveness for up to 80 minutes in the water. “Water resistant” should last for up to 40 minutes.

Kiehl’s Super Fluid UV Defense SPF 50+
Also chemical (avobenzone, octocrylene, octisalate, etc.), the SPF numbers here only refer to protection against UVB (ultraviolet-B) light. Most dermatologists recommend a “broad spectrum” sunscreen, like this one, that’s mixed with chemicals for blocking UVA light, too.

HILARY WHITE

Beauty

The Right Note

These light, sexy perfumes scream summer. AMANDA KNOBB

TOM FORD NEROLI PORTOFINO LIMITED
$190 at Neiman Marcus, Copley Place, Boston
(617-636-3660) neimanmarcus.com
NOTES: neroli, citrus, green leaves, florals, amber, woods

MAISON MARTIN MARGIELA "UNTITLED"
$140 at Saks Fifth Avenue, Prudential Center, Boston
(617-262-8500) saks.com
NOTES: galbanum, boxwood, bitter orange, jasmine, cedar, musk

TOKYO MILK CRUSHED
$40 at The Beauty Mark, 33 Charles St., Boston
(617-720-1555) thebeautymark.com
NOTES: earth, moss, crushed herbs, wild grass, jasmine

HILARY WHITE