

Fit

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your path to a strong body,
a stress-free mind, a calm heart

ORGANIC BEAUTY

Salutations to the Sun

Peruse these summer finds that let you love the sun
and have it made in the shade

by Teri Wingender



Don't go green Blondes both real and faux can forgo the chlorine green at the pool with von Natur's paraben and sulfate-free Complete Hair and Body Wash and Complete Hair and Body Conditioner. Revive color and soak up the moisture with these formulations that nix chemicals and toxins and nourish and protect hair. vonnatur.com



Amazing lips Kiss up to the BEST lipsticker this season: KaplanMD's Lip 20, dermatologist-formulated to moisturize, plump, and protect with SPF 20 and no parabens or petrolatum. Natural, Berry, and Red Ruby shades roll right out of the cap—ingenious! kaplanMD.com

Cool as a cucumber Lighten up your body lotion for summer's dog days with Verikira Naturals Cucumber Body Lotion that manages to be rich yet fresh and breezy. Get cool with soothing cucumber, organic aloe, and witch hazel for hydration, rose for softening, and organic jojoba oil for nourishment. verikira.com



Practice safe sun Toss the re-sealable packet of Shady Day Daily SPF 30 wipes in your yoga bag or beach tote and take your practice outdoors! With broad-spectrum UV protection for the whole family, the eco-friendly and paraben-free wipes contain Vitamins E and A, mango fruit extract, cactus flower extract, and organic aloe vera. shadyday-inc.com or ulta.com



Summer seduction The eyes have it all with the clever Tarte Cosmetics talc-free, vitamin E-enriched Lock & Roll creaseless eyeshadow duo. Just brush a sheer wash of creamy color from one side, and seal with the mineral-based loose powder from the other, for no-smudge shimmer.

Sweet feet Microplane XL-Pro is a feat for your feet! This easy-to-use, highly effective tool sloughs away dead skin and calluses to leave feet sweet, smooth, and beautifully bare in yoga class—you'll never need pumice or a razor again. microplane.com



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Your Very
Own Yoga
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