

Beauty • Products

Our top product picks for WOMEN

BEAUTY

Pearly Whites

ARM & HAMMER® Complete Care™ Enamel Strengthening Toothpaste

This toothpaste is the only toothpaste that contains liquid calcium[®] and fluoride. The toothpaste provides unsurpassed enamel strengthening, helping to protect and rebuild enamel while you brush. It contains high levels of baking soda, which help to fight bad breath and neutralize harmful acids that can weaken enamel. Plus, it removes more plaque while gently whitens teeth.



Honor the Fighters

Isabella Grace Jewelry

If you or a loved one has beat breast cancer, treat yourself to jewelry to celebrate. Isabelle Grace Jewelry has created stunning necklaces to promote breast cancer awareness. Each piece is made by hand and expertly crafted with your requested message. The necklaces honor those who have persevered through the challenge of breast cancer. \$70-85; isabellagracejewelry.com.

ARM & HAMMER® Complete Care™ Enamel Strengthening Toothpaste. \$3.59; ahcompletecare.com.

Cold-weather comfort

Gaiam's Pointelle Knit Sweater

When the weather cools down, stay warm, calm and in style with comfortable, no-fuss looks from Gaiam. This sophisticated open cardigan sweater with a flowing, shawl style front and flyaway back to add movement and drama. Made from 54 percent organic cotton and 47 percent rayon made from sustainable bamboo.

Gaiam's Pointelle Knit Sweater, \$124; gaiam.com.



Flawless Makeup

EcoTools Bamboo 5 Piece Brush Set

You may remember Alicia Silverstone as the spoiled California girl who made "As if!" a popular phrase of the 90s. However, this star of *Clueless* is making a difference with her own line of eco-friendly makeup products and tools. The soft, 100 percent cruelty-free brushes are a must-have for any cosmetic bag. \$15; ecotools.com.



Schick® Quattro for Women® TrimStyle™, \$12.99; schick.com.

HEALTHY UTAH OCTOBER 2011

TRY THIS

Crabtree & Evelyn Pomegranate Hand Care With winter approaching, you'll need to start taking care of your dry hands. This collection of gels and moisturizers will keep your hands soft and pretty. \$6-36; crabtree-evelyn.com

Land Down Under

Schick® Quattro for Women® TrimStyle™

Summer may be over, but that's no reason not to travel. If you're planning a warm getaway, be sure to pack Schick® Quattro for Women® TrimStyle™. The acai and jojoba will help you stay smooth, daring and confident when breaking into your bikini. It's the first and only razor and bikini trimmer in one, allowing women to shave, trim and transform themselves with a simple flip of the handle.

Keep it fresh ALL DAY LONG

Choose an aluminum-free antiperspirant or deodorant to keep your clothes free of stains and you smelling great.

DRY ANTIPERSPIRANT AND DEODORANT

It has a great roll-on applicator, dries in seconds and smells like lavender. What more do you want? \$10.95; skinbymonica.com

ADIDAS COTTON TECH DEODORANT

Designed with female athletes in mind, this deodorant will leave you feeling clean and dry. \$12.99; amazon.com

CRYSTAL BODY DEODORANT STICK

This mineral stick prevents odor rather than plug your pores with aluminum. It's safe, healthy and long lasting. \$4.75; thecrystal.com

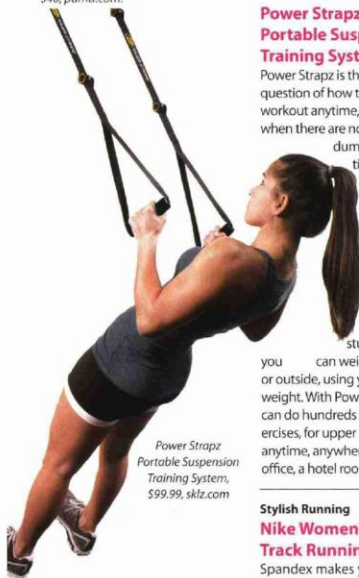
UTHealth.com

FITNESS

Fit and in Style
Puma Tech Performance Fitness Tank Top

Looking good while you exercise just got easier with Puma's fitness tanks. The racerback top wicks away moisture and allows for breathability when you're working your hardest. It also has a built-in bra gives you added support without the bulk. Plus, it has a key pocket for those long runs.

