



Get Soaked!

The best bath rituals for all types of exercisers.

JUST FOR RUNNERS Feeling achy? Fill your tub with warm water and a few drops of peppermint or arnica essential oil. Peppermint acts as a mild anesthetic; arnica is a natural anti-inflammatory, says Beverly Hills dermatologist Harold Lancer, M.D. Or try Naturopathica Arnica Muscle & Joint Bath & Body Oil, \$32, naturopathica.com.



PERFECT FOR YOGIS Yoga improves circulation and tones muscles, but it can also leave you feeling overheated—particularly if you practice Bikram, or “hot,” yoga. Cool off in a tub filled with tepid water and soothing lavender, which studies show calms nerves and improves blood flow. Use yoga breathing (inhale deeply, exhale slowly) to enhance stress-relieving benefits. Try Grassroots The Great Escape Totally Relaxing Bath Salts, \$12.50, kohls.com.



BEST FOR HIKERS Spending hours in the sun and wind can rob skin of moisture and cause chafing. Soften scaly spots and calm irritation with a product that contains colloidal oatmeal, says Dr. Lancer. Try Aveeno Soothing Bath Treatment, \$7.99, drugstores.



EVERY SKIN TONE NEEDS SPF. DON'T ASSUME YOU'RE SAFE IN THE SUN JUST BECAUSE YOU'VE NEVER HAD A SUNBURN. ANY EXPOSURE CAN CAUSE CELLULAR DAMAGE, WHETHER YOUR SKIN TURNS PINK OR NOT, SAYS DERMATOLOGIST SUSAN C. TAYLOR, M.D. APPLY SPF 30 DAILY—NO EXCEPTIONS.

Spring's Prettiest Polishes

Pack away the dark navy you've been wearing all winter and go for the knockout reds and pinks that complement the season's super-girly fashions, says Dana Caruso, a manicurist in Long Island, New York. Try Sally Hansen Salon Nail Lacquer in Cherry Glaze, \$6, drugstores, or Dashing Diva Nail Color in Prima Donna Pink, \$7.99, dashingdiva.com. These shades are attention grabbers, so keep nails trim and file edges into a rounded shape.



Keep Your Smile Bright

- **Fact** Red wine, coffee and tea can stain your teeth.
- **Fix** Try this trick from Marc Lowenberg, D.D.S., a New York City dentist: Rub your teeth with Vaseline before sipping to prevent dark beverages from staining. Later, brush with a mixture of baking soda and hydrogen peroxide to whiten. Or try Crest Healthy Radiance daily paste and weekly strips, \$9.99, drugstores.