

THE HIIT WORKOUT THAT WILL BOOST YOUR ENDURANCE!

HEALTH

SCOTTSDALE

04/15



ALL YOU NEED FOR HAPPINESS

RAISE YOUR GLASS TO THE BENEFITS OF PICKING UP

Life / 0415

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Fashionably Sun Safe

Meet JUNE, the first bracelet that measures sun exposure. It advises women how to protect their skin on a daily basis from the effects of the sun. JUNE tracks UV intensity in real-time, and the total sun exposure absorbed by the user's skin throughout the day. Depending on the user's



weight in ounces ounces of water. e. So drink up!

Charged for Travel

Don't you hate it when you're all ready for vacation, get to the airport—and then realize that your tech device is out of power? To the rescue are the cute cases from Punchcase. Available in the Envelope Clutch, Gigi Cross Body/Clutch or Rivington Tote, these cute everyday handbags also feature battery components in them so that your phone, tablet, MP3 or other tech device never runs out of a charge when you're in the air or going in and out of the airport. Up to \$200 at www.punchcase.com.



A Cruelty-Free Cleanser

Looking for a great cleanser that's guaranteed to be cruelty-free? The products from Vitality Institute Medical Products—which range from peels to skincare products—were all recently certified as cruelty-free by PETA.

Pictured is the VI DERM Cleanser, an aloe-based gel cleanser that is packed with antioxidants, and effectively removes dirt, makeup and impurities from the skin. \$30 at www.vipeel.com.



food extracts, vitamins and minerals to encourage nail growth and heal dry, brittle nails. LONDONTOWN's polish forms a molecular bond with the base and top coats for a high shine, long-lasting finish. The photo shows LONDONTOWN's summer collection and UV protectant top coat. \$16 each at www.londontownusa.com.

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FACT ABOUT SWIM

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