

SELF

WORKOUT
QUICKIE

6 MOVES
THAT
DO
IT ALL

LILY ALDRIDGE
THE SPORTY
SUPERMODEL

PLAY LIKE A GIRL!

194
WAYS TO
BE YOUR
MOST
AMAZING

SEXY
DRESSES

Beach & Beyond!



CAN YOU REALLY
Detox?



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**“Kickboxing takes you
to a mental place
where you feel focused
and accomplished.”**

—ELETTRA WIEDEMANN, model

STYLING: LINDSEY FRUGIER; HAIR: DENNIS GOTTS AT JED ROOT; MAKEUP: JOHN MCKAY FOR CHANEL LES BEIGES POWDER; MANICURE: MAYA APPLE AT NAILING HOLLYWOOD; PRODUCTION: 3STAR PRODUCTIONS.

A close-up photograph of a woman's face. Her hair is styled in a voluminous, curly blonde that is partially submerged in and styled to look like crashing ocean waves. The water is a vibrant turquoise-blue, with white foam at the crests. The woman's eyes are a striking blue, and she has a neutral, contemplative expression. The lighting is soft, highlighting the texture of the water and the contours of her face.

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How supermodel Lily Aldridge stays strong, sexy and at the top of her game

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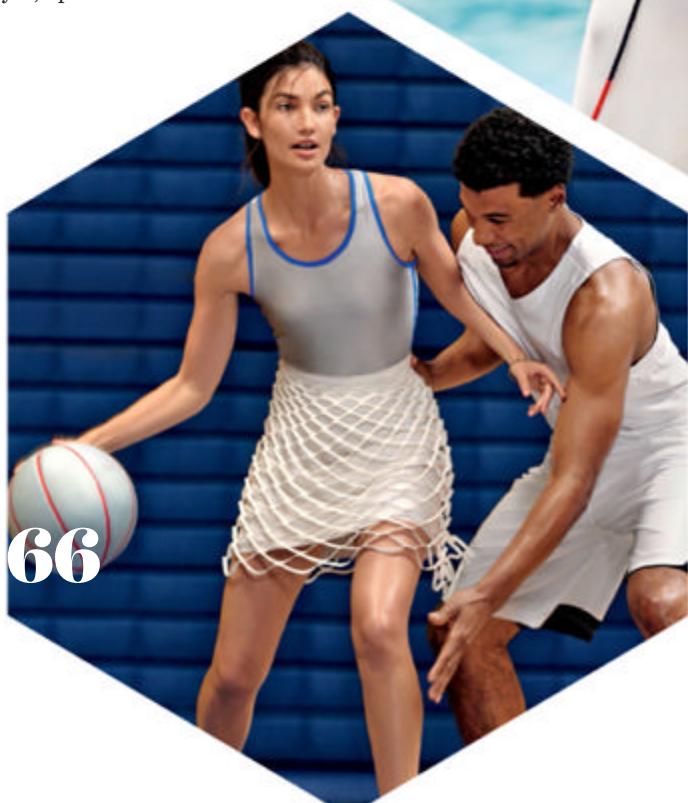
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“I was, and always will be, very sporty.”

—LILY ALDRIDGE, model

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CLOCKWISE FROM TOP LEFT: BEAU BREAKY; CARLTON DAVIS; SEBASTIAN KIM; ANDREW PURCELL; GIAMPAOLO SGURFA. SEE GET-IT GUIDE.

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Photographed by Giampaolo Sgura in Santa Monica, California Hair, Ben Skervin at The Magnet Agency; makeup, Serge Hodonou at Frank Reps; manicure, Nettie Davis at The Wall Group; set design, Bette Adams for Mary Howard Studio; production, Brachfeld/LA.

CLOTHES

Tank, Laain. Skirt, Tamara Mellon. Necklace, H.Stern. Arm sleeve, McDavid. Cleats, Nike. See Get-It Guide.

GET THE LOOK

Revlon Highlighting Palette in Desert Bronze, \$11. MarulaOil Rare Oil Treatment, \$40

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EDITOR'S LETTER

PLAY LIKE A GIRL!

Few phrases in the English language have been as powerfully reclaimed as "play like a girl." Where once it was an insult, it now has become a battle cry (and even starred in a Super Bowl commercial). At SELF, we've been showing how badass it is to play like a girl every month, going back to our very first issue, in 1979. Before it was cool, before it was a hashtag, we cheered women on, encouraging them to try new challenges, push themselves to new heights and surprise themselves with what they're capable of. It's who we are.

This month, we put sporty supermodel Lily Aldridge through our version of preseason training with the best male athletes out there, from New York Giants wide receiver Odell Beckham Jr. to Los Angeles Galaxy goalie Brian Rowe (page 66). She more than held her own. Ready to up your game? There's a camp for that. Waxing nostalgic for our summer-camp experiences, we rounded up a few favorite athletic retreats (page 13). Whether you want to learn to surf or improve your golf game, we have choices for you.

When I think about what happiness feels like to me, it's a perfect shot on the field or the court. I can still remember the best drive I ever made, back when I was a senior on the field hockey team in high school. I feel the same way every time I nick the line with just the right amount of topspin during a tennis game. Of course, a winning shot isn't the meaning of life. It's not the be-all and end-all—but for a second, you experience a burst of pure joy. I hope this month you play your heart out like a girl in everything you do. Happy July!

Joyce Chang
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What I'm loving for July...

Every SELF woman needs a little R&R.

A PRETTY MANI-PEDI

I like to pair a soft neutral on my hands with a bright pop on my toes.

From left: Coachabella, \$9; Essie.com. Precious Beige, \$27; Chanel.com



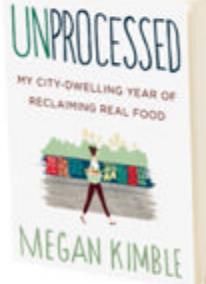
A CHIC BIKINI

This simple graphic style is a poolside home run.

Top, \$285, and bottom, \$245, [Eres; Barneys.com](http://Eres.Barneys.com)



A GOOD READ



Part *Fast Food Nation*, part *Eat, Pray, Love*, it's perfect for a flight or train ride.

Unprocessed, \$16; HarperCollins.com



A BOCCIE SET

Nothing whiles away a sunny afternoon like this classic game.

\$320; FredericksAndMae.com





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SELF)

STARTER

TIME TO PLAY

→ *A grown-up sports camp can help you learn a new skill—or get better at one you already love.*

BY AMANDA MacMILLAN

Camp isn't just for kids anymore. But if you never loved mess hall food or sleeping in a tent, you're in luck: Today's adult retreats come in all forms, from rustic and easygoing to luxe and sophisticated. Many have sport-specific focuses—and if you have a fitness goal, like perfecting your long game or learning to hang ten, their immersive instruction can take you to the next level. "One week at a sports camp can be worth months of regular lessons, because your brain and muscles retain what you learn day to day," says New York City-based personal trainer and exercise physiologist Scott Weiss. Check out a few of our favorite getaways—each offers an ideal blend of exercise, great coaching and relaxation (in paradise!). If you're lucky, you might even discover a healthy new obsession.

GREAT GETAWAYS > 14



GREAT GETAWAYS

These sports camps offer top-notch teachers and ideal conditions much of the year.

Golf

KAPALUA GOLF ACADEMY, HAWAII

Kapalua's Player Development package includes three hours per week of private instruction and unlimited use of its two award-winning golf courses. You can't beat Maui's amazing weather—or the Pacific Ocean views. From \$1,700 a week (not including food or lodging); GolfAtKapalua.com

Surf

CORKY CARROLL'S SURF SCHOOL, COSTA RICA

One-on-one morning lessons and sunset group sessions mean plenty of face time with instructors at this laid-back camp at Playa Guiones, one of the world's most consistent, beginner-friendly surf breaks. You'll even take home a video of your best waves. From \$2,150 a week; SurfSchool.net

Tennis

IMG ACADEMY, FLORIDA

You'll learn stroke techniques, do footwork drills and get mental-conditioning tips at this Gulf Coast camp with a 4-to-1 student-to-coach ratio. From \$1,350 for five days (not including breakfast, dinner or lodging); IMGAcademy.com

Yoga

XINALANI RETREAT, MEXICO

This eco-resort on an island by the coast of Puerto Vallarta is mostly off the grid, with open-air lodging and gorgeous oceanfront yoga studios. Two daily classes are included with any stay. From \$165 a night; XinalaniRetreat.com



THERE'S MORE! Find additional sports camps at Self.com/go/camps.

HEALTHY NOW

→ *The latest ideas to live better this month*

Matcha time

Matcha (pulverized green tea leaves) is everywhere right now: mixed into cookie batter, crusted on fish, sprinkled on eggs and yogurt. But the antioxidant-packed green powder hasn't really been studied outside the teacup. "We know that the health benefits of green tea are due to its catechin content, and brewing tea releases the compounds from the leaves," explains Diane L. McKay, Ph.D., assistant professor at Tufts University. McKay supports the idea of eating matcha as part of a healthy diet, though she raises an eyebrow at matcha macaroons ("The fat and sugar outweigh any benefits"). Try adding 1/2 teaspoon (the minimum you'd need for tea) to a meal or snack, says Eric Gower, founder of Breakaway Matcha in the San Francisco Bay Area.

.07
The number of extra drinks women consume for every friend at a party. (That amounts to a glass and a half of wine in a group of 20, but the effect will likely level off at some point, researchers say.)

SOURCE: JOURNAL OF ADDICTION, APRIL 2015

HOW CLEAN IS YOUR BEACH?

Swimming in water contaminated with industrial waste or sewage can make you sick, but it's hard to know if a beach is bad just by looking at it. Luckily, the Natural Resources Defense Council tests the water quality at 3,000 U.S. beaches every year; see the rankings at NRDC.org. (Another NRDC tip: Avoid going underwater for 24 to 72 hours after a rainstorm, when water pathogen levels tend to be highest.)





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FITNESS INSIDER

→ This month's hottest finds and trends will inspire you to get up and moving.



ride

People who bike to work are less likely to call in sick, finds a Danish study. Make shifting even easier with this Martone urban commuter—it switches automatically between gears based on how fast you pedal. \$1,200; MartoneCycling.com

UPGRADE

Small tweaks to your go-to moves, like push-ups, can lead to big results. "Anytime you add variations, you grow in strength," celeb trainer Autumn Calabrese says. Try push-ups on a medicine ball to target pecs and triceps. As you do, engage your abs and tuck in your pelvis to boost balance and work your core.

ENJOY

Want to feel even better after your next sweat session? Break it into several high- and low-intensity bursts. In a study published in *PLOS One*, people reported the most enjoyment after 20 minutes of cycling intervals (1 minute hard, 1 minute recovery) versus working out at a continuous pace for the same amount of time.



SHOP

New subscription e-tailer SweatStyle delivers chic fitness gear from brands like Alala and Koral to your door. Answer questions about your style, size and workouts and you'll receive a personalized selection of pieces every three months. You pay a fee of \$20, but that's credited toward the purchase of anything you keep. MySweatStyle.com

travel

Destination workouts and wine are a perfect pairing. A few of our faves: Yoga in the Barn's classes overlook a Napa Valley vineyard, while Oregon's Fueled by Fine Wine half marathon (July 12) includes finish-line tastings. Put Walt Disney World's Wine & Dine Half Marathon and New York's Wineglass Marathon on your agenda for 2016—both tend to sell out early.



→ Find more wine-themed races at Self.com/go/wineruns.

MIKO LIM; STYLING, LINDSEY FRIGIER; HAIR, AYUMI YAMANOTO FOR NUMBER 11; MAKEUP, JUNKO KOKA FOR CHANEL; MANICURE, KELLY B. FOR CHANEL; LE JRNIS, MODEL, JORDAN MURRAY AT ELIE; DIRECT, CLOCAINE; FROM TOP LEFT: COURTESY OF MARTONE; ADRIAN GREGORUTTI; CORBIS IMAGES; FRANK MILLER; GETTY IMAGES. SEE GET-IT GUIDE.

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OUTDOOR BOOT CAMPS

→ *Working out in the sunshine can be more fun than any gym—and more challenging, too, as you power through high-intensity drills on sand, grass, asphalt and stadium steps.* **BY JAYME MOYE**

Minardi Beach Workout

EAST HAMPTON, NEW YORK

Year-round Hamptonites and weekend visitors alike flock to these 75-minute sessions (pictured above) taught by personal trainer, yogi and former pro cyclist Jimmy Minardi. Classgoers cheer each other on as they do push-ups on driftwood, splash through shallow water and race around cones and low bars in the sand. Every meetup is BYO beach towel—you'll need it for the killer ab circuits. *Reporting by Amanda MacMillan*

Basic Training

SAN FRANCISCO

Between squats and planks, this six-week program leads boot campers on scenic city tours—from the Palace of Fine Arts to the Marina, over the Golden Gate Bridge or up the infamous Lyon Street Steps. Insider tip: Bring gloves for strength training on the pavement. *Reporting by Devin Tomb*

Beach Cross Bootcamp

MIAMI

Sunscreen is a must at this oceanfront class, created by fitness power duo Tracie and Christopher Vlaun and held at the buzzy Miami Beach Edition hotel. Expect high-intensity cardio, strength and core training with a yoga cooldown. Towels, water

and fruit are provided to all classgoers, hotel guests or not. *Reporting by Ana Mantica*

Bulldog Bootcamp

CHICAGO

When your (female) instructor goes by Sergeant Friday, you know you're in for a serious workout. Classes meet mornings and during "happy hour" in Lincoln Park for on-the-grass plyometrics, running drills and body-weight exercises. Workouts don't repeat for a full 12 weeks. *Reporting by Jessica Migala*

Core Fitness

PHILADELPHIA

Channel your inner Stallone with this total-body boot camp held at the Museum of Art's Rocky Steps. The instructors use stairs, ramps, fountains and trees as fitness props. Modification options for every move mean all fitness levels are welcome. *Reporting by Ashley Primis*

It Burns Joe Fitness

DENVER

Red Rocks Amphitheatre hosts hundreds every Sunday for the city's toughest workout—and it's free! Trainer Joe Hendricks has amassed a band of followers who gleefully shout "It burns, Joe!" when the jump-clap burpees and single-leg push-ups get grueling. *Reporting by Jayme Moye*

Kiwi Life-Lift

LOS ANGELES

Workouts with trainer Robin Hall, a class clown type from New Zealand, vary from Ultimate Frisbee matches to trail runs around Griffith Observatory with views of the HOLLYWOOD sign. One of Hall's mottoes is "Fail your way to success"—meaning that if you work your muscles until failure, it will only make you stronger. *Reporting by Courtney Rubin*

November Project

VARIOUS LOCATIONS

Part organized play, part workout, this free exercise movement meets in 19 cities (and counting) year-round. In Boston, the project's founding city, weekly sessions include running as many of the 37 sections of stairs at Harvard Stadium as possible. Even more impressive: Meetups can draw up to 1,400 people and have never been canceled because of weather. *Reporting by Courtney Rubin*

Outdoor Training C.A.M.P. XT

NEW YORK CITY

Former pro footballer Curtis Williams trains his athletes with a mix of drills, resistance-band work and burpees (or up-downs, as they're called) in Central Park. Class ends with an all-out "fourth-quarter finisher" set and team huddle. *Reporting by Amy Schlanger*



GET TO KNOW SOME OF THE BLOGGERS BEHIND OUR SELF MADE COLLECTIVE

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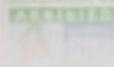


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(SELF) STARTER

HOT IN HOLLYWOOD

→ The fitness and food trends that stars are loving right now

BY SARA GAYNES LEVY



COOL WORKOUT

Ride and shred

Take Jennifer Yates's new cycling-pilates class and you'll spend 25 minutes exhausting your legs on the Spin bike, followed by 25 minutes shredding your core on a megaformer. The result: total-body toning. "Besides being effective, the class is fast—less than an hour—and celebrities have very limited time," says Yates, who ought to know: She's trained Alessandra Ambrosio and Sofia Vergara. StudioMetamorphosis.com

VEGAN FAVE

GRACIAS MADRE

Beyoncé, Mila Kunis and Selena Gomez love this West Hollywood eatery, which features meatless Mexican cuisine made with farm-fresh organic ingredients. To get a taste at home, try this fruit salsa, which pairs well with tortilla chips or (for nonvegans) fish. GraciasMadreWeHo.com

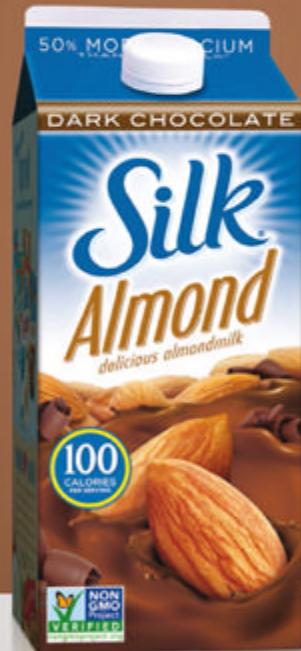
PEAR, APPLE AND PERSIMMON SALSA

Blend ¼ tsp minced jalapeño chile, ½ tsp chipotle chili powder, ¼ cup apple cider vinegar and ¼ cup sugar. Set aside. In a large pot over medium heat, heat 2 tbsp olive oil. Add ¼ cup chopped onions and ¼ tsp minced garlic; sauté until soft, about 15 minutes. Add jalapeño mix and 1 cup each diced pears, apples and persimmons; bring to a boil. Reduce heat and simmer 15 minutes. Stir in 2 tbsp lime juice and ¼ tsp salt. Simmer 5 minutes, then remove from heat. Cool before serving.



