

best health

13 FOODS FOR PAIN-FREE LIVING

99+ IDEAS FOR SUMMER LIVING

THE TRUTH ABOUT FAT

THE ULTIMATE

HEALTHY BURGER

Summer on a bun!

SURF'S UP! HOW TO PICK THE PERFECT SUIT

GET A HANDLE ON YOUR HORMONES



EYE DO

Tired eyes from watching too many doubleheaders? Perk up your peepers with **Yesanti** Eye Wringer triple action peptide cream, \$42. This dreamy formula strengthens, plumps and brightens all at once.



BOOSTER JUICE

It's not your typical 1g 1-me energizer of orange slices, but **Paula's Choice** Boosting Citrus Super Booster, \$59, is a great choice for tired skin. The potent dose of vitamin C helps fade dark spots and diminish redness, while additional vitamins reveal signs of aging.

skin



FACE TIME

The **Meraleso** Tinted All-in-One Moisturizer, \$48, is your go-to pick for a jam-packed skincare. The slow-release gel reinvigorates parched skin, while antioxidants help fend off free radicals caused by UV rays.



MEDAL WINNER

We fell hard for this no-fail winner: **St. Tropez** Self-Tanning Mousse, \$42. The velvety texture creates streak-free colour, while rose vera hydrates and conditions skin.



INTO THE MIST

Refresh and awake exhausted skin with **Sheshera Organics** Rose Water Ester-C Collagen Regeneration Facial Mist, \$21. This mist contains Moroccan rose water to hydrate skin and a patented Ester-C formula to rebuild collagen, preventing wrinkles.

hair



SHINE MASTER

Just think, an oil that conditions tresses without making roots look greasy. **Number 4** Fluorid Silver Restore & Repair Oil, \$30, contains sunflower seed and argan oils to strengthen hair, while flavonoides reap the scalp's natural oils for a lightweight shine. Best of all, it's vegan and free of sulfates and parabens.



MAKE WAVES

Big waves aren't just for the beach. **PARLON** by Jeff Chastain Moisturizing Sea Salt Spray, \$27, has bottled the effects of salty sea spray for anywhere, anytime volume. Plus, ingredients like sweet almond and vitamin-rich algae keep your mane nourished all day.



CLEAN STREAK

This talc-free formula harnesses the power of natural rice starch to absorb dirt and excess oil for clean and refreshed tresses. **Amika** Perk Up Dry Shampoo, \$26.95, contains aia buckthorn berry oil, which is loaded with omega fatty acids, vitamins and antioxidants to repair damage and boost shine. Stow it in your bag for touch-ups between games.



STRAND BY ME

Rizz means it matches thanks to the tanning argan oil in **Beauty Protector** Protect & Oil, \$30. Bonus: A few drops in the morning will shield strands from UV damage, whether you're taking in beach volleyball or just the beach.

MEET THE BAND

The athletic wear trend is still in full swing (thank goodness). That means chic yet comfy clothes — and a mane to match. Wrap a **San De Tourist Scarf**, \$22, around a messy updo, pull it over big waves or use it to tame post-Flake hair. Just don't be afraid to wear it outside of the gym!

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