\$40; puma.com



Power Straps Portable Suspension Training System, \$99.99, sklz.com

Stretch You and Your Money
Manduka BlackMatPRO Yoga and Pilates Mat

If you have some money to spend, splurge on what yogamatreviews.com calls "the best yoga mat of all time." For 12 years, it's been the leading mat for serious yoga practitioners. Its thick, non-slip cushioning will change your yoga experience. Plus, the material won't flake, peel or fade over time, giving you your money's worth.

\$94; manduka.com

Quench Your Thirst
Earthlust Water Bottles

Stay hydrated wherever you go with a reusable water bottle. Earthlust stainless steel bottles give the standard water bottle a glamorous make over. Choose from one of many designs and sizes. They're eco-friendly and do not contain harmful BPA or toxic paints.

\$16-21; earthlust.com

Workout On the Go
Power Straps Portable Suspension Training System

Power Straps is the answer to the question of how to get a great workout anytime, anywhere, when there are no barbells, dumbbells, or nautilus machines around. It is a universal gym that fits in a suitcase or backpack. All you need is a solid door closed into the frame or a sturdy pole and you can weight train inside or outside, using your own body weight. With Power Straps, you can do hundreds of different exercises, for upper and lower body, anytime, anywhere; at home, the office, a hotel room or in the park.

Stylish Running
Nike Women's Tempo Track Running Shorts

Spandex makes you uncomfortable, it's too hot for pants, and your basketball shorts are just too much material. Try Nike's Tempo Track Running Shorts for a stylish pair of shorts. They will keep you dry and comfortable during a long run. And the longer length will keep your butt covered.

\$32-40; nike.com

Count Your Self In
BodyMedia Fit Armband

Even if you're not looking to lose weight, a calorie counter is a helpful tool to stay healthy. GoWear Fit will take the guess work out of weight loss and caloric intake. You wear the device on your arm, it tracks your daily movement and monitors your progress overtime through an online activity manager. You can set goals and track your progress. It will even track how long you sleep each night. You can connect the device to your iPhone or Android via Bluetooth and apps, making it even easier to update your progress on the go.



BodyMedia Fit Armband, \$179.95, bodymedia.com

Land Down Under
Asics Hera Low Cut Women's Sock

Nothing's more annoying that breaking your exercise groove to adjust a sock that won't stay put. Enter the Asics Hera sock. The arch support, mesh air channels and exclusive ankle fit combine to give you a sock that will make you want to keep on going in your workout. Plus, they're low cut, so they'll give you a sleek look wherever you wear them.



Asics Hera Low Cut Women's Sock \$10, asicsamerica.com

BOOKS
GOOD READS FOR WOMEN

FOR MOMS

Bonding Over Beauty: A Mother-Daughter Beauty Guide to Foster Self-Esteem, Confidence and Trust

As a beauty expert and mother of a tween girl, Katz wrote the book to help moms establish trust with their daughters, while building and reinforcing the self-confidence every tween girl needs—at a time when she needs it most. Included are fun, bonding activities to ease the awkwardness between mom and daughter when discussing sensitive topics such as when she can wear makeup or shave her legs.



FOR EVERY WOMAN

Girls Like Us: Carole King, Joni Mitchell, Carly Simon and the Journey of a Generation

The epic story of three generational icons, this triple biography from author and Glamour senior editor Weller (*Dancing at Loro's*) examines the careers of singer-songwriters Carole King, Joni Mitchell and Carly Simon, whose success reflected, energized and shaped the feminist movement that grew up with them. This bio will prove an absorbing, eye-opening tour of rock (and American) history for anyone who's appreciated a female musician in the past thirty years.

When women are depressed, they eat or go shopping. Men invade another country. It's a whole different way of thinking. - ELAYNE BOOSLER