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spa

travel+beauty+living

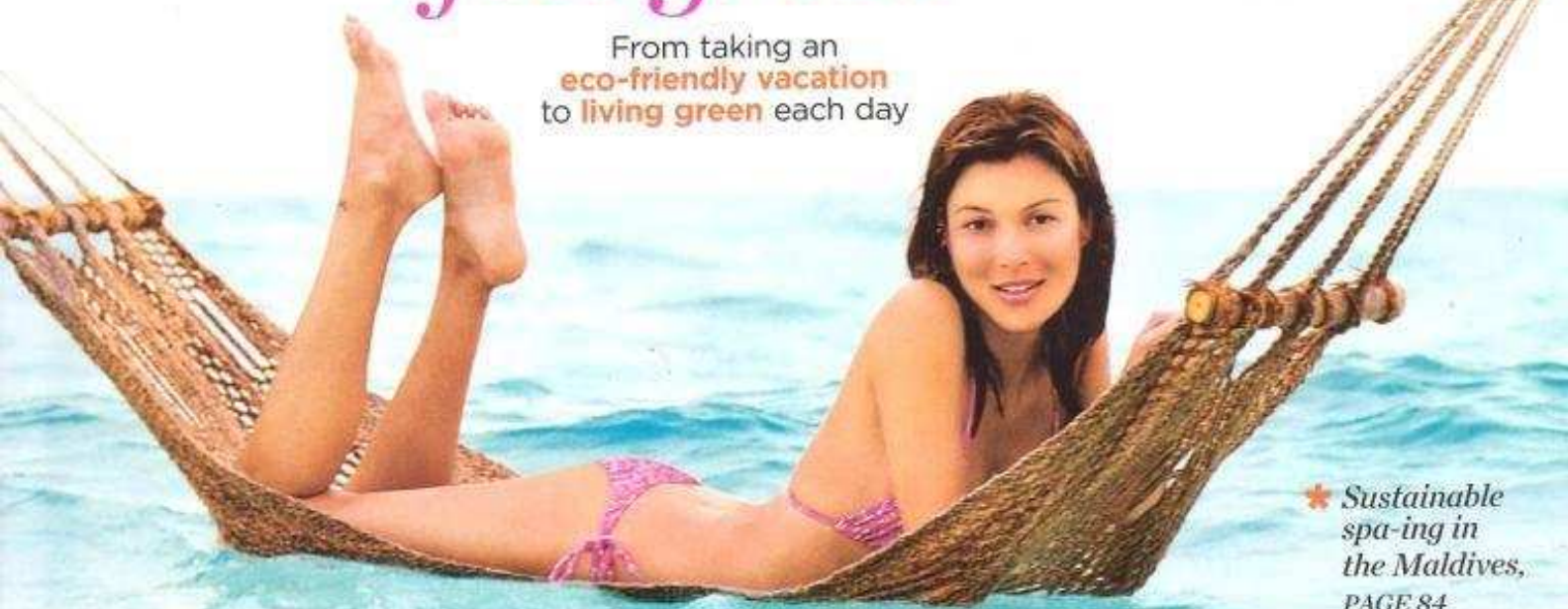
sun smarts

BY NOW YOU KNOW that protecting yourself from UVA and UVB rays is a must every day—and especially when out in the full sun. But it's not just your face that needs protection: To stay glowing healthfully, you need to be shielded from head to toe, and we've got you covered. NATALIE RIOS AND AMY WESTERVELT

skin prep Components of many sunscreens (micronized titanium dioxide, for one) aren't great for your skin. **Biologique Recherche Crème Protection UVA** creates a barrier of protection from such ingredients.

25 ways to *feel great* now

From taking an
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to **living green** each day



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