SELECTS

CHOCOLATE SO RICH IT'S ALMOST SNOOTY.



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CHEAT SHEET

SUMMER FIRST AID KIT

→ Our head-to-toe guide to treating minor injuries this season, wherever you are. (Tuck it into a backpack for when you need it most.) BY JESSICA MIGALA

Beach

JELLYFISH STINGS

Soak the area in hot water for 20 minutes. Or apply **shaving cream** [1] and scrape off tentacles with a **credit card** [2]. (Forget the urine myth.)

CUTS (FROM SHELLS OR GLASS)

Clean with **saline wash** [3] or bottled water. Soak gauze and cover the wound. Wrap in dry gauze and secure with first aid tape to keep it clean. For small cuts, use a **Steri-Strip** [4] to close the wound.

SUNBURNS

Get out of the heat, stat. Apply cool compresses to burns and drink water to prevent dehydration. Nothing speeds healing, but **aloe vera gel** [5] can provide topical relief, and **ibuprofen** [6] can help calm redness and inflammation.

Deep woods

TICKS

Always do a tick check after leaving the woods. Ticks need to be



attached for 36 to 48 hours to infect you with Lyme disease. If you find one, use a pair of fine-tipped **tweezers** [7] to grab it as close to your skin as possible, then slowly pull upward. If you develop a fever or a bull's-eye rash, see your doctor for antibiotics. Next outing,

tuck pants into socks and wear light colors to make ticks easier to spot. Treat clothes and gear (not skin) with the insecticide **permethrin** [8]. On exposed skin, spray 20 to 35 percent **DEET** [9] (less won't repel bugs long enough; more hasn't been proved effective) or picaridin.

MOSQUITOES

Mosquitoes are most active from dawn to dusk. **DEET** [9], picaridin and oil of lemon-eucalyptus sprays are safe, proven repellents. Calm itchiness with an **antihistamine gel or spray** [10]. Scratching can make bites worse.

Backyard

BURNS (FROM THE GRILL OR FIRE PIT)

If the burn is wet or extremely painful, see a doctor. If it's dry and red and turns white when you press it, submerge in cold water, then clean with soap. **Aloe vera** [5] can help soothe the area (but using butter can cause damage). If the skin is broken, apply bacitracin ointment and cover with a **sterile bandage** [14]. To control pain, take **ibuprofen** [6] or acetaminophen.

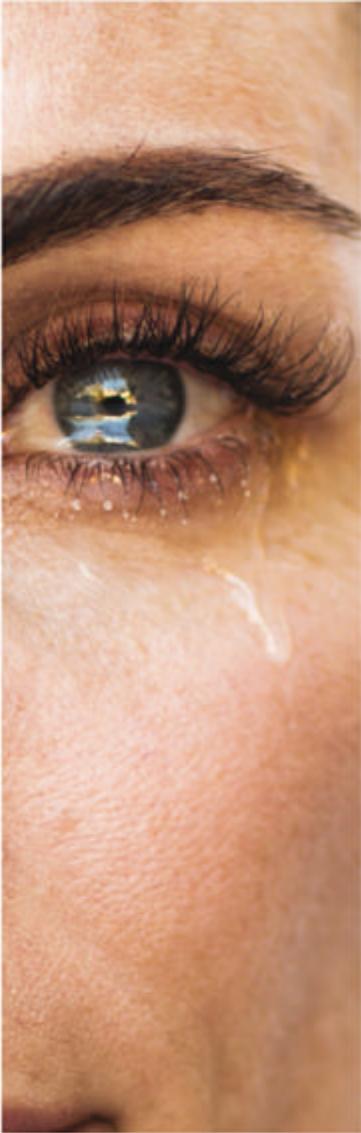
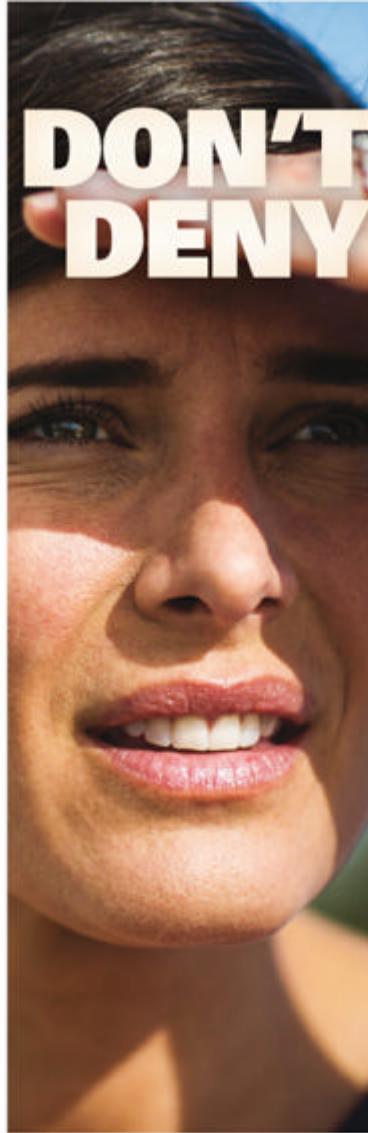
BEE STINGS

Call 911 if breathing or swallowing is difficult. The stinger can pump out venom for up to one minute, so scrape it out with a **credit card** [2] or fingernail. Apply **ice** [15] to relieve swelling, and if you feel itchy, take an **antihistamine** [16] as instructed. See a doctor if the sting is near your mouth or eyes, or if pain intensifies.

BLISTERS

Apply **moleskin** [11] to vulnerable spots (e.g., heels) before hiking. Popping blisters can lead to infection—instead, spray **New-Skin** [12] on them and cover with a **fabric adhesive bandage** [13] (plastic traps dirt and bacteria).

SOURCES: LAUREN NENTWICH, M.D., EMERGENCY MEDICINE PHYSICIAN AT BOSTON MEDICAL CENTER; SHARON ORRANGE, M.D., ASSOCIATE CLINICAL PROFESSOR OF MEDICINE AT KECK SCHOOL OF MEDICINE AT THE UNIVERSITY OF SOUTHERN CALIFORNIA; MARISA POTTER, M.D., MIAMI-BASED BOARD-CERTIFIED DERMATOLOGIST; TOM BUTZLER, A BEEKEEPING EDUCATOR AT PENN STATE EXTENSION; CATHERINE A. HILL, PROFESSOR OF ENTOMOLOGY AT PURDUE UNIVERSITY; DAVID E. JOHNSON, M.D., MEDICAL DIRECTOR OF WILDERNESS MEDICAL ASSOCIATES INTERNATIONAL; LEE S. COHEN, D.P.M., PHILADELPHIA-BASED SPORTS PODIATRIST.



It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ Dryness/itching
- ▶ Burning/stinging
- ▶ Feeling like something is in your eye
- ▶ Sensitivity to light
- ▶ Blurry vision
- ▶ Problems wearing contact lenses
- ▶ Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- ▶ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ▶ **GO TO mydryeyes.com,** **TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.





Hey. So I've had
a horrible day

Hello.
Let's type it out

...

I'll read and
respond ASAP

REPORT

TEXTUAL HEALING

→ A new trend in therapy is modern, convenient and affordable. (Bonus: You get to sit on your own couch.) **BY KATHERINE HOBSON**

When Leena V., 21, moved from South Africa and started college in California, she was overwhelmed by stress. There was the culture shock, which led to social anxiety, then loneliness and doubt. After six months in her new city, she felt stuck. "It seemed as if everyone else was happy and fitting in, and I wanted that for myself," she says. She'd seen a therapist as a teen but didn't find it helpful, and the idea of trying again felt daunting. Yet she was intrigued by BetterHelp, a start-up that offered a different kind of counseling—via online messaging. After being matched with a therapist,

Leena started tapping out her worries on her laptop and phone, then waiting for a response (which usually came within 24 hours). "It felt like writing an email to a brilliant friend, yet there was also that professionalism," she says.

Companies like BetterHelp and Talkspace are Uber-fying psychotherapy. They connect subscribers with licensed mental-health professionals who have at least a master's degree as well as clinical experience. Each therapist has favorite methods, so users may be asked to talk about their dreams, childhood, behavior patterns, moods or goals. But unlike a traditional session, conversations don't always take place in real time.

The delayed response can be a bonus. "In face-to-face therapy, some people talk to fill the time," says Nicole Amesbury, head of clinical development and a licensed mental health counselor with Talkspace. Online clients respond at their leisure, and Amesbury says she has more time to formulate her response. She still tries to accommodate clients who need a back-and-forth: In the evening when one client is tempted to binge-text a manipulative boyfriend, Amesbury encourages the client to message her instead. (Sessions aren't typically covered by insurance, but at \$12 to \$49 per week, they're cheaper than many co-pays.) Amesbury admits that connecting online is different—she can't express empathy by just nodding her head or looking into a patient's eyes. But she says that through writing, "a deep and personal connection can be formed."

Users find that having a therapist in their pocket means they can easily fit a session into their life. One of Amesbury's clients uses her daily bus commute to write about her anger—more productive than, say, fuming in her seat.

And texting may actually help patients open up. One recent study, from The New School for Social Research, found that people give more frank answers to sensitive questions via text than phone interviews—likely because they don't have to answer as immediately. "People speak more freely about pain and struggle than in my face-to-face practice," says Ingrid Middleton, a BetterHelp-affiliated licensed clinical social worker in Honolulu. "In traditional therapy, it can take five sessions before they tell me their problem."

Online clients might start feeling better as soon as they hit SEND. Research has shown that people who engage in deep and meaningful writing (i.e., journaling) report increased well-being and reduced anxiety. While the writing in these studies was done on paper, “one might hypothesize that the effects of text therapy would be similar,” says Katherine M. Krpan, Ph.D., who has studied expressive writing and depression. She says the key is to explore deep feelings while writing (or typing) for a minimum of 20 minutes on at least three consecutive days.

Mental-health experts say that mobile therapy is promising but so far unproven. Lynn Bufka, Ph.D., associate executive director at the American Psychological Association, says that while she’s seen evidence supporting video-based therapy,

30

AVERAGE
NUMBER OF
MESSAGES SENT
PER MONTH
BETWEEN CLIENT
AND THERAPIST

SOURCE: BETTERHELP

the text-based kind hasn’t been studied as thoroughly. What’s more, therapists are trained to use their senses to assess clients. Text or email doesn’t give them a complete picture of your mental health, says Marlene Maheu, Ph.D., a licensed psychologist and executive director of the TeleMental Health Institute.

Text therapy may not be a good fit for those who crave therapy’s human contact (though it can be used supplementally). And neither Talkspace nor BetterHelp is intended for people with a mental illness like bipolar disorder or who are in crisis or want to try antidepressants. (Counselors are trained to recognize when a client needs a referral to a specialist or the ER.) As in real life, it’s important to find a good match; if you’re not happy with your online therapist, you can switch.

Nearly two years since Leena “met” her therapist, she’s adjusted to her new life. At first, she was texting every day, then twice a week. Now it’s down to once. Still, she says, “I like knowing I can message her anytime something comes up.”

Artwork by KYLE BEAN
Photographed by AARON TILLEY

WHICH IS BETTER...



Working out with a hangover or taking the day off?

GET MOVING. You can’t sweat out alcohol, but working out will probably boost your mood, which could make you feel better, says Jakob L. Vingren, Ph.D., exercise physiologist at the University of North Texas. Since your coordination might be reduced, opt for a light jog or an easy elliptical session (you don’t want to fall or drop a weight). And keep in mind that you may not have as much endurance as usual, so don’t push yourself too hard. Finally, remember to drink enough water to compensate for alcohol’s dehydrating effects.



WHICH IS WORSE...

ICE CREAM or GELATO?

ICE CREAM DISHES UP MORE UNHEALTHY STUFF.

Per ounce, it has more sugar, fat and calories than gelato, says Lauren Slayton, R.D., founder of Foodtrainers in New York City. Ice cream also has a milder flavor and fluffier texture than its Italian cousin, which may make it feel less filling, Slayton adds. That could be why people tend to eat more than the suggested serving size of ice cream ($\frac{1}{2}$ cup), whereas they may feel satisfied after eating the same amount of gelato.





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to life**

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(SELF)

IMAGE

SHORE THING

→ *A cropped sweatshirt has got you covered this summer and beyond.*

BY SARA GAYNES LEVY

Oceanside days can be unpredictable. The unsung hero of the beach is the humble sweatshirt you reach for when the sun dips, clouds roll in or a breeze turns chilly.

The newest versions have a slim, shrunken fit and are made from ultrasoft cotton that feels like you've had it forever. Graphic details like logos and catchphrases punch up the look, making this piece more than an off-duty thing: Designers like Fendi, Christopher Kane and Versace paired sweatshirts with tailored pants and pencil skirts, too. Not that we want chillier weather to come, but when it does...we'll be ready.

SWEATSHIRT Ètre Cécile, \$170; ShopSuperStreet.com **BIKINI** M Missoni, \$295; 212-431-6500 for similar styles **EARRINGS** Stella McCartney, \$425; Net-A-Porter.com for similar styles

HAIR: JOHN RUGGIERO FOR BUMBLE & BUMBLE; MAKEUP: DARLENE JACOBS AT STARMARKSARTISTS.COM; MANICURE: MARISA CARNICHAEL FOR SMITH AND CULT; MODEL: WYLIE HAYS AT NEXT LA; PRODUCTION: KELSEY STEVENS PRODUCTIONS.





THE ROUNDUP

QUAD SQUAD

→ Geometric patterns with shots of neon give T-shirts, totes and more that sleek, modern vibe.

1. **T-SHIRT** Tory Burch, \$125; Neiman Marcus 2. **SPORTS BRA** Vimmia, \$91; Bandier, 646-360-3345 3. **HEELS** \$680; GoldenGooseDeluxeBrand.com 4. **SUNGGLASSES** \$11; Freyrs.com 5. **JACKET** Tommy Hilfiger, \$159; Tommy.com 6. **IPHONE CASE** \$375; AnndraNeen.com 7. **DRESS** \$375; SachinAndBabi.com 8. **TOTE** Bao Bao Issey Miyake, \$1,295; ShopBaoBaoIsseyMiyake.com 9. **BERMUDA SHORTS** Jil Sander Navy, \$550; JilSander.com 10. **SNEAKERS** Mother of Pearl (with black laces), \$425; LuisaViaRoma.com 11. **POUCH** \$23; Vans.com



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WORKS AS WELL AS SALON BRANDS



EARTH'S BEST

"In the summer I grow strawberries, which are great on their own or with some freshly picked mint."



Mulling at home in Los Angeles

GLOW GETTER

"This organic blush brightens up my face in an instant."

BLUSH Vapour Aura Multi-Use Blush in Charm, \$36; VapourBeauty.com

UP & OUT

→ How **Kate Mulling**, cofounder of health and beauty site Thrive Market, finds time for what she loves in the A.M.

"Getting out in nature helps keep me centered in the mornings," says Kate Mulling, 31, a former fashion editor who now runs the L.A.-based online marketplace Thrive. By 7 A.M., she's watering the plants in her raised vegetable beds before taking a short hike by her home in Laurel Canyon ("even 20 minutes is so energizing"). Back home, she flies through her 10-minute beauty routine, relying on organic products from her site. She makes a quick breakfast—say, smoked salmon on sprouted bread with cream cheese and chives from her garden—to fuel her for meetings ahead. "No two days are the same, and that's just the way I like it!" —Sara Gaynes Levy



SUNNY DELIGHT

"I wear sunglasses and mineral SPF to stay protected."

SUNGASSES \$450; ThierryLasry.com



SHORT STORY

"Vintage denim goes with everything in my closet."

SHORTS \$178; 7ForAllMankind.com

FACE TIME

"This makes my skin dewy, and it's also great on dry hair."

FACE OIL Rodin Olio Lusso, \$170; OlioLusso.com



HAPPY FEET

"I run around all day, so I rarely wear heels."

SANDALS Newbar, \$395; ShopSuperStreet.com

JUSTIN COIT/STYLING, JESSICA DE RUTTER; HAIR, ERIC GABRIEL AT THE WALL GROUP; MAKEUP, KAREN MITCHELL, COURTESY OF EXCLUSIVE ARTISTS MANAGEMENT; STYLING, CAROLINE MURRAY; PROP, STYLING, AND HAIR, ANDREA HEDGEMAN; FOOD STYLING, DEVON JAMES STYLING, ANITA SALENO; ART, JENNIFER HEDGEMAN; COURTESY OF RODIN. STYLING, STUART LINDLAR.

5 ways she gets up and out

1

EDITING HER CLOSET

"I'm a big believer in a fashion uniform. Mine is white jeans, sandals and a Clare Vivier bag."

2

UNPLUGGING A BIT

"My first instinct is to check my email, but if I stretch instead, I feel more focused."

3

KEEPING BEAUTY EASY

"I wash my hair every other day and use pure coconut oil as a body moisturizer."

4

SPICING UP BREAKFAST

"I store herbs in jars with a little water in them, so I have them fresh and at the ready."

5

TAKING A DIP

"On the weekends, I swim in the ocean: Being outside is nicer than going to a gym."





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beans brewed in Starbucks® stores.

(SELF) IMAGE



Mix it up! Bright shades make a simple slide stand out.
GX by Gwen Stefani, \$70; Nordstrom.com



Poolside by day, music festivals by night: This graphic pair works almost anywhere.
Marni, \$920; Barneys New York

THE FIND

SPORTY WEDGES

→ *Sandals with stylish thick soles give any outfit a little lift.*

Yellow mesh slingbacks add a fun pop to Bermudas or a midi.
\$315; Flamingos.fr



Glossy leather and camo trim are a cool contrast to earthy cork.
\$80; Topshop.com



Photographed by GREG BROOM
Styled by DANIA ORTIZ

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HAIRSTYLIST

IN THE LOOP

→ Wet hair takes a polished turn with this beyond-easy updo. **BY AРИBA ALVI**

Give straight-from-the-pool hair an effortlessly chic twist: Flip it into a slick bun for a look that's pulled together, yet takes all of five minutes. To try the style, comb a quarter-sized dab of strong-hold gel, like L'Oréal Paris Advanced Hairstyle Lock It Clean Style Gel (\$5), through towel-dried hair to add grip and shine. Create a tight pony above the nape and bring the tail halfway through your elastic. "Then secure the loop to your head with two bobby pins, and you're done," says Rodney Cutler, owner of Cutler/Redken Salon in New York City. Want more shine later on? Just mist with H₂O!

HAIR: TUAN ANH TRAN AT FRANK REPS; MAKEUP: SIL BRUINSMA FOR DIORSKIN; MODEL: MARTHA HUNT AT IMG MODELS. SEE GET-GUIDE.

Photographed by BEAU GREALY
Styled by MELISSA VENTOSA MARTIN



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Reconstruct damaged hair from within and bring back responsiveness and resilience with our highly sophisticated hair care system specifically formulated using enhanced levels of concentrated, 100% pure Elastin Protein and Marine Collagen. Our Emergencée system actively repairs the internal structure of every strand and restores your hair's responsive, fluid beauty.

FOR HAIR THAT LIVES TO MOVE



SPOTLIGHT

HOT TOPIC

→ You've had some fun in the sun—now it's time to refresh your hair and skin. BY ALEXANDRA ENGLER

During a day outside, your beauty routine is all about SPF. Afterward, it's all about antioxidants, which heal your body—and that's where the best postsun products come in. GlamGlow's brightening treatment minimizes dark spots with white birch leaf, while The Body Shop's pink cream soothes UV-exposed skin with a concentrated dose of vitamin E. After a swim, Davines's hair mask undoes the drying effects of salt water and chlorine. Or apply Phyto multitasking oil; it works as a preshampoo to soften and detangle hair and can even be rubbed on arms and legs for extra hydration. A spritz of Soleil Toujours body oil has green tea to neutralize free radical damage—and a shot of shimmer for a very sexy result.



GREG KADEL/TRUNK ARCHIVE, STILL LIFES: JEFFREY WESTBROOK; PROP STYLING, WENDY SCHELAH AT HALLEY RESOURCES (EXCEPT GLAMGLOW); JON PATERSON.

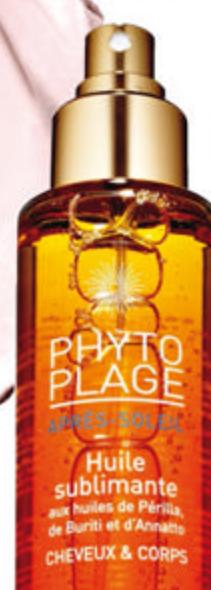


The Body Shop
Vitamin E Moisture
Cream, \$18

150 mL (5.07 fl. oz.)

Davines SU/Hair
Mask, \$28

GlamGlow
FlashMud
Brightening
Treatment, \$69



Phyto
PhytoPlage
Sublime
After Sun
Oil, \$40

Soleil Toujours
Après Soleil
Exotic
Shimmer Body
Oil, \$56



“I WILL
TAKE BEAUTY
INTO MY
OWN HANDS.”

Katie Holmes

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5 days without
drastic measures.

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BEAUTY BUZZ

→ Beauty director Elaine D'Farley shares this month's best finds.



SMALL WONDERS

Your summer carry-on just got lighter: These TSA-approved beauty products have just what you need in perfectly downsized packaging.

The latest travel necessities help you look great on the go—and they come in airport-friendly sizes. Fight dry cabin air by rubbing Suki's shea butter balm over any rough patches (from lips to elbows) and massaging in ultra-moisturizing Tatcha hand cream. For long-haul flights, Sephora's clear Jelly Mask absorbs quickly to seal in hydration so you still look dewy upon final descent. Once you arrive, Glo's lavender-flavored whitening toothpaste freshens you up in seconds, as does a pat of By Rosie Jane's all-natural Cheek & Lip Gloss. Make nails glossy with Côte's tiny top coat and look wide awake with a swipe of Stowaway Cosmetics's mini-mascara (red-eye? What red-eye?).

1. SEPHORA COLLECTION Jelly Mask Moisturizing & Energizing, \$19 for six masks **2. SUKI** Ultra-Protect Body Balm, \$15 **3. TATCHA** Indigo Soothing Silk Hand Cream Travel Size, \$8 **4. GLO** Whitening & Antioxidant Lavender Dream Toothpaste, \$6 **5. STOWAWAY COSMETICS** Defined Lash Mascara, \$12 **6. BY ROSIE JANE** Essentials Cheek & Lip Gloss in Marigold and Rose, \$22 each **7. CÔTE** Traveler Strengthening Base & Top, \$6



GAME CHANGER

STRIIKE

WHO The fabulous Streicher sisters—makeup artist Jenn, hairstylist Ashley and brow artist Kristie (from left, below)—recently opened a Beverly Hills beauty salon.

WHY The siblings shared celeb clients for years before opening their one-stop shop for makeup, hairstyling and eyebrow shaping. Their

famed skills form an impressive trifecta: Jenn is known for giving stars like Margot Robbie and Emily Blunt perfectly smoky eyes and flawless skin for the red carpet; Ashley's signature is piece-y “cool girl” cuts; and

Kristie is renowned for sculpting thick arches with feathered ends—a technique she's actually trademarked.

The salon is filled with positive energy, too. “I talk about my sisters all day long, so it's exciting to finally have a space together!” Kristie says.



CLOCKWISE FROM TOP LEFT: GEORG WENDT/BLAUBLUT-EDITION.COM; COURTESY OF ERIC LOCKO, COURTESY OF SKIN LAUNDRY; BONNIE TSANG, STILL LIFES; JEFFREY WESTBROOK/PROP STYLING; WENDY SCHLAHT AT HALLEY RESOURCES (EXCEPT FACIAL OIL: ROGER CABELO/CNP DIGITAL STUDIO).

Members only

Three innovative subscription services make getting highlights, facials and laser treatments more affordable and convenient than ever.

	HEYDAY	SOCIETY	SKIN LAUNDRY
THE SERVICE			
THE BENEFITS	Heyday's menu includes two basic options—a 30-minute or a 50-minute treatment—that are tailored to the individual (no cookie-cutter facials here). Membership starts at \$73 for one short facial a month and goes up to \$150 for two appointments. Members also receive discounts on add-ons, such as peels and skin-smoothing microdermabrasion.	The bright, minimal space offers monthly memberships ranging from The Social, which includes all the blowouts you want for just \$80, to The Signature, a fully loaded package that boasts an impressive range of limitless services, like haircolor, cuts and more, for \$180. À la carte services are also available for drop-ins.	Buy single treatments or monthly packages for up to 15 visits. The facial features low-level Yag Laser to vaporize blackheads, followed by intense pulsed light, which targets dark spots. And there's barely any downtime: Most clients leave without a hint of redness. Reis says that over time, many regulars have such great skin that they can skip foundation.
THE MAINTENANCE	Post-visit, Heyday sends clients an email with expert tips on prolonging their glow—like using Herbivore Botanicals Lapis Facial Oil with calming blue tansy to keep skin clear and radiant. ThinkHeyday.com	Society stocks Shu Uemura's cult-fave hair-care line. To keep your beachy waves between appointments, mist the Texture Wave Dry Finishing Spray all over; it'll give long-lasting volume. SocietySalons.com	Skin Laundry's new product line is pared down to the basics; its Advanced Protection daily moisturizer has SPF 35—a must for healing posttreatment skin. <i>New York, California and Arizona;</i> SkinLaundry.com

Herbivore Botanicals Lapis Facial Oil, \$72

Shu Uemura Texture Wave Dry Finishing Spray, \$38



Skin Laundry Advanced Protection Daily Moisturizer with SPF 35, \$25



THE GAME PLAN

SOLE CYCLE

→ Savor these barefoot days! Follow this four-step guide to get your feet into shape—and keep them looking good. BY KATIE DICKENS



Essie nail polish
in Happy Wife
Happy Life, \$9

1/Soak

Start with a relaxing foot bath to prep your skin. In a large basin, combine 2 cups warm water with 1 cup nourishing whole milk. Mix in a couple of drops of hydrating coconut oil, plus an essential oil, like calming lavender or energizing grapefruit. Soak feet for 5 to 7 minutes.

2/Scrub

Next, buff away rough skin. New York City manicurist Jin Soon Choi likes gentle, sugar-based exfoliators, like Indie Lee Coconut Citrus Scrub (\$38). Or try celeb manicurist Deborah Lippmann's DIY scrub (recipe above). To tackle stubborn calluses, use a foot file. Margaret Dabbs Professional Foot File (\$39) has crystal pads to smooth tough spots.

3/Slather

Now focus on toning and refreshing with a face mask (they work on feet, too). Lippmann's trick is to first wrap feet in a warm towel for a few seconds, then apply a peppermint-spiked mud treatment (try Lush Cosmetics Mask of Magnaminty Face and Body Mask, \$25) for 10 minutes.

Lacquer up

Nail experts reveal the latest #NeedItNow colors.

TEAL

"It has a depth that makes it pop against any outfit."

—*Madeline Poole, Sally Hansen global color ambassador*

Sally Hansen Miracle Gel in Fish-teal Braid, \$10

CORAL

"It's a bright shade that works on almost any skin tone—and it's just fun." —*Nadine Ferber, cofounder of Tenoverteen nail salons in NYC*

Revlon Nail Enamel in Sizzling Coral, \$5

LAVENDER

"It's a neutral color that's a bit more adventurous than your basic pinks." —*Sarah Gibson Tuttle, founder of L.A. nail salon Olive & June*

OPI Infinite Shine Gel Effects Lacquer System in Pursuit of Purple, \$13



SELECTS



SUMMER BEAUTY MUST-HAVE: AGELESS SKIN

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(SELF)

MOTIVATE



JOIN THE BAND

→ *Weights aren't the only way to get sculpted: Resistance bands are powerful (and portable) tools for strength training anywhere.*

BY KAREN ASP

HAIR: ELOISE CHEUNG; MAKEUP: YACINE AT DE FACTO; SET DESIGN: DAN HASKETT; MODEL: JESSICA POTT AT MARILYN; SEE GET-IT GUIDE.

Photographed by EMILIANO GRANADO
Styled by TAYLOR OKATA

JULY 2015 / SELF 43

Lifting weights is a proven way to build lean muscle and burn fat, but machines and dumbbells aren't always an option if you're traveling or can't get to a gym. Enter the resistance band: These low-tech, lightweight fitness props are perfect for at-home workouts or tossing into your suitcase.

(Maybe that's why so many celebs, including Jessica Biel and Sofia Vergara, use them when they're on the road.)

And bands have other advantages, too. They're great for targeting multiple muscles at once and give you a greater range of motion than other kinds of equipment. Plus, "by creating resistance in multiple directions, your core has to stabilize to maintain the correct movement pattern," says Dennys Lozada, personal trainer and instructor at The Fhitting Room in New York City. As a result, your body builds

more muscle fiber and burns more calories both during and after exercise.

New research offers even more incentive to jump on the bandwagon. A recent study in *The Journal of Strength and Conditioning Research*—the first to compare similar exercises using weights versus bands—found that people who did resistance-band push-ups (see below) gained just as much strength as those who did bench presses using a barbell.

Perhaps the best thing about resistance bands, though, is how adaptable they are to any fitness level. "You are the one who dictates how much tension there will be when you're pushing or pulling," Lozada says. A set of flat, looped bands of varying resistance levels (light, medium and heavy) will give you the most versatility, he adds; start with the light band and move up from there.



5 MULTITASKING MOVES

Work your arms, legs, back and core with this routine from NYC instructor Dennys Lozada. Do 20 reps of each move, with a light-resistance looped band. Do 4 to 5 sets, 3 times a week.

1. SQUAT & PRESS

Stand with feet shoulder-width apart, band under middle of feet. Hold band with palms up at chest level so band forms a rectangle between hands and feet. Keeping weight on heels, lower into a squat until thighs are parallel to floor. Stand and thrust arms overhead. Return to start.

floor. Lift foot to hip level. Lower and repeat. Do reps. Switch sides; repeat.

3. BAND PUSH-UP

Start in a high plank, wrists under shoulders, band stretched across back (just below shoulder blades) and looped around thumbs. Bend elbows to lower toward floor. Press back to start.

4. BENT-OVER ROW

Stand with feet shoulder-width apart, band under middle of feet, knees soft. Hinge forward, keeping back flat, and grab band on both sides at knee level. Hold

elbows close to body as you pull hands to chest, squeezing shoulder blades at top of each row. Return to start.

5. CORE TWIST

Securely loop one end of band around a door handle, the other around your hands. Stand a few feet from door with left side facing it so band is taut. Extend arms in front of you, palms together. Engaging abs, rotate upper body 45 degrees toward door, lessening tension. Twist back to start. Do reps. Switch sides; repeat.

TRAINER TO GO

SAND WORKOUT



Who wants to stay inside on a beautiful summer day? Instead of hitting the gym, take your workout to the beach (or a sandy playground), where everything you need is underfoot. The soft surface creates resistance and targets multiple muscle groups with each move for a more efficient workout. The result: total-body toning and major calorie burn.

YOUR TRAINER Minna Herskowitz, owner of Sandbox Fitness in Los Angeles

DO THIS 2 to 3 times a week, cycling through the entire series twice. To really keep your heart rate up—and rev your metabolism, too—repeat Move 1 (Side Shuffle) as a cardio burst after each subsequent exercise.



1 SIDE SHUFFLE

Works legs, butt

Stand with feet hip-width apart and squat slightly. Step right foot out, shifting weight over right leg (as shown). Keeping knees bent and chest up, quickly drag left foot through sand to right, then step right foot out again for 1 rep. Do 10 reps. Switch legs and repeat for 1 set. Do 3 sets.



2 CRAB WALK

Works legs, butt, core

Stand with feet wider than shoulders, knees bent 45 degrees, hands behind head, elbows out (as shown). Push off left foot and pivot on right foot to turn around, moving entire body as one unit. Land in a squat. Repeat on opposite side, pushing off right foot and pivoting on left, for 1 rep. Do 10 reps.



3 TABLETOP REACH

Works triceps, shoulders, core, butt

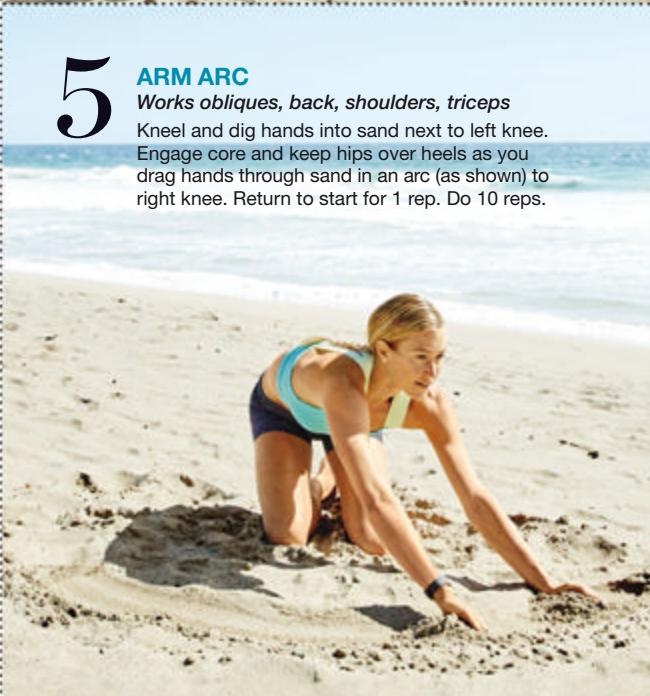
Sit with knees bent, feet hip-width apart, hands below shoulders, pressing into ground. With arms bent and elbows pointing behind you, lift hips into a tabletop position. Straighten arms and right leg, reaching right foot and left hand to sky, touching over center of body (as shown). Return to start. Repeat on opposite side for 1 rep. Do 10 reps.



4 SIT UP, STAND UP

Works abs, legs, butt

Sit with knees bent, feet together and buried up to ankles in firmly packed sand. Lie back with arms extended. Sit up, engaging abs and keeping arms next to ears (as shown). Lean forward and reach arms forward to stand up, using your legs and core—not momentum. Slowly return to start for 1 rep. Do 10 reps.



5 ARM ARC

Works obliques, back, shoulders, triceps

Kneel and dig hands into sand next to left knee. Engage core and keep hips over heels as you drag hands through sand in an arc (as shown) to right knee. Return to start for 1 rep. Do 10 reps.

6 PLYO PLANK

Works core, shoulders, back, thighs

Start in a plank with forearms on ground, elbows under shoulders. Keep body in a straight line from head to heels as you crawl forward by dragging right arm and right foot, then left arm and left foot, twice on each side. Do 4 plank jacks, jumping feet wide (as shown), then together, for 1 rep. Do 10 reps.



SEE THE MOVES IN ACTION (and get two bonus exercises!) when you download the SELF Plus app from the App Store or Google Play. Launch on your smartphone and hover over this page.

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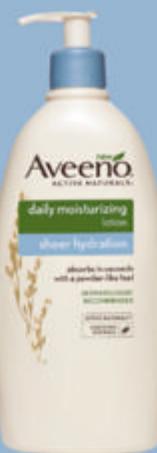
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(SELF) MOTIVATE

LEGGINGS

With moisture-wicking fabric and a comfy, wide waistband, they're ideal for beach yoga. StudioLux Artsy, \$75; UA.com



LIP BALM

Its petal-pink tint takes you from the surf to sunset drinks. Plus, hydrating rose oil smooths and protects. [Crème de Rose, \\$28; Dior.com](http://Crème de Rose, $28; Dior.com)



GO-TO GEAR

TROPICAL

→ A palette of ocean blues and soft pinks creates a vacation vibe no matter where you are. BY MEG LAPPE



SWIMSUIT

A crop top and boy shorts keep you covered for bodysurfing or volleyball. [Seaside Aluna, \\$30, and Jada, \\$25; TYR.com](http://Seaside Aluna, $30, and Jada, $25; TYR.com)



SURF WATCH

Track tide, wave and wind data before paddling out. [Ultratide, \\$300; Nixon.com](http://Ultratide, $300; Nixon.com)

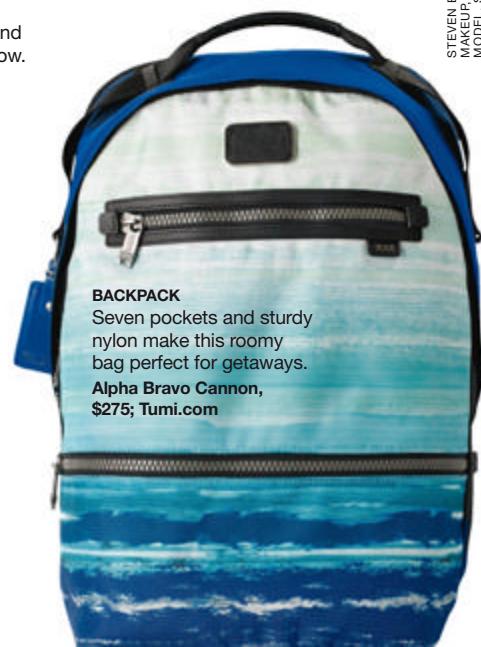


SUNGGLASSES

Simple clear frames are updated with polarized, UV-blocking lenses. [Originals, \\$48; SunSkins.com](http://Originals, $48; SunSkins.com)

BODY OIL

Subtle shimmer and a blend of three oils give skin a glow. [Bronze Goddess, \\$40; EsteeLauder.com](http://Bronze Goddess, $40; EsteeLauder.com)



BACKPACK

Seven pockets and sturdy nylon make this roomy bag perfect for getaways. [Alpha Bravo Cannon, \\$275; Tumi.com](http://Alpha Bravo Cannon, $275; Tumi.com)

STEVEN BRAHMS: STYLING, LINDSEY FRUGIER; HAIR, SHERIDAN WARD AT THE WALL GROUP; MAKEUP, JOHNNCKY FOR CHANEL LES BEIGES POWDER; PRODUCTION, KELSEE STEVENS PRODUCTIONS; MODEL, SILIA DANIELSEN AT WILHELMINA LA. STILL LIFE: DEVON JARVIS; STYLING, JESSIE LIEBMAN.

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PREGAME

RORY BOSIO

AGE 30

SPORT Ultrarunning

HOME BASE Truckee, California

MOTIVATION "Running gives me a sense of freedom and power."

Later this year, Rory Bosio will tackle The North Face Endurance Challenge, a race covering 50 miles of rugged Utah terrain. Doing so requires astonishing stamina—of the body and the mind. "You can be as fit as a fiddle, but if you're not in a good place mentally, you won't succeed," says the champion runner, who doesn't even use a watch to train. "My goal is always to finish while I'm still having fun." Here's how she gets into race mode. —Erin Bried

104

DISTANCE, IN MILES, OF BOSIO'S LONGEST RACE EVER: THE ULTRA-TRAIL DU MONT BLANC, WHICH INCLUDES 31,000 FEET OF CLIMBING IN THE ALPS. (SHE'S WON IT TWICE AND SET A COURSE RECORD.)



MIND

"I like to get fired up and smiling on race mornings, so I'll have a solo dance party with high-energy songs, like 'I Love It' by Icona Pop."

LUNGS

"To feel connected to my breath, I do yoga on my own for 15 minutes a day, five days a week."

FUEL

"My prerace breakfast is oatmeal and a cup of coffee. The night before, I'll have a sweet potato with avocado and coconut oil, plus chicken with the skin on—I need the fat."

LEGS

"My starting-line strategy is all about patience. I start slow, hoping to maintain the same pace for the next 20 hours. It's like 'Ready, set...jog!'"

Get more of Bosio's race tips at Self.com/go/rory.

3



START HERE!



Combine these



JALAPEÑO

RED

ONION

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↑
Toss these

WATERMELON, 3 WAYS

1

2



→ *Hydrating and packed with antioxidants, this juicy fruit adds a touch of sweetness to savory dishes and icy treats.*

RECIPES BY MARGE PERRY

←
Blend these

1 Grilled Halibut With Watermelon-Orange Salsa

SERVES 2

In a bowl, combine 1 cup chopped watermelon; ½ orange, chopped; ¼ cup orange juice; ½ tsp orange zest; 2 tbsp chopped cilantro; 1 tsp finely chopped jalapeño; and 2 tbsp finely chopped red onion. Set aside. Coat a grill (or grill pan) with cooking spray and season 2 halibut fillets (5 oz each) with salt and pepper. Grill halibut over medium-high heat until cooked through, about 5 minutes per side. Top with salsa and serve.

NUTRITION INFO 214 calories per serving, 3 g fat (1 g saturated), 15 g carbs, 1 g fiber, 33 g protein

2 Watermelon-Strawberry Granita

SERVES 6

In a blender, puree 4 cups cubed watermelon, 6 strawberries, ¼ cup fresh mint, ¼ cup brown sugar, 2 tbsp lime juice and 1 tsp lime zest. Pour mixture into a 9" x 9" pan and freeze 1 hour. Remove from freezer, stir mixture and freeze 2 more hours. Remove from freezer again, scrape into fluffy shavings with a fork and serve.

NUTRITION INFO 70 calories per serving, 0 g fat, 18 g carbs, 1 g fiber, 1 g protein

3 Watermelon, Avocado and Feta Salad

SERVES 2

In a bowl, combine 4 cups chopped watermelon; ½ avocado, chopped; 2 tbsp chopped scallions; 2 tbsp thinly sliced basil; and ½ cup crumbled feta. Toss lightly and serve.

NUTRITION INFO 273 calories per serving, 16 g fat (7 g saturated), 29 g carbs, 5 g fiber, 8 g protein



EAT CLEAN

RAW FOODS

→ *Keep it cool in the kitchen (and boost your fruit and veggie intake) with these tasty ideas for every meal of the day.*

RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Honey-Apricot Buckwheat Cereal

In a bowl, soak 1/2 cup raw buckwheat groats in 1/2 cup unsweetened almond milk overnight. Remove 1/4 cup soaked groats and set aside. In a blender, process remaining groats and any remaining liquid with 1/4 tsp orange zest, 1/2 tsp orange juice and 1 tsp honey until smooth. In another bowl, combine processed mixture and reserved groats. Top with 1 tbsp chopped pistachios and 1 chopped fresh apricot.

NUTRITION INFO 381 calories, 9 g fat (1 g saturated), 75 g carbs, 11 g fiber, 13 g protein

seeds and stir to combine. In another bowl, toss 1/2 cup halved cherry tomatoes, 1 tbsp finely chopped red onion, a pinch of salt, a pinch of black pepper, 1 tsp olive oil and 1 tsp balsamic vinegar. Slice a medium zucchini lengthwise into 8 pieces about 1/8 inch wide. Cut each piece in half widthwise. On a plate, lay 1 piece zucchini and place a dollop of cashew mixture on it. Cover with another zucchini piece to create 1 ravioli. Repeat process 7 times. Top ravioli with tomato mixture and 1 tbsp ground almonds.

NUTRITION INFO 490 calories, 38 g fat (6 g saturated), 27 g carbs, 6 g fiber, 17 g protein

LUNCH

Summer Power Slaw

In a bowl, toss 2 cups thinly sliced Lacinato (Tuscan) kale with 1 tsp olive oil and 1 tsp lemon juice. Add 1/4 cup radishes and 1/4 cup purple carrots, sliced into matchsticks; 1/3 cup mung bean sprouts; 1/4 cup Granny Smith apple, sliced into thin half moons; 1 1/2 tbsp raw sunflower seeds; and 1/4 avocado, cut into chunks. Set aside. In another bowl, combine 1 tbsp lemon juice; 2 tsp olive oil; 1 tsp maple syrup; 1 tsp fresh tarragon; 1/2 clove garlic, chopped; 1/4 tsp salt; and cracked black pepper to taste. Add dressing to salad and toss.

NUTRITION INFO 471 calories, 30 g fat (4 g saturated), 46 g carbs, 14 g fiber, 15 g protein

SNACK

Lemon-Raspberry Chia Pudding

In a bowl, combine 1 tbsp chia seeds, 1/2 cup unsweetened soymilk, 1/4 tsp lemon zest and 1/4 cup fresh raspberries. Mash lightly with a fork. Cover with plastic wrap and refrigerate at least 2 hours. Top with 1/4 cup fresh raspberries.

NUTRITION INFO 145 calories, 6 g fat (1 g saturated), 19 g carbs, 9 g fiber, 5 g protein

DESSERT

Chocolate-Covered Blueberry Ice Cream Bonbon

In a blender, process 1/4 cup fresh or frozen blueberries and 1/4 cup coconut milk until smooth. Pour into an extra large ice-cube mold (or small paper cup). Freeze overnight. In a bowl, combine 1 tsp coconut oil and 1/4 oz dark chocolate. Place over another bowl filled with hot water and stir until melted and combined. Unmold blueberry cube and place on parchment paper; coat in chocolate mixture. Serve immediately or freeze.

NUTRITION INFO 213 calories, 19 g fat (16 g saturated), 11 g carbs, 1 g fiber, 2 g protein

DINNER

Zucchini Ravioli With Cherry Tomatoes

In a bowl, soak 1/3 cup raw cashews in water for 4 hours; drain. In a food processor, puree cashews, 1 tsp nutritional yeast, 1/2 tsp lemon juice, 2 fresh basil leaves, 1/8 tsp sea salt, 1/2 clove garlic, a pinch of black pepper and 1 1/2 tbsp water. Add 2 tbsp hemp



GET IN ON THE ACTION! Hover the SELF Plus app over this page for a how-to video. Details, page 6.





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(SELF) WORTHY

TAKE A BREAK

→ *Your summer getaway is the ultimate time to power down and reboot. Here's how to make sure work doesn't get in the way.* BY MADELINE BUXTON

Vacation starts now...right after you answer that one quick email. But before you know it, you've spent the whole morning in your hotel room.

Sound familiar? Sixty-one percent of employees admit to working while on vacation, according to a survey from jobs and career site Glassdoor. (Most say they're motivated by dedication or fear of falling behind.) But never unplugging can lead to job burnout. "If we expend energy, we need to renew it," explains Dana Bilsky Asher, Ph.D., a senior vice president at The Energy Project, a workplace consultancy.

Follow this simple game plan on your next trip so your time off actually leaves you refreshed. TAKE A BREAK > 58



SET SOME LIMITS

If you know that checking email at least once a day will ease your mind, choose a short window when you'll scan and respond to any pressing messages. Tell your supervisor or one coworker about the time slot so they know when they can best reach you, says Michael Leiter, Ph.D., a psychology professor at Acadia University who studies burnout.

SHIFT YOUR FOCUS

It can be hard to switch from a packed schedule to totally open days. "If you're achievement-oriented, build a challenge into your vacation so you engage your mind in a novel way," says Steven Berglas, Ph.D., author of *Reclaiming the Fire: How Successful People Overcome Burnout*. Taking tennis lessons or a cooking class can keep you busy with the satisfaction of reaching a goal.

PREPARE FOR REENTRY

Rolling into work after a red-eye can leave you tired and anxious. Instead, plan your return trip for a Saturday afternoon so you have a buffer to ease back into everyday life by Monday, Asher suggests. Similarly, block out catch-up time on your calendar for your first day back, so you don't get booked solid in meetings while you're away. "I don't even promise when I'll reply on my out-of-office message," Asher says. That way you haven't set unrealistic expectations and created deadline pressure for yourself. ●

PERSONAL BEST

→ Brighten your workspace and other feel-good ideas

FLOWER POWER

Studies show that flowers can promote happiness as well as deeper conversation and even productivity at work. So why wait for a thoughtful gift? Set up automatic deliveries to your office (from \$40; TheBouqs.com). And while you're at it, find a more stylish vase than the one you reuse from Valentine's Day. (After all, it's an investment in your career.)

Rimma Tchilingarian dot vase, \$225; LeifShop.com



Q / A



THE EXPERT CRAIG MALKIN, PH.D.

The Rethinking Narcissism author and Harvard instructor on the upsides of self-admiration

You say narcissism isn't always a bad thing. How so?

A/ Narcissism is a normal human tendency—the drive to feel special. It doesn't just apply to arrogant jerks. In fact, only 1 percent of the population are unhealthy narcissists. But too little sense of self can also be harmful, making you feel worthless.

How is a healthy dose good for you professionally?

A/ It helps you be assertive, have confidence and step into a leadership role. If you're introverted, like a lot of artists, healthy narcissism can open up creativity as you're immersing yourself in your inner world.

What's the best way to cultivate healthy narcissism?

A/ Write down your successes—and relish them—privately. You'll build confidence without humble-bragging. And be somewhat transparent on social media about what's really happening in your life. No need to post only, "I did this awesome thing!"

14

Percentage
more likely
you are
to have sex
tomorrow
if you sleep
an extra
hour tonight

SOURCE: THE JOURNAL
OF SEXUAL MEDICINE



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FRIENDS FOREVER?

→ After a best friend's betrayal, **Tatiana Boncompagni** found a new way forward—one between forgive and forget.

The sun was hot and high in the sky as I dropped a clump of berries into the bucket between my feet. I was picking black currants with my mother-in-law on her farm in upstate New York. My back ached, my hands itched, and I was irritated—but not because of the working conditions.

I was angry with my best friend, Sarah (we'll call her that), for refusing to take my side in a dispute. It all started when another friend in our circle had publicly embarrassed me with a damaging remark about a novel I'd written. I'd rather not delve into the details (why repeat the same insult?), but I will say that this friend's comments hurt my professional reputation—and my pride. Sarah's rejection came as another blow. I'd expected her to be as infuriated as I was, to call our mutual friend and demand an apology. Instead, she didn't want to get involved. "Where's her loyalty?" I griped to my mother-in-law, my hands turning

a ghoulish shade of red as they stripped a branch of its berries.

Sarah and I had met five years earlier, right after the birth of my daughter. She was a publicist for a beauty brand, and her job required her to meet with writers like me. We bonded immediately when we discovered we'd both been at the same wedding a year earlier, and she invited me as her plus-one to a formal dinner. I stuffed my postnatal body into the most forgiving frock in my closet, blew the cobwebs off my Chanel eyeshadow quad and met Sarah in the back of a black town car outside my apartment building. It was 3 A.M. before I stumbled home, buzzed on Champagne and the thrill of new friendship.

Sarah was tall, glamorous and generous in every way. She wanted to connect me to everyone she knew in town and made me laugh harder than anyone I'd ever known. She'd flirt shamelessly with

men, overorder in restaurants (and insist on picking up the check) and get us into nightclubs I'd only read about in magazines. But my favorite part was when we'd come home late at night (or sometimes early in the morning) and sit on my kitchen counter, eating smoked salmon off of waxed paper with our fingers and talking until our eyes grew heavy and we had nothing left to say.

Sarah and I spoke every day—the way best friends do—about the stuff that was important (her job woes, my family dramas) and stuff that wasn't (haircolor, weekend plans). When my new novel received a glowing review, she was my first call. And when I found myself in the middle of a miscarriage, buckled over in pain, my husband unreachable, it was Sarah's number I dialed. She stayed on the phone with me until I made it to the hospital and into my husband's arms. I relied on her. I loved her.

And then she betrayed me—or at least that's what it felt like. In hindsight, there had been other, smallish infractions that had primed me for a breaking point: last-minute cancellations accompanied by what sounded to me like dubious excuses, telephone conversations that revolved around Sarah's life, not mine. I'd been enumerating these grievances to my mother-in-law as we worked our way down a row of bushes. "So, what are you going to do?" she asked.

Despite my frayed feelings, my instinct was to forgive Sarah. Growing up, I'd been exposed to enough religion and pop psychology to believe that "to forgive is divine," and that dwelling on the past can only bring misery. Plus I'd had a mother who stewed over every slight—perceived and real. She'd bounce from one friend to another, never forming deep connections, too consumed with bitterness to take any real joy from the good things in her life. I didn't want to repeat her mistakes.

In my early 20s, I'd actively tried to cultivate forgiveness. I discovered yoga and the power of letting go. I spent a lot of time in Savasana contemplating rivers that carried away the aches of old wounds and the stings of fresh rejections. I put my hands together in namaste and concentrated on the splinter-thin space between my palms and the energy I held

there. I reminded myself to always live like this. Loving. Open. Not bitter.

In the years since, I'd become really good at not holding grudges. But was I any happier for it? That day in the black currant field, with the July sun slicing through my white cotton shirt, I wasn't

I'D BECOME GOOD AT NOT HOLDING GRUDGES. BUT WAS I ANY HAPPIER FOR IT? I WASN'T SURE.

sure. For the first time in as long as I could remember, I didn't feel like practicing forgiveness. I was ready to sever something.

"You know what I do when someone disappoints me?" my mother-in-law asked from two bushes over. I shook my head, thinking she was going to affirm my impulse to cut Sarah off like a gangrenous limb. "I put them on a different shelf," she said. She explained that it was silly to stop being friends with someone you like—maybe even love—because they've fallen short of your expectations. Who needs the drama of a breakup when you can simply slide someone into a different category: inner circle to social circle, lover to friend? You didn't need to junk the whole relationship. Give it new boundaries, she said. Salvage what's good.

I saw that she was presenting me with a third way, one that appealed to my desire to stay levelheaded and composed in an emotionally charged situation. It also gave me a measure of control. By moving Sarah to another shelf, I was redefining her role in my life. Piety and passive acceptance be damned: This felt better.

In the following months, distancing myself from Sarah felt a lot like breaking a bad habit. I longed to unload my daily anxieties and celebrate good news with her. For my husband's 40th, I threw an intimate dinner, and it took all my power not to invite her. I felt incredibly guilty for avoiding her, even though Sarah was doing the same thing on her end: canceling on a string of lunches, no longer sharing details about her love life.

It was easier to apply my new shelving system to other people who couldn't always be trusted. There was the acquaintance whose competitive streak kept me

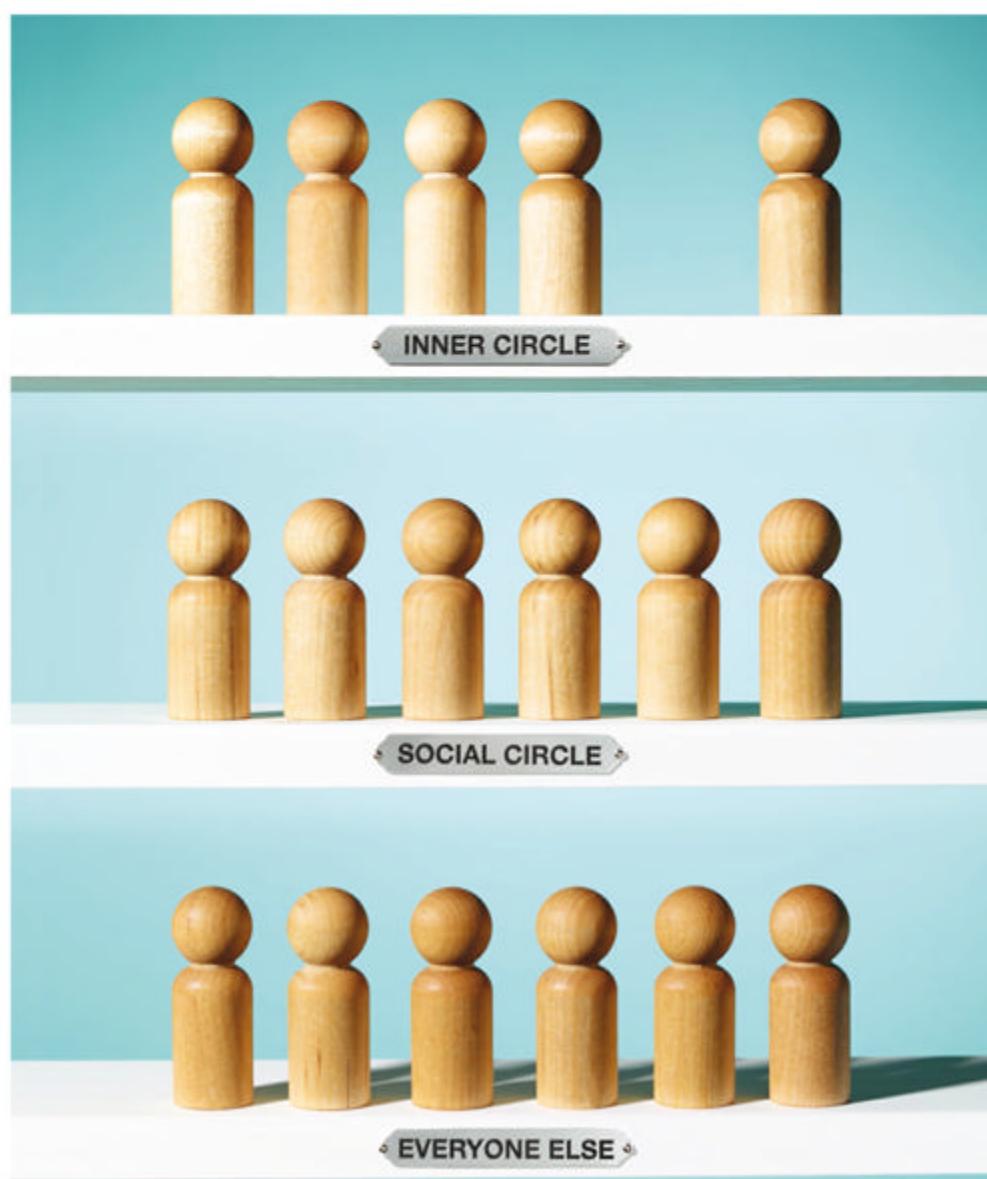
from celebrating my new job; the workmate who assigned my ideas to other writers. Having shelves on which to sort these relationships gave me a powerful mental image and a useful coping mechanism.

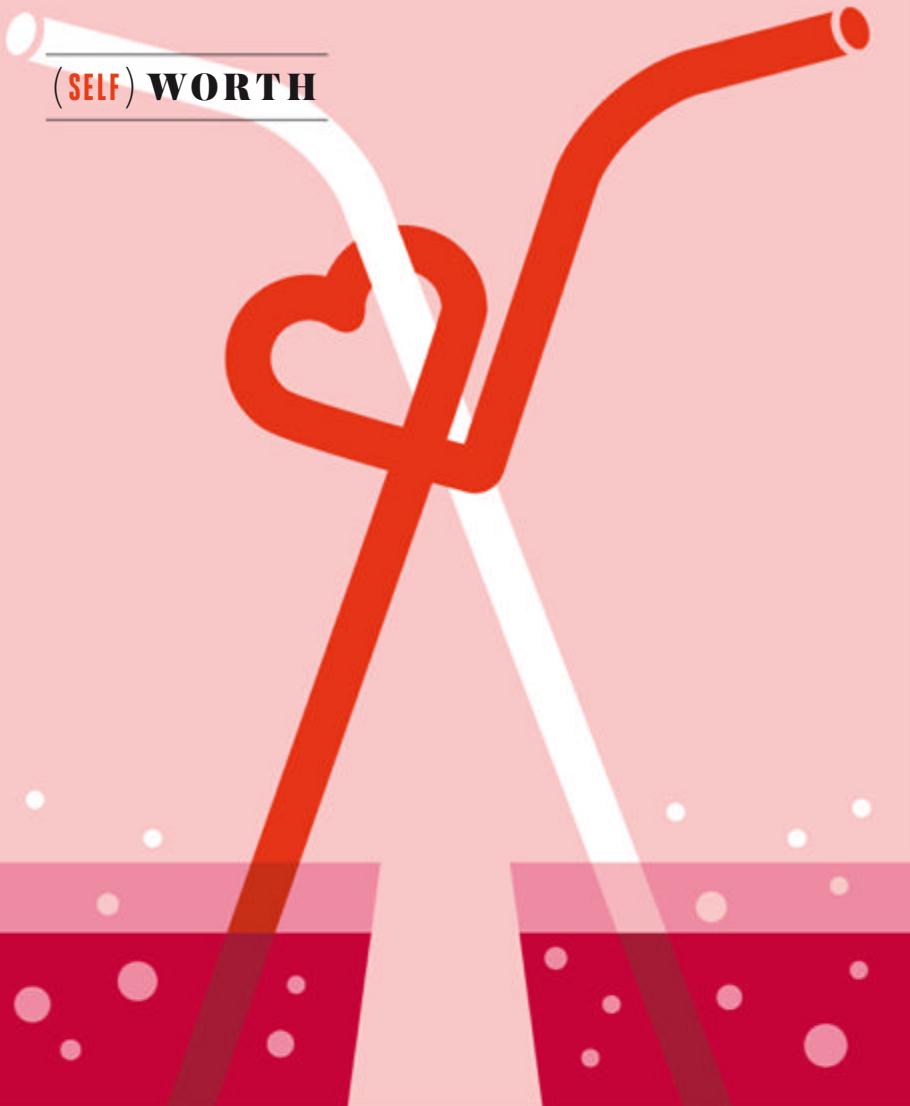
Eventually I got used to Sarah's new place in my life, too. We remain friendly: We like each other's posts on Facebook and have dinner about three times a year. The menu usually consists of sushi and guarded conversation about things of little consequence: exercise classes, vacation plans.

The last time I saw her, we took our kids to a burger joint near my apartment. It was a far cry from our nights on the town in minis and strappy heels. That evening, we both wore jeans, loose-fitting tops and stress on our faces. My eldest son was in a mood, and I wasn't hungry. Sarah stopped talking about a birthday

party she was planning for her son and asked me—earnestly—what was wrong. I wanted to tell her everything: that I was struggling to find balance between work and taking care of my family; that I was worried about my son's recent acting out and had no idea how to help him. She was trying to be there for me. But I held back.

In bed that night, I stared at the ceiling and let myself feel nostalgic for what Sarah and I once had. I've made other wonderful friendships since then—including a new best friend who always has my back, no matter what—but I still miss Sarah. A part of me hopes that one day she'll find her way back into my inner circle. And maybe that's the real reason to maintain that second shelf. I'll always know where to find her—no further than arm's reach. ●





LOVE & CHEMISTRY

THE ART OF FLIRTING

→ Forget about being good or bad at it—flirting is something we all do naturally, in love and in life. **BY JEN DOLL**

I'd never considered myself a born flirt. After all, the way flirting is often invoked—"10 Easy Ways to Flirt Better and Snag the Guy of Your Dreams!"—can make it sound corny, performative and exhausting. In the midst of all that hair tossing and lip biting, when do you get to relax, be yourself and figure out if you actually like the person?

Then, two months ago, I set out on something of a dating spree. I wasn't trying to "snag" anyone. I just wanted to expand the parameters of my life, to see who might be out there and how we might connect. So I had drinks with a storyboard artist, a lawyer, an IT guy and a TV producer. To my surprise, I found that on each date there was a moment when I looked at the guy and he looked back at me. I smiled and he smiled back. There was an unspoken conversation taking place along with our words. We were both interested on some level or another. We were—yes—flirting.

The truth is, there's no magic method, no "10 Easy Ways." For some of us, it's

more or less intuitive: As the lawyer told me, "Flirting is just a connection between two people who are mutually interested." Yet researchers have recorded nearly 40 distinct flirting behaviors, from speaking in a higher pitch to a prolonged gaze. And we don't just do these things in romantic situations: They can be a catalyst to creating connections in friendships and professional settings, where they're called "rapport." Across the board, there's power in paying closer attention to your body language. So what do you need to know?

TRUST YOUR INSTINCTS You do this stuff naturally (all animals do). Flirting, at its base, is about establishing that we're not a threat—move a little closer, get to know us better! Think of how you instinctively smile at an adorable baby in the grocery store and, usually, it smiles back; then apply that lesson the next time you see a full-grown man at a bar—or, less romantically, that new coworker you find yourself wanting to be friends with. Pamela Regan, Ph.D., professor of psychology at California State University in Los Angeles, says, "Simply looking at someone and smiling is one of the most powerful ways to say 'I like you, I'm interested, I'm open.'"

SHOW YOU'RE LISTENING Touch is another reliable way to create connection: "If you watch couples in the early stages of dating, you'll see them reach out and lightly touch each other on the arm," Regan says. Friends do this, too. It shows you're actively listening, which begets liking. But say you're not actually in the same room. In an online environment or while texting, she explains, a quick response can have the same power; it suggests you're paying attention.

DON'T OVERTHINK IT It's easy to get carried away. One study found that we (often wrongly) assume the other person isn't flirting because he or she isn't into us. And in a 2014 study by Jeffrey Hall, associate professor of communication studies at the University of Kansas, only 36 percent of men and 18 percent of women even realized they were being flirted with. But the first rule of flirting may be to not worry about it. Instead, channel that energy into having enjoyable conversations. You'll probably realize you've been flirting the whole time. ●



pollution sucks

(the radiance out of your skin)

new

bliss

triple
oxygen

radiant
protection
energizing
serum

specially formulated with:

CPR Technology

With oxygen boosters
and advanced vitamin C to
Clarify, Protect and Revitalize skin

91% said skin looks
brighter and smoother*

89% of women had
an instant improvement
in radiance**

ULTA
BEAUTY

Our new triple oxygen radiant protection energizing serum protects against environmental aggressors*** to revive skin's radiance for healthy, beautiful looking skin

*based on an instant consumer perception study of 35 healthy females, 30-50 years of age. **based on a clinical grading after an initial 5 minute application on 35 healthy females, 30-50 years of age. ***environmental aggressors are the smog and particulate matter commonly associated with air pollution. this product does not provide sun protection.

(SELF) WORTH



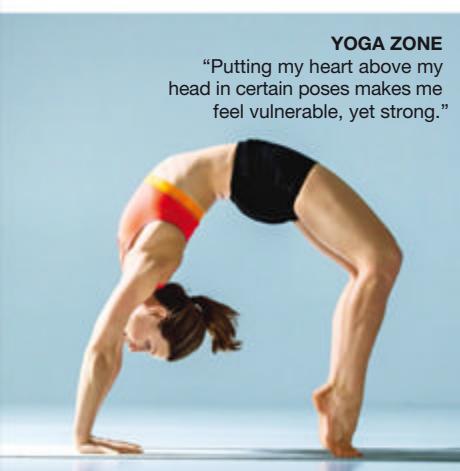
FOOD FOR THOUGHT

"I'm all about snacks with good fats, like walnuts, when I'm writing. They help me think more clearly."



CARRY ON

"I keep flats that I can walk in with me at all times."
SHOES \$395;
NicholasKirkwood.com



YOGA ZONE

"Putting my heart above my head in certain poses makes me feel vulnerable, yet strong."



INFLUENTIAL BOOK

"Frankl's idea that everyone has their own purpose resonates with me."



FREE FLOW

"I like easy tops. I talk with my hands, so anything restrictive stifles my expression."

TOP \$225;
RebeccaTaylor.com

SELF MADE

MICHELLE MILLER

→ Secrets for creating your dream job from the banker turned author of *The Underwriting* BY LISA HANEY

While getting her M.B.A. at Stanford in the fall of 2010, Michelle Miller took a writing class as a creative outlet—and discovered a new passion. With a pile of student loans to repay after graduation, though, she headed to work at a private bank in Palo Alto, California. She kept writing on the side—anonymous blogs, young adult novels under a pseudonym—using storytelling to explore topics like the Silicon Valley gender gap. In 2013, she was ready to put her name on an idea: *The Underwriting*, a dishy satirical thriller about six young professionals working on a multibillion-dollar IPO. She secured investors, left her day job and self-published the project—releasing new installments online weekly in 2014. The book industry took notice: Miller, now 30, landed a six-figure deal for the novel, which hit shelves last month, and is already at work on a sequel. Here, she shares advice on figuring out what you love—and then going for it.

DAYDREAM OFTEN "Allow yourself to fantasize about what you want, down to the last detail. The power of imagination is hugely underrated. It's amazing how your wandering mind will show you things you didn't know you wanted and help you see how to get to them."

USE YOUR CURRENT GIG AS A SPRINGBOARD

"Think about the muscles you'll need to succeed in your new life and strengthen those from your current seat. I knew I'd write, so I crafted great emails; I knew I'd pitch investors, so I went the extra mile to practice the presentations I was doing."

BE OPEN TO OPPORTUNITIES "I didn't want to be a YA novelist, but doing it taught me about the book process. And using a pseudonym was a low-pressure way to find my voice."



GET MORE SUCCESS SECRETS! Find bonus career inspiration at Self.com/go/selfmade.



Your body changes 500+ times a day.
Your deodorant should keep up.

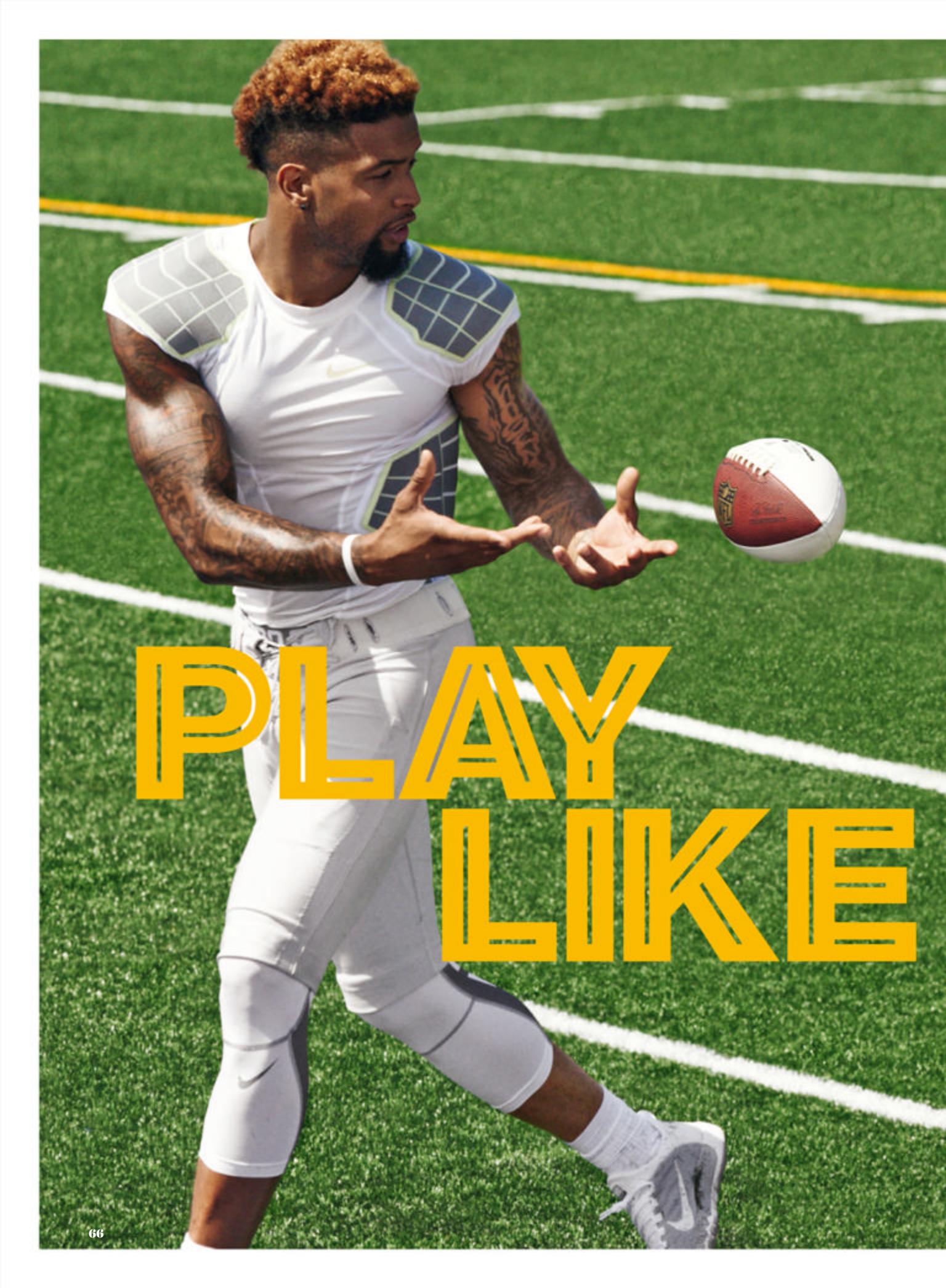


Body changes can cause odor. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&Responds Technology.[™] **FEARLESSNESS. APPLY DAILY.**

Adapts&Responds[™]
Customized Protection



© Procter & Gamble, Inc., 2015



PLAY
LUKE

A full-page photograph of a woman, identified as Lily Aldridge, posing on a football field. She is wearing a dark, sleeveless, fringe dress with a white arm brace on her right arm. She is in a dynamic pose with her arms outstretched. The background shows the green grass and white yard lines of a football field.

FIRST STRING

"I like feeling strong," says Aldridge, playing football with New York Giants wide receiver Odell Beckham Jr. in this season's MVP (most valuable piece): a fringed dress.

DRESS Issa **BODYSUIT** American Apparel **ARM SLEEVE** McDavid **CLEATS** Nike
For men's clothes, see Get-It Guide.

A GIRL

Supermodel **Lily Aldridge** takes on some of this country's top male athletes—and redefines what grit, passion and confidence look like. **By Erin Bried**

Photographed by Giampaolo Sgura
Styled by Melissa Ventosa Martin

NICE CATCH

A shoulder-baring bodysuit and breezy skirt make a great team, much like Aldridge and Beckham. "We had so much fun together," she says. "And my game got better!"

BODYSUIT H&M **SKIRT** Barbara Casasola

BANGLES Gemma Redux

SELF

GO BEHIND THE SCENES of Lily's shoot! Hover the SELF Plus app over this page for exclusive video. Details, page 6.



LILY

Aldridge, 29, never dreamed she'd become a supermodel. As a kid, she fantasized about spending her days in spiky shoes—but she had soccer cleats in mind, not stilettos. “I always thought I was going to be a soccer player, get a scholarship to college and then join the U.S. women’s team,” says Aldridge, who played left forward for 11 years. “Mia Hamm was my role model,” she adds. “I still look up to her.”

Now, as a Victoria’s Secret Angel, Aldridge rarely has the chance to kick a soccer ball around, which is why this photo shoot was so special: She got to realize her long-held dream of playing ball with the pros. “This was one of the most fun shoots I’ve had,” she says. “It’s different for me to get to be athletic and look like the strong woman I am.” Aldridge tossed a football with New York Giants wide receiver Odell Beckham Jr. “I was so sore the next day, I could barely walk,” she says, laughing. “I realized I have to do more cardio!” She challenged Los Angeles Lakers Wayne Ellington and Ronnie Price to a game of horse. “I did *not* win,” she says, “but I did swish a few times, and there were high fives everywhere.” She went up against top-ranked AVP beach volleyball players Sean Rosenthal and Casey Patterson. “That’s when I got really competitive,” she says. Finally, she shot on goal against the L.A. Galaxy’s Brian Rowe, Leonardo, Bradford Jamieson IV and Robbie Rogers. “I was nervous to play them, because I’d been talking about soccer all day,” she says, but a few quick headers into the back of the net proved she’s still got game. “It felt great to be on the field. Being around athletes makes me feel very comfortable.”

Feeling at ease in her body, whether on a field or at a photo shoot, is a strength Aldridge first tapped into 15 years ago. After being scouted at a school carnival at age 14, the Los Angeles native landed her first major ad campaign with Abercrombie & Fitch. “My older brother [Miles] is a photographer, and my sister [Saffron] is a model, and I was always on their photo shoots growing up. Being on-set didn’t seem weird to me.” Even so, her parents—famed illustrator Alan Aldridge, who designed album covers for The Beatles and The Rolling Stones, and former *Playboy* playmate Laura Lyons—instilled in her that looks aren’t everything. “My dad got me fascinated with art, food and music, and my mom taught me to be an independent woman,” Aldridge says. “She’s been such a great role model for me.”

Though Aldridge worked steadily as a model after graduating from high school, her big break came in 2009, when Victoria’s Secret invited her to walk in its annual show. She was thrilled—and secretly terrified. “It was the first runway I’d ever walked,” she says. “I was backstage, like, What am I supposed to do? It’s *weird* when you’ve never done it before.” One of the other models gave her a tip: It’s all about attitude. “If you feel confident and beautiful,” says Aldridge, “people will see that.” Victoria’s Secret execs certainly did. Just one year later, they gave her her wings.

While the Angels may not play soccer, they’re still Aldridge’s dream team. “We’re all athletes, and the love I have for the other girls is so strong,” she says. “I had dinner with Doutzen [Kroes] last night, and I talk to Candice [Swanepoel] and Behati [Prinsloo] almost every day.” If anyone gives an Angel trouble, Aldridge, the de facto team captain, is the first to rush to her defense. “It’s my obligation to stand up for my friends,” she says. Case in point: She recently took to Twitter to defend fellow model Gigi Hadid from drug accusations: “Can’t sit back and see people hurting my lil sista @GiGiHadid! She is one of the sweetest, kindest, most genuine souls I’ve ever met!” Of the incident, Aldridge says, “People aren’t partying anymore. My generation of models has seen the tragedies of people who’ve lost their careers from that, and I think we’ve learned from it. It’s much more of a business now.” Aldridge, for example, has collaborated on her own fashion line with Velvet by Graham & Spencer. Her fellow Angels, including street-style stars Alessandra Ambrosio and Miranda Kerr, show their support by wearing her casual-cool designs. “They’re all good people,” Aldridge says. “You mess with them, you’re messing with Mama.”

She has the strength to back up those words, given that she works out an hour a day, four to five days a week, with powerhouse trainer Mary Helen Bowers, creator of Ballet Beautiful. “I can’t go to the gym. I’m not that person,” Aldridge says. “If someone’s not telling me what to do, I’ll take five steps and be like, That was *really* good! But if someone’s there with me, I’ll work my butt off.” To accommodate her hectic schedule, Aldridge connects with Bowers live via laptop. “We’ve even worked out at 4 A.M., when I was shooting in London,” she says. And her dedication has paid off. “It’s made me leaner, PLAY LIKE A GIRL > 100

HOW SHE DOES IT

Aldridge still has an athlete’s mindset, even though she no longer plays soccer competitively. Here, she shares her top three tricks for turning every day into a victory.

START STRONG

“I always try to work out in the morning if I can. It gets my endorphins going. Plus, I don’t have to think about it for the rest of the day. Sticking to that routine helps keep me healthy.”

EAT CLEAN

“When you work out as much as I do, you have to eat a lot, and you need protein to get nice, lean muscle. I’ll do eggs and fruit for breakfast, a sandwich for lunch and Gwyneth Paltrow’s roast chicken for dinner.”

KEEP IT LIGHT

“Everyone has off days, but I’ve learned it’s easier to be positive than grumpy. When you’re in a mood, the only person you’re really affecting is yourself. Remembering how blessed I am snaps me out of it.”



MAJOR SCORE

Win the day (and summer night) in a metallic statement dress with flat sandals—or cleats, if you plan on kicking around with L.A. Galaxy goalie Brian Rowe. "It felt so great to be on the field again, dribbling and taking shots," Aldridge says. "It took me back to being a kid."

DRESS Julien Macdonald
TANK Monreal London
CLEATS Puma

Hair, Ben Skervin at The Magnet Agency; makeup, Serge Hodonou at Frank Reps; manicure, Nettie Davis at The Wall Group; set design, Bette Adams for Mary Howard Studio; production, Brachfeld/L.A. Athletes: Odell Beckham Jr., Casey Patterson, Sean Rosenthal, Ronnie Price, Wayne Ellington, Bradford Jamieson IV, Leonardo, Brian Rowe, Robbie Rogers. See Get-It Guide.

"Women athletes are incredibly powerful—and to me that's the most beautiful thing in the world."

SWISH IT

Bold vertical stripes and a bodycon silhouette make you look long and lean—even standing next to 6-foot-4-inch L.A. Lakers guard Wayne Ellington. “He was tall, but I was tough!” Aldridge says.

STRIPED DRESS Baja East
FRINGE TANK Timo Weiland





"This was my dream shoot. It's different for me to get to look like the strong woman that I am."

ON POINT

Net a win by layering a woven skirt over a mesh bikini—the perfect pairing for taking on AVP beach volleyball player and two-time Olympian Sean Rosenthal. "I love the fun, competitive nature of athletes," Aldridge says. "Sean and Casey [his partner, not pictured] were actually keeping score. I was trying to pose; they're like, 'OK, we're up 1-0!'"

BIKINI Victoria's Secret
SKIRT Herve Leger by Max Azria **HAT** Veloce Hats



GOOD PLAY

Go tomboy-chic in a fitted tee, a skirt that's cut to move and your fastest shoes—all the better to keep up with the L.A. Galaxy's Bradford Jamieson IV (far left) and Leonardo. "They were so sweet," says Aldridge, a longtime Galaxy fan. "They gave me a jersey with my name on it and one for my daughter, Dixie, too."

SHIRT Falke SKIRT
Ronny Kobo
NECKLACE
H.Stern
CLEATS Nike



thinkTANK

A tank dress is a genius go-to for long days and balmy nights. The best new styles mix natural textures with subtle details that show off your summer body. Just add a simple strand necklace—pick one or layer a few—for a look that's as cool and laid-back as you feel.

photographed by SEBASTIAN KIM
styled by MELISSA VENTOSA MARTIN



BLUES TRAVELER

Versatile colors like cobalt and pure white (opposite) work for day or night—ditto for a side zipper that lets you reveal a little (or a lot of) leg.

DRESS Rebecca Taylor, \$325 **CHOKER** 3.1 Phillip Lim, \$150 **NECKLACE** Bande des Quatres, \$275 **OPPOSITE DRESS** The Row, \$950 **NECKLACE** Kenneth Jay Lane, \$25



WRAP STAR

In a creamy shade with side cutouts, this piece is sexy on its own—or layered over jeans, when the sun dips down.

DRESS Stella McCartney, \$930 **BIKINI** Tomas Maier, \$370 **NECKLACES** George Frost, \$240 each



GOOD SPORT

The athletic-jersey-inspired print—micro white dots on black—is a stylish play on mesh that scores big.

DRESS Proenza Schouler, \$2,250 **NECKLACE** Tory Burch, \$295

INTO THE BLUE

Kick your look up a notch with a racerback shape and shiny metallic knit that moves with you.

DRESS Calvin Klein Collection, \$2,995
NECKLACE George Frost, \$240





SLIP INTO FLAT
SANDALS AND
YOU'RE READY TO
MAKE THE LEAP
TO COCKTAIL HOUR.

SHEER BEAUTY

It's a one-piece wonder: a sleek maxi with an open weave that still shows plenty of skin.

DRESS Osklen, \$2,279
NECKLACE Lizzie Fortunato, \$290

Hair, Dennis Devoy for Bumble and Bumble; makeup, Kristi Matamoros for Chanel Rouge Coco; production, Select Services. See Get-It Guide.

FIGHT CLUB

For a workout that makes you look (and feel) both strong and sexy, you just can't beat kickboxing.

BY NICOLE CATANESE

Kickboxing is *hot* right now. Models like Cara Delevingne, Gigi Hadid and Elettra Wiedemann (pictured here) are fans—and their toned physiques show they're making all the right moves. Chain gyms have had kickboxing on their schedules forever, but now New York City boutique studios are taking the sport to the next level with an authentic, old-school vibe borrowed from the world of boxing (think punching bags, sparring partners, even boxing rings). There's Punch Fitness Center, which recently launched a summer pop-up in the Hamptons, and ModelFit, the buzzy downtown class frequented by famously toned, long-limbed women like Karlie Kloss, Taylor Swift and Rosie Huntington-Whiteley. Meanwhile, boxing gyms have sprouted up on both coasts—like just-opened Shadowbox and Overthrow studios in Manhattan, and Gloveworx in Santa Monica, California.

PHOTOGRAPHED BY BEAU GREALY

STYLED BY LINDSEY FRUGIER



KICK-STARTER

"It's like a mental break from real life, but your brain is engaged the entire time," says Wiedemann, who trains twice a week at Anderson Martial Arts in New York City.

BLACK TOP Olympia Activewear **WHITE TOP** and **PANTS** Astoria Active **HAND WRAPS** and **SHOES** Adidas Combat Sports

PUNCH IT UP

"Getting comfortable with throwing a punch is important," Wiedemann says. "Once it clicks, you stop tensing up—it feels so good."

VEST Victoria's Secret
TOP Beth Richards
SPORTS BRA Richard Nicoll



A big part of the allure is kickboxing's unexpected yin and yang: You give it everything you've got—intense focus, fierce movements, lung-searing aerobic effort—and you're rewarded with the long, lean, sculpted muscles typical of dancers and barre-class devotees. "The benefits are huge," Wiedemann says. "You get strength and definition, plus it takes you to a mental place where you feel focused and accomplished."

Kickboxing's rhythm is all about quick, darting movements. Hops and hooks fire up fast-twitch muscles and require rapid bursts of energy, boosting calorie burn. "A boxing round is a classic high-intensity interval—three high-exertion minutes followed by one recovery minute," says Raymond Montalvo, master instructor at Shadowbox, where students learn traditional boxing techniques (striking a punching bag or pads with your fists) rather than the type of no-contact cardio kickboxing (air kicks and punches) traditionally taught in gyms.

Training with a bag—à la Gisele in Under Armour's "I Will What I Want" video—boosts the sport's body-sculpting benefits even more. The extra resistance puts kickboxing into a category that exercise physiologists call "impact cardio," which differs from, say, running, where only your legs pound the pavement. It's also why kickboxing workouts create a ballet-esque physique instead of bulky muscle.

"Constantly changing direction to execute each kick and punch activates teeny-tiny muscles all over," explains ModelFit founder and trainer Justin Gelband, who sometimes has students perform kickboxing moves while balanced on a step, knees slightly bent, to activate even more glute muscles.

You can even skip crunches: Kickboxing earns you abs definition, too. "You have to brace your core three-dimensionally, from the front to the back, from the sides and even from your hips," says Jinger S. Gottschall, Ph.D., associate professor of kinesiology at Penn State University, whose research found that each set of jabs in a kickboxing sequence is the equivalent of doing 1.6 crunches.

Sound like hard work? Maybe. But a kick-ass body is certainly something worth fighting for.

THE WORKOUT

This routine, created by ModelFit founder Justin Gelband, sculpts lean muscle and torches calories. Using a bag is optional; if you do, kick or punch it with each rep. Do each move 15 times, then switch sides. To really amp up the workout, repeat the entire sequence one or two more times.

1

LIFT AND HOOK

Stand with right shoulder near bag (if using one), feet shoulder-width apart, knees soft. Hold fists at shoulder height in front of you. Keeping knees slightly bent, lift right leg out to side. Quickly lower leg as you punch left fist across body, turning hips, torso and head to right while twisting on ball of left foot.

2

KICK AND HOOK

Stand, facing bag, with feet shoulder-width apart, knees soft, fists at shoulder height. In one quick motion, kick right leg in front of you, leading with knee and snapping foot out and in, no higher than waist level. Quickly lower leg and punch left fist across body, turning hips, torso and head to right while twisting on ball of left foot.

3

ONE-TWO PUNCH

Stand, facing bag, with feet shoulder-width apart, knees soft, fists in front of you at shoulder height. In one quick motion, kick left leg across body at a 45-degree angle, leading with knee and snapping foot out and in. Quickly lower leg and punch left fist across body, turning hips, torso and head to right while twisting on ball of left foot. Now punch right fist across body, turning hips, torso and head to left while twisting on ball of right foot.

4

KICK BACK

Stand with bag behind you, feet shoulder-width apart, knees soft. Hold arms in front of you at chest height, elbows bent, fingers touching. Squeeze butt and lean forward, lifting right foot. In one quick motion, kick straight behind you, leading with heel and snapping foot out and in. Quickly lower leg and twist right on balls of feet, turning hips, torso and head to right as you punch left fist behind you.

5

PUNCH THINGS UP

Stand, facing bag, with feet hip-width apart, knees soft, fists at shoulder height in front of you. Kick right leg in front of you. Quickly lower leg and rotate hips right as you punch left fist upward. Now punch right fist across body, turning hips, torso and head to left while twisting on ball of right foot.

6

CROSS HOOK

Stand, facing bag, with feet hip-width apart, knees soft, fists at shoulder height in front of you. Lift right knee, then kick out to side, leading with heel and snapping foot out and in. Quickly lower leg and rotate hips right as you punch left fist upward. Now kick left leg in front of you. Quickly lower leg and punch right fist across body, turning hips, torso and head to left while twisting on ball of left foot.

HOW TO STAY INJURY-FREE

Kickboxing's twisting, turning and contact (if you use bags and pads) can hurt if you don't take precautions like these:

WRAP UP Protect your wrists and knuckles with cotton or synthetic hand wraps. (Doing so will also keep your joints aligned.)

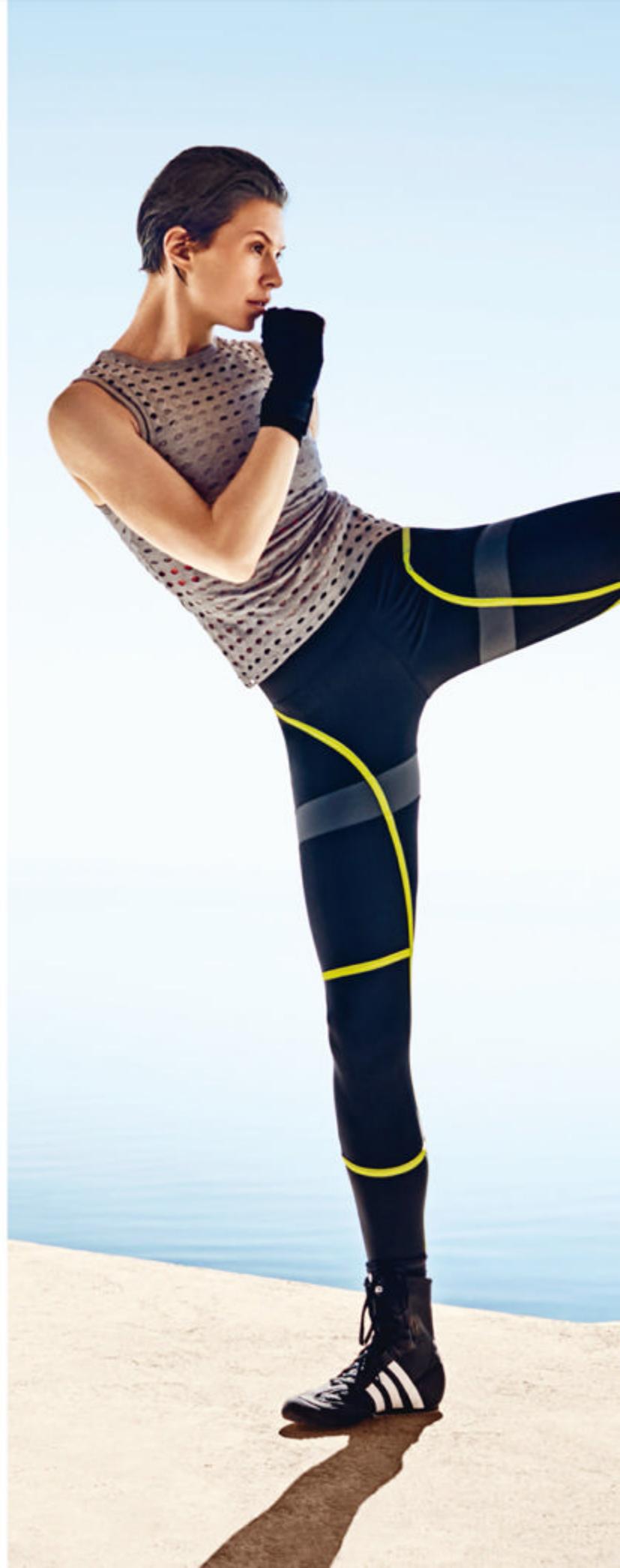
SNAP IT After a punch, pull your fist backward as fast as you extended it forward—"like snapping a towel," Montalvo says. And make sure your hand hits the pad or bag straight on, with the front of your fist. "It should make a pop sound, not a thud."

DIG DEEP Use your hips and core to generate more speed and maintain balance as you move. Staying light on your feet (and wearing supportive boxing shoes or ankle guards) helps prevent ankle sprains.

DON'T OVERDO IT "Don't go so hard that you can't walk for three days after a class," Gelband says. "You should never strain something to punch or kick harder."

THE MENTAL PAYOFF

Any workout can relieve stress—but making contact during a high-intensity kickboxing session may be especially cathartic. "When there's pushback from the bag or pads, you get a sense of fulfillment with each individual motion," says Carl W. Cotman, Ph.D., a neuroscientist at the University of California in Irvine. And unlike elliptical sessions that let you zone out, kickboxing requires coordination and memory to execute complex moves and sequences. When it comes to brain health, "learning plus exercise is better than either alone," Cotman says. "It boosts production of BDNF, a molecule that's considered brain fertilizer." In addition to strengthening brain cells, BDNF has antidepressantlike characteristics—in fact, some anxiety medications are designed to bolster BDNF. Plus, let's be honest: Punching something feels *good*.

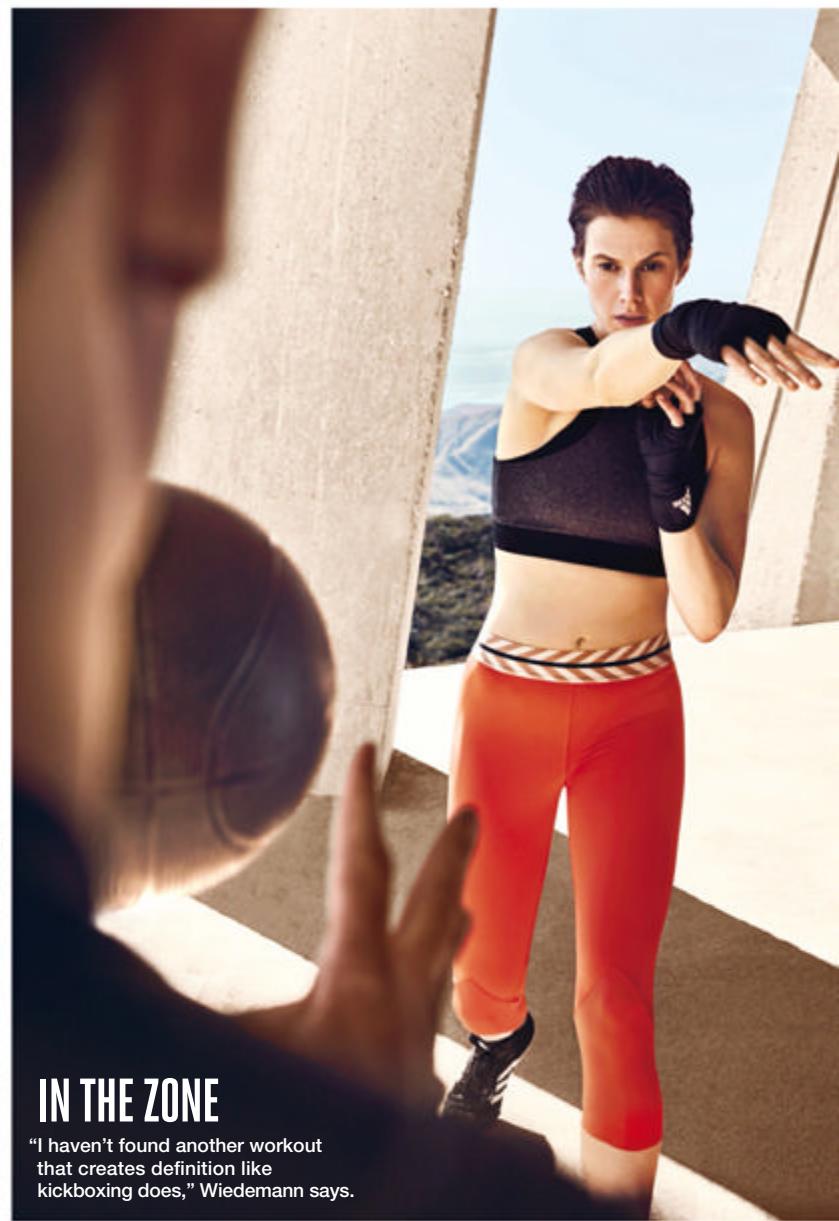




FORM FIT

To give side kicks more power, lift your knee in front, then rotate hips as you explode your foot out and back in. Keep your foot flexed and lead with your heel, not toes.

TANK T by Alexander Wang PANTS Tully Lou



IN THE ZONE

"I haven't found another workout that creates definition like kickboxing does," Wiedemann says.



ABOVE GRAY SPORTS BRA
Heroine Sport
BLACK SPORTS BRA
Koral Activewear
PANTS Olympia
Activewear LEFT
SWIMSUIT Sweaty Betty
SPORTS BRA Olympia
Activewear SHORTS Under Armour

Hair, Dennis Gots for Kérastase; makeup, John McKay for Chanel Les Beiges Powder; manicure, Maya Apple at Nailing Hollywood; prop styling, Colin Donahue; production, 3Star Productions. See Get-It Guide.

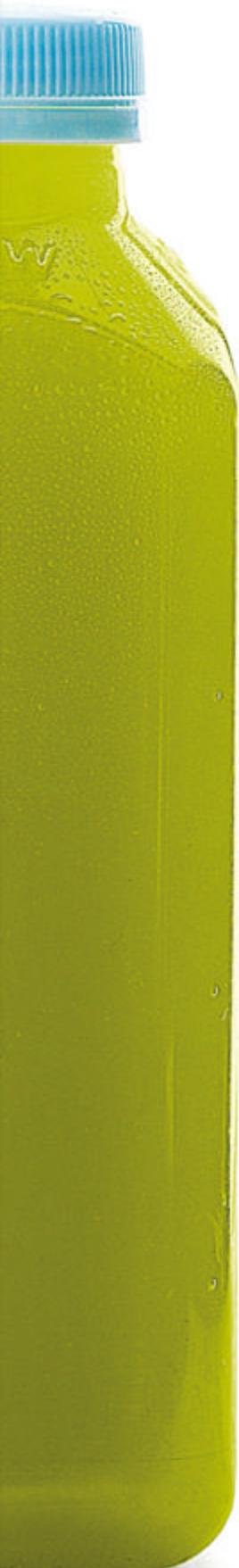


CAN YOU REALLY DETOX?

Clean has become the new thin, as women obsess about the energy and health boost they feel by getting rid of toxins and fighting inflammation with food. Its popularity is easy to understand—what's harder to know is if any of this is real. **BY VIRGINIA SOLE-SMITH**



Photographed by
ANDREW PURCELL



I'm sitting in the loftlike, neon-pink-accented waiting room of Parsley Health, a private practice run by Robin Berzin, M.D., in New York City. Dr. Berzin, who trained at Columbia University's medical school, specializes in functional medicine, which she describes as using food and lifestyle choices to address illness at its roots. I've just had 14 vials of blood drawn, which Dr. Berzin is going to use, along with her clinical exam, to assess how toxic and inflamed my body is. And then we're going to spend the next 21 days scrubbing my insides clean.

I often joke that I put my blood, sweat and tears into my work—but this is the first time I've literally given blood for a story, let alone allowed someone to tell me what to eat and drink for nearly a month. Honestly, I'm a bit nervous. I've rarely gone on a diet and have never been a big drinker, coffee addict or sugar junkie. I simply consume everything—kale and pasta, salmon and steak, water and wine—in moderation. That seems to work just fine: I have low blood pressure, I sleep well, I can swim a mile.

But lately, I've started to wonder if this is enough. Each time I look at my Instagram feed, another five friends are posting about how amazing they feel on one detox diet or another. One does a vegan detox as an annual New Year's ritual. Another lost 15 pounds before her wedding, doing juice cleanses.

Still, ask any detox disciple and she'll tell you it isn't just about losing weight—it's really about feeling "clean," which conjures an almost spiritual state of well-being. We're constantly inundated with news about the dangers of excess, whether it's too much industrial and chemical-laden processed food or just too *much* (stuff, stress, waste). It's easy to feel overwhelmed, guilty and like we've all collectively lost the plot. And so we want to cleanse, to atone, to make ourselves smaller so we feel less culpable about our culture's mindless consumption and the part we play in it. It's as if, through detoxing, we can purge the sludge and anxiety of modern life out of our systems—leaving our organs gleaming, our bodies and moods lighter, our lives transformed.

It's a seductive idea. Particularly the possibility that, fine as I feel, I could feel even *better*. Lately, my energy waxes and wanes throughout the day. I'm still carrying 10 extra pounds from my pregnancy two years ago. And when Dr. Berzin reviews my blood work, she discovers my liver enzymes are elevated. "This could just be because you're still recovering from Saturday night," she says, and in truth, it *was* a three-margarita kind of weekend. "Or it could be a sign that your liver is a little bit unhappy because it's inflamed by another type of toxin."

But are my friends really feeling so good because they've rid themselves of some kind of toxic pileup? After all, a 2014 study review in the journal of the

British Dietetic Association concluded, "Although the detox industry is booming, there is very little clinical evidence to support the use of these diets." Terms like *detox* and *cleanse* have no official nutritional definitions—they're marketing words slapped on everything from supplements to spa treatments. "It's a good way to sell books and make money, that's for sure," says David L. Katz, M.D., founding director of the Yale University Prevention Research Center. It's also easy to spot the gaping nutritional holes in a total juice cleanse or a fast promoted by some self-styled guru. "Most of these juices have very little protein, so after a few days your body will begin breaking down muscle tissue to find protein it can use," explains Evelyn Tribole, R.D., coauthor of *Intuitive Eating*. "That means you can actually lose muscle mass on a cleanse, and your kidneys have to work much harder to excrete excess nitrogen created in the process." Less muscle, overtaxed kidneys, got it. No thanks.

Still, there are plenty of detox programs that let you eat actual food. These are often created or endorsed by medical doctors trained to practice evidence-based medicine, so I'm much more inclined to listen to their recommendations. "A detox is an opportunity to reset and break bad patterns," Dr. Berzin says when I ask why I'm doing this. "It's only by cutting out all potential trigger foods that you can really find out what you feel like at 100 percent clean."

I look over my marching orders from Dr. Berzin: No alcohol. No caffeine. No gluten. No soy. No dairy. No refined sugar. Instead, I'll drink a shake made with almond milk, berries, greens and a plant-based protein powder for breakfast, and spend the rest of the day munching organic vegetables, fruit, nuts and gluten-free grains like quinoa. (I also need to eat "clean" meat and eggs; Dr. Berzin's program is "plant-based paleo," while many detoxes take a vegan approach.) Can you really use food to cleanse your body—and boost energy, reduce inflammation and improve your health in less than a month? I'm about to find out.

TOXIC AVENGERS

This idea of physical purification resonates so deeply right now, says Woodson Merrell, M.D., author of *The Detox Prescription*, because we are under siege. "We all walk around with accumulations of chemical toxins in our bodies," explains Dr. Merrell, who is also chairman of the Department of Integrative Medicine at Mount Sinai Beth Israel in New York City. Indeed, research by the Centers for Disease Control and Prevention has found detectable levels of more than 200 environmental chemicals like pesticides, flame retardants and tobacco smoke by-products in the blood and urine of large sample groups. Some

of these are known carcinogens, while others may disrupt the body's natural hormone balance by mimicking estrogen. Scientists are still exploring how this might increase our risk for obesity, diabetes, cancer and many other health problems. "For most of these chemicals, we have no idea what level of exposure is truly safe for each person or what happens when you're exposed to so many chemicals all at once," Dr. Merrell says. Add to that our standard American diet, heavy in processed foods with high levels of saturated fat, refined sugar and chemical additives, and you can see why so many of us feel like we need to clean up our acts.

But your body comes equipped with its own automatic detoxification system, principally your liver and kidneys. Removing impurities and waste products is their *raison d'être*: As blood flows through your body, it's filtered by your liver, which snatches up toxins, cholesterol and other nasties that enter

"The inside of your body is not dirty. It does not need cleaning," says one doctor.

the system (often through the food we eat, but also via air, water and toiletries) and circulate in the bloodstream. Your liver then uses a two-phase process to get those unwanted things out. First, it releases special enzymes to convert the toxic molecules into new, unstable molecules known as free radicals. Then those free radicals are bound to certain substances that essentially fast-track them over to your kidneys, so you can pee them out. (You also excrete some toxins through stool, sweat and simply exhaling.) It's a beautiful system, and most experts consulted for this story agreed that as long as you're eating a relatively healthy diet, you don't need to worry about it. "The inside of your body is not dirty, and it does not need cleaning," asserts Michael Gershon, M.D., professor of cell biology and pathology at Columbia University Medical Center and author of *The Second Brain*.

