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Approved Health Care

2009 Health and Wellness Guide



Lately you've been adhering strictly to the South Beach diet. But your coffee, cigarette, cachaça regimen has left you feeling lackluster.

Get a boost with DailyCandy's tips for healthy living.

Step 1. Move Your Body

Sure, plain yoga is fine, but hybrids are so hot right now. Try Budokon, Tuesday and Thursday nights at The Standard (tell the instructor DailyCandy sent you and your first class is free). The discipline mixes traditional poses with martial arts. AcroYoga (Sundays in Flamingo Park) turns your vinyasa on its head — literally. The class (a mere \$7 minimum donation) adds lifts and acrobatics to your practice.

Step 2. Clean It Off

You sweat, therefore, you stink. The makers of Win, a high-performance detergent, have just launched an ecofriendly version: Win Green. It's all natural, biodegradable, hypoallergenic, concocted from renewable sources — and it really gets the stank out. For your hair, there's Prive's new Concept Vert shampoo and conditioner (available at its SoBe salon). It's sulfate and paraben free, comes in reusable packaging, and gives your strands a sheen.



Step 3. Cover Up

Oh c'mon, sunscreen! Wear it every day, at the pool, in your sleep. Make it easy with Colorescience Pro's Sunforgettable makeup. The mineral products are full-spectrum SPF 30, don't clog pores, and go on smooth (Oxygen Day Spa, 2333 Coral Way, Coral Gables; 305-858-0907). Treat



your feet: Locally made Soy Delicious candles turn into warm oil moisturizer when burned. They're 100 percent soy and come in soothing scents (fresh linen, Tahitian orchid, lavender).



Watch as your tension goes up in smoke.