

# Women's Health

GET  
THAT  
GLOW

Summer Skin  
Savers

Head-To-Toe Hot  
**6 MOVES**  
**TRAINERS**  
**SWEAR**  
**BY**

**WANT  
ARMS  
LIKE  
THESE?  
DONE!**



No Weights  
Required

*Avengers:  
Infinity War &  
Black Panther's*  
**Danai Gurira**

"Strength Is  
Feeling Happy  
In Your  
Own Skin."

**WHAT  
WINNERS  
KNOW**

Science-Backed Tips  
to Succeed at

\* WORK \* GYM \* LIFE!

# Strong & Sexy

This Health  
Mistake Is  
Shockingly  
Easy to Make

The  
Most Delish  
Salads  
on Earth!



**This Bottle's the Balm**  
 "Reusable, eco-friendly bottles are a given. But this has set a new standard thanks to its genius cap, which houses an ultra-hydrating lip balm."  
 —Erin Stovall, associate beauty editor  
 Bkr Water Balm, \$22, [sephora.com](http://sephora.com)



**Budge-Proof Mascara**  
 "Hot yoga, jogging in July—there's no workout this special fiber formula can't withstand."  
 —Kate Foster, associate beauty editor  
 Thrive Causemetics Liquid Lash Extensions Mascara, \$24, [thrivecausemetics.com](http://thrivecausemetics.com)

# What We're Sweating

#TEAMBEAUTY ON THE TOP-PERFORMING PRODUCTS YOU NEED FOR WORK, YOUR WORKOUT—AND EVERYTHING IN BETWEEN



**Turmeric: Now for Your Face**  
 "The antioxidant is a summer skin must. I wear Verso's serum under my SPF for beach days and slather on Dr. Roebuck's calming mask after a long hike."  
 —Lauren Balsamo, senior beauty editor  
 Verso Antioxidant Booster, \$95, [versoskincare.com](http://versoskincare.com);  
 Dr. Roebuck's Tama Healing Mask, \$28, [sephora.com](http://sephora.com)



**A Dream Eye Cream**  
 "This one checks all the boxes: It's packed with vitamin C and firming peptides—and free of irritating fragrance and dyes."  
 —Marta Topran, beauty director  
 Drunk Elephant C-Tango Eye Cream, \$64, [sephora.com](http://sephora.com)

**Beach-Day Dupe**  
 "Achieve vacay vibes—and surfer-girl hair goals—with what I'm calling 'Malibu, Bottled.' This new salt spray smells like coconut sunscreen and gives hair the same perfectly imperfect texture as an ocean dip."  
 —Maddie Aberman, beauty editor  
 Bumble and Bumble Surf Malibu Beach, \$27, [bumbleandbumble.com](http://bumbleandbumble.com)



JEFFREY WESTBROOK/STUDIO D (BKR BOTTLE); COURTESY OF VENDOR (ALL OTHER PRODUCTS)