On the other hand, it evidently doesn't take much more than one night of cocktails to push the liver into overdrive. "Your body is equipped to detoxify natural compounds found in the environment," Dr. Merrell says. "But your liver was never designed to process the amounts of industrial toxins it encounters today." Some chemicals, like lead—absorbed from pollution, old pipes and paint—get stuck in the bone. Others, like those derived from pesticides or plastics, are stored in the body's fat cells for years.

It's whether we can do anything about such stuck chemicals that sparks debate. Functional-medicine doctors argue that we can use food to optimize the

natural detoxification process. "We need to eat a wide range of fruit and vegetables, because if your body doesn't have enough phytonutrients available during the second phase of detox, it won't be able to neutralize the toxic free radicals created during the first phase," Dr. Merrell explains. He says these nutrients help create enzymes that act like sponges, soaking up toxins in our cells and wringing them out of our bodies. He refers me to a few dozen studies to support this; some were done in labs, where scientists infect human tissue samples with toxic chemicals in petri dishes, then observe how compounds from plants like ginger and coriander affect the cells' ability to secrete the toxins. Others were done on rats or small human populations, like a study funded by the National Cancer Institute, which found that 11 smokers who ate 2 ounces of watercress with each meal excreted higher levels of the carcinogens found in tobacco.

Dr. Merrell says this research is a promising sign of food's ability to detoxify (and adds that nutrition studies are hard to repeat in randomized controlled studies, since you can't inject humans with toxins). But other doctors and researchers point to the limitations of such experimental data. "Certainly we'd all be better off eating more watercress, but that's just one particular food and one small group of people," says Ather Ali, N.D., a naturopathic doctor at the Yale School of Medicine. And data from lab tests is even less clear-cut: "We can't say that such findings would translate directly to what happens in the complex system of the human body."

My body is already rebelling. Day two, I make my smoothie, then go out to brunch with friends and look on longingly while everyone else orders piles of pancakes. Soon, I'm feeling nauseous, irritable and exhausted. I perk up a bit after lunch (three free-range eggs and a pile of organic, pesticide-free kale sautéed in olive oil, lemon and garlic), but by 3 p.m., I'm grouchy and foggy again. Is this my system detoxifying itself? I call Dr. Berzin to check in and appreciate her honesty. "It may be caffeine or sugar withdrawal, or it may be chemical detoxification," she says. "I can't say for sure what's happening to you right now."

THE INFLAMMATION GAME

What interests me most about detoxing, at least the way Dr. Berzin prescribes it, is whether it has the potential to reduce inflammation in our bodies. Inflammation is a well-established medical concept, and Dr. Berzin's explanation is pretty simple: "If you're consistently eating foods that cause a low-grade allergic reaction or contain lots of toxins, your immune system is constantly kicking into gear," she says. That immune response is, by its very nature, inflammatory, because DETOX > 100



SULTRY SKIN

To get sunset-kissed arms and legs, rub on tinted Beautycounter Lustro Shimmer Oil, \$42.

"Exfoliate first and apply to clean, dry skin for the perfect finish," says makeup artist Darlene Jacobs, who did the looks here. Craving an extra touch of bronze? Dust lids with a luminous eyeshadow, like MAC Pigment in Melon, \$21.

TANK Altuzarra **BIKINI**
BOTTOM Charlie by Matthew Zink **EARRINGS** Aurélie Bidermann **CUFF** Maiyet



Photographed by **HILARY WALSH**
Styled by **LINDSEY FRUGIER**



PEACHY POUT

A coral lipcolor with a hint of shimmer, like

Make Up For Ever Artist Plexi-Gloss in Nude Coral, \$19, easily takes you from afternoon to after-hours. "To make it last, pat it in with your fingers," Jacobs says.

SHIRT Rebecca Minkoff
EARRINGS Sorelle

THE GOLDEN HOUR

That time right before dusk—when soft, amber light makes your skin glow—is the best filter there is. The latest makeup re-creates that gorgeous look on eyes, lips and body.

GILDED EYES

A flick of metallic liner "catches the light and instantly defines your eyes," Jacobs says. Try Marc Jacobs Highliner Gel Eye Crayon in Sunset, \$25. (And for a mani that shines, layer two coats of Estée Lauder Bronze Goddess Nail Lacquer in Nude Pearl, \$21.)

SWIMSUIT Michael Michael Kors **EARRINGS** Kendall Conrad

Hair, John Ruggiero for Bumble & Bumble; makeup, Darlene Jacobs at StarWorks Artists.com; manicure, Marisa Carmichael for Smith & Cult; production, Kelsey Stevens Productions; model, Dalianah Arekion at Next. See Get-It Guide.





FROM LEFT
Laura Mercier Baked
Blush Bronze in
Ritual, \$40; Sephora
Collection Sun Disk
bronzer, \$24; Lorac
Tantalizer Baked
Bronzer in Golden
Glow, \$33; E.L.F.
Studio Prism
Eyeshadow palette
in Naked, \$10

BRONZE STARS

This season's terra-cotta makeup has multitasking superpowers: Brush on any of these universally flattering, easy-to-blend colors to warm up your eyes, cheeks, shoulders, décolletage...

Still life by CARLTON DAVIS

TALK
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TO ME.



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(SELF)

INDULGE

PERFECT PICNIC

→ Make the most of a sunny afternoon with these easy, delicious recipes from **Marissa Lippert** of NYC's Nourish Kitchen and Table. Just grab a basket and go!

I DISCOVERED...

my ideal picnic a dozen years ago, when I moved from New York to Paris to marry my French fiancé. On Saturday mornings, I'd hit the *boulangerie* for still-warm bread, then the open-air market for fruit, veggies and whatever else I couldn't resist. We'd grab a shady spot in the Parc des Buttes-Chaumont, then tear apart a fresh baguette, scattering crumbs across our laps as we spread oozy goat cheese and slices of pâté onto the bread with a pocketknife. We bit into whole tomatoes as if they were juicy apples.

Maybe that's what I like best about picnics—the improvisation. Instead of hours in front of the stove, I let my senses do the work, spotting the ripest basket of peaches at the farmers' market for my salad, choosing just the right wedge of cheese to complement briny black olives or plump Medjool dates. Picnic fare is more arts and crafts—combining colors and textures in simple and appealing ways—than actual cooking.

And unlike a dinner party, picnics give you the opportunity to mix things up and leave the rules behind. There's something slightly naughty about eating gourmet food with your hands or drinking good Champagne out of a plastic cup—even if that cup looks just like the glass version in your cupboard at home. Free from the tyranny of the seating chart, you can recline like a Roman emperor, feeling the grass under your toes and the sun on your face. Or plop down next to that beautiful brown-eyed boy—it's so much easier when he's sitting on a blanket next to the dip.

Picnics are for sharing. Everyone brings what inspires them at the moment, what they do best. I'll be calling that new colleague for her grilled chicken recipe. And who knew that the guy across the hall does CrossFit and makes strawberry galettes from scratch?

There are so few moments when we disengage from the rules, shut down the schedule and just *relax*. Picnics bring me back to carefree days eating sandwiches by a Connecticut lake with my aunt, or the multicourse English countryside feast I staged with friends in college. There was no such thing as overstaying your welcome—these picnics lasted 'til the fireflies came out and every last drop of wine was gone. Thank goodness some things never change.

—Elizabeth Bard, author of *Picnic in Provence*



DRY-RUBBED GRILLED CHICKEN

Crispy skin with a spicy twist is a total crowd-pleaser.



BONUS! Get two Web-exclusive recipes at Self.com/go/picnicrecipes.

BEET-FETA DIP WITH CRUDITÉS

Lemon adds bright flavor to this healthy app.



SPARKLING LIMEADE

A thyme-scented take on a warm-weather classic



GRILLED PEACH AND HEIRLOOM TOMATO SALAD

Sweet and savory, it's summer on a platter.



SHAVED CORN SALAD

Charred jalapeño and basil oil upgrade a simple side.



TABLECLOTH \$285;
TraditionsLinens.com
NAPKINS \$45 for four;
JohnRobshaw.com
GLASSWARE \$3 each;
CB2.com PREVIOUS
PAGE PICNIC BASKET
\$60, and CROQUET SET
\$150; CrateAndBarrel.com



Beet-Feta Dip With Crudités

SERVES 8 TO 12

- 3 large beets (about 1 1/2 lb), scrubbed
- 5 oz French or Bulgarian feta
- 2 tsp lemon juice
- 2 tsp lemon zest
- 2 tbsp extra-virgin olive oil, divided
- 1-2 cloves garlic, crushed or chopped
- 2 lb crudités, such as cucumber spears, peeled carrots, green and yellow beans, and radishes

Heat oven to 425°. Wrap each beet in foil and roast until easily pierced with a fork, 35 to 45 minutes. Unwrap and cool. Peel and cut beets into chunks. In a food processor, puree beets, feta, lemon juice, zest, 1 tbsp oil and garlic until smooth. Season to taste with salt and pepper. Transfer to a bowl and drizzle with remaining oil. Serve with crudités.

Shaved Corn Salad

SERVES 4

- 1 small jalapeño chile
- 3 ears uncooked corn
- 1 avocado, diced
- 1 small red onion, thinly sliced
- 1 tbsp lime juice
- 2 tsp lime zest
- 2 cups basil
- 1/4 cup chives
- 1/3 cup extra-virgin olive oil

On an oiled baking sheet, broil jalapeño, turning once, until lightly charred, 3 to 5 minutes. Cool, seed, chop and set aside. With a knife, shave kernels from corn. In a bowl, combine kernels, 1 tsp jalapeño, avocado, onion, juice, zest, and salt and pepper to taste; toss lightly. In a small pan, blanch basil and chives in boiling water 15 seconds; drain. In a food processor, puree herbs and olive oil. Strain into a jar. Drizzle 2 tbsp over salad and serve.

Grilled Peach and Heirloom Tomato Salad

SERVES 4

- 2 peaches, halved
- 1/4 cup extra-virgin olive oil, divided
- 2 heirloom tomatoes, sliced
- 1 small red onion, thinly sliced
- 3 sprigs tarragon, stemmed
- 2 sprigs fresh mint leaves, roughly torn
- 1/4 cup crumbled goat cheese
- 1/2 tsp Dijon mustard
- 1/2 tbsp white balsamic vinegar
- 1/2 tbsp chives, finely chopped
- 1 clove garlic, finely chopped

Brush peaches with 1 tsp olive oil. On a grill or grill pan over medium-high heat, cook peaches until soft and grill marks appear, about 3 minutes. Cool and cut into slices. On a serving platter, arrange tomato slices and half the

peach slices. Top with half the onion and tarragon leaves. Layer remaining peach slices, onion and tarragon; top with mint and goat cheese. In a bowl, whisk together mustard, vinegar, remaining oil, chives and garlic until well blended. Drizzle over salad and serve.

Dry-Rubbed Grilled Chicken

SERVES 4

- 1 tbsp sugar
- 2 tsp lemon zest
- 1 tsp sumac
- 1 tsp za'atar (a Middle Eastern spice blend found at specialty markets)
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 chicken (3-4 lb), cut into pieces (or 4 pieces bone-in, skin-on chicken breasts and thighs)
- 2 tbsp olive oil, divided

In a bowl, combine sugar, zest, sumac, za'atar, salt and pepper. Rub onto chicken pieces, cover and refrigerate at least 1 hour. Lightly oil a grill or grill pan with 1 tsp oil. Grill chicken, skin side down, over medium heat until skin is crisp and golden, turning once and drizzling with remaining oil, 30 to 35 minutes. Serve warm or cold.

Sparkling Limeade

SERVES 4

- 1 cup sugar
- 1 tsp lime zest
- 48 oz sparkling water
- 1/2 cup lime juice
- 1 lime, thinly sliced
- 4-5 lemon thyme sprigs

In a small saucepan over medium-high heat, bring sugar, lime zest and 1/2 cup tap water to a simmer. Cook until sugar is completely dissolved, stirring frequently, about 5 minutes. Cool. Pour sparkling water into large, ice-filled pitcher. Add lime

juice and simple syrup to taste. Garnish with lime slices and lemon thyme sprigs.

Mini Strawberry Galettes

SERVES 8

- 1 1/4 cups all-purpose flour, plus more for rolling dough
- 1 cup whole-wheat pastry flour
- 3/4 cup almond flour
- 1/2 tsp salt
- 10 tbsp chilled unsalted butter, cubed, plus more for greasing pan
- 1/2 cup plus 1 tbsp confectioners' sugar
- 1 large egg
- 2 large egg yolks, divided
- 1 tbsp lemon zest
- 4 cups sliced fresh strawberries
- 1 1/2 tbsp cornstarch
- 1/3 cup table sugar
- 1 tsp vanilla extract
- Cracked black pepper
- 2 tsp sanding sugar

In a bowl, combine flours and salt; set aside. In a second bowl, combine butter and confectioners' sugar until creamy. Stir in egg, 1 egg yolk and zest. Add half the flour mixture and mix slowly until combined. Add remaining flour and mix until dough forms. Turn dough out onto a floured surface and shape into 2 disks. Wrap each disk in plastic wrap and refrigerate at least 1 hour. Heat oven to 375°. Divide each disk into 4 equal pieces. On a floured surface, roll each piece into a circle about 1/2 inch thick. Transfer to a lightly buttered baking sheet. In a third bowl, combine strawberries, cornstarch, table sugar, vanilla and cracked black pepper to taste. Place filling in centers of crusts, leaving a 1-inch border at edges. Lightly fold edges over fruit. Whip remaining egg yolk until frothy. Brush crusts with yolk and sprinkle with sanding sugar. Bake until crust is golden brown, 30 to 40 minutes. Cool and serve.

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PLAY LIKE A GIRL

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stronger and healthier."

Those are all attributes that come in handy not only on the runway but also back home in Nashville, where she now lives with her husband, Kings of Leon front man Caleb Followill, and their 3-year-old daughter, Dixie Pearl. The couple met in 2007 at Coachella, where they fell in love at first tequila. Well, almost: "My friend brought me backstage, Caleb started talking to us, and I asked him for a shot," recalls Aldridge, laughing. "We did one together, and then I left to watch Rage Against the Machine." A few weeks later, she went to a second Kings concert in New York and he called her afterward. As she says now, "That was

it. We've been together for eight years, and he's the love of my life. He's my man."

Followill is also her occasional workout buddy. The two just started running together—usually a couple of miles a few days a week. "I'm not a jogger, but Caleb is," she says. "He gets in the zone, but I'm like, Where is this zone? I need to find this zone!" To persevere, she channels her friend model Karlie Kloss. "Karlie posted on Instagram that she hated jogging but was going to run a marathon. I figure if she can run, I can, too."

When she's not on the move, Aldridge loves to spend her free time at home, listening to Neil Young's *Harvest Moon*, swimming with Dixie ("she's the most important thing in my life") and playing non-varsity sports such as shuffleboard, cornhole and horseshoes with family. "All of the Followills are very competitive," Aldridge says. "I am, too. I want to win."

She also likes to cook for loved ones, including bestie and former neighbor Taylor Swift. (Swift recently named Aldridge one of the most inspiring women she knows: "She balances being one of the

busiest career women in the world with being her little girl's best friend, doting mother, favorite playmate and constant companion.") "Taylor is salt of the earth," Aldridge says. A love of cooking is one of the many things that brought them together. "I'm a humongous foodie," she says. "Ina Garten is my hero." Aldridge tries to eat healthy most of the time, but when she decides to indulge, she doesn't hesitate. "I'm a cheeseburger kind of girl," she says, adding, "and an ice cream kind of girl, and a chocolate kind of girl."

As she looks to her future beyond this summer, it resembles a Tennessee sunrise—bright and beautifully hazy. "I'm not sure what I want to do next," Aldridge says. "I know I want to be a model and businesswoman as long as possible. Maybe one day I'll create a kids' line, inspired by Dixie. Or a skin-care line, since I'm such a girlie girl." Whatever she chooses, she'll stay true to her roots. "I was, and always will be, very sporty," she says. "I think women athletes are incredibly strong and powerful, and to me that's the most beautiful thing in the world." ●

CAN YOU REALLY DETOX?

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it has to produce lots of proteins (called antibodies) and chemical agents to fight off invaders. Which is what you want them doing—just not all the time. "Once your immune response is on, it's on system-wide," Dr. Berzin explains. "That leads to a chronic state of low-level inflammation, which can cause all sorts of problems." Think acne, migraines and weight gain in the short term, with heart disease looming down the road.

Cutting out all the foods that might be

inflammatory to give your body a chance to heal is Dr. Berzin's main rationale for the 21 days, because that's how long she believes it takes for the antibodies and chemical agents to retreat after a major immune response. Then she encourages her patients to gradually reintroduce potential triggers. (While high doses of sugar and alcohol are widely accepted as inflammatory, some experts assert that only very few of us have a problem with gluten and soy.) Some people discover they really do have trouble tolerating one or two foods. Others realize they feel fine eating them as long as they don't overindulge, which frankly doesn't sound so different from my original moderation philosophy.

Since I'm lousy at extremes, week two is when I fall off the wagon. It's my birthday, and I can't refuse my mother's homemade chocolate cheesecake and a single vodka seltzer. The next day I wake

up with a new breakout on my nose and later get a migraine. It's very tempting to connect the dots. But I've also been juggling work deadlines, I'm coming off jet lag and I have my period—all classic acne or migraine triggers. This may be the hardest part of evaluating the science behind any detox plan: How what we eat makes us feel is, to a large extent, subjective, because we can never control every variable. Life is not a science lab.

CLEAR AND PRESENT

Nevertheless, the chance to assess how you feel making more thoughtful food choices is the one potential detox benefit that almost every expert I spoke with acknowledged, albeit begrudgingly. "A cleanse does require focus," notes Dr. Katz. "It's a chance to go from eating and living mindlessly to mindfully. