

Health

Sanaa Lathan's Secret

The Affair's new star gets real about beauty confidence, overcoming panic attacks & embracing happiness

Pure

Joy!

TRUE FRIENDS,
FUN FOOD
& FINDING
YOUR
BLISS

PICNIC
LIKE
A PRO

EASY & DELICIOUS
PACKABLE EATS

LOVE
YOUR
ARMS
IN A
TANK
TOP

MELT-
PROOF
MAKEUP

YUP!
EVEN YOU
CAN
MEDITATE

My Dream Day

Candice Kumai, a classically trained chef, wellness writer, and author of six books (*Kintsugi Wellness: The Japanese Art of Nourishing Mind, Body, and Spirit*, is out now), cooks up her ideal day.



@candicekumai

8:30 a.m.

Rise & Shine

"While I typically roll out of bed at 6:30 a.m., sleeping in for two extra hours would be an absolute dream. (No pun intended!)"



9 a.m.
Snuggles with Sisi

"She's my cutie cat; I'd cozy up with her in bed before I start my day."



10 a.m.
Make Mine a Matcha

"I'd have a latte with my Matcha Beauty Powder. Matcha makes me feel amazing, like 100 each morning."

12:30 p.m.
Brunch with My Besties

"We'd head to Napa or San Francisco—somewhere where there's a great view, lots of avocado toast, and perfect scrambled eggs!"

10 p.m.
Sweet Dreams

"I love going to bed early; 10 is it for this golden girl! Plus beauty sleep is a real thing!"

Good night!

Drunk Elephant T.L.C. Framboos Glycolic Night Serum (\$90, drunkelephant.com).



8 p.m.
Put Your Best Face Forward

"All of my makeup comes off, and then I moisturize my body with coconut oil and use Drunk Elephant T.L.C. Framboos Glycolic Night Serum on my face."

7:30 p.m.

Dinner for One

"Home-cooked Miso Tahini Spicy Ramen and either sweet potato or roasted kabocha squash fries! To sip: Kombrewcha."



4:30 p.m.

Bath Break

"I am so into onsen—traditional Japanese hot spring baths meant for relaxation and stress relief; I'd teleport to Kyushu, Japan, to take one!"

2:30 p.m.

Sweat Equity

"From Pure Barre to Flywheel to CorePower Yoga, working out is my medicine! I always make time to schedule in workouts."

