

# FLARE

**CLEAR SKIN NOW!**  
KEEP IT FRESH ALL SUMMER

**CHEAP & CHIC**  
how to dress high/low like a pro

**140+**  
**HOT FINDS UNDER \$50**

summer's top fashion, beauty & decor deals

**\$2.99 SPECIAL**

**MALIN AKERMAN**  
meet Canada's next HOT star

*beat the heat*

**BEAUTY TIPS:**  
MELT-PROOF MAKEUP & FRIZZ-FREE HAIR

Sensual (no fail!) ways to heat up your sex life

**SIP IT? OR DITCH IT?**  
summer's best good-for-you drinks

\$2.99  
July 2008  
flare.com



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# SAFE SUN

L'Occitane do Brasil's new sun-care collection, Buriti, is made of certified-organic buriti fruit oils and mineral sunscreens. Advantage? Mineral sunscreens reflect UV and protect your skin as soon as you apply it—no need to build in a half-hour before heading outside, as with chemical sunscreens that absorb UV. \$25-\$35.



# BAND IT

For your next run, unplug from your Nike+ iPod Sport Kit and try the latest gizmo: Nike+ SportBand. Keep the accelerometer in your Nike+-enabled shoes and wear the bracelet on your wrist. The band's digital screen will show you the distance you've run, calories burned and your pace—plus, you can wirelessly upload the data onto [www.nikeplus.com](http://www.nikeplus.com) to track your progress (set some running goals and challenge others while you're online, too). \$80

# swimming specs

Ergonomically designed to fit snugly onto your face, these Sable WaterOptics goggles, \$45-\$50—with broad-spectrum UVA/UVB protection (available with a prescription lens, too, for \$100-\$110)—seal water out and will have everyone in the pool swimming in your wake.



## A CASE FOR EATING IN

A 2006 University of Arkansas study found that we underestimate how many calories we consume by as much as 93 percent when eating less healthy restaurant meals.

## eco-fy your yoga

YOGA HELPS TO DETOX THE BODY—SO PAY IT FORWARD AND USE YOUR PRACTICE TO DETOX THE PLANET. SLIP INTO BAMBOO CAPRIS FROM VANCOUVER'S KARMA ATHLETICS, \$51, THEN PERFORM YOUR SAVASANAS ON A MINDFUL MAT. THE NEW SERIES OF DEGRADABLE AND RECYCLABLE MATS FROM PLANK, \$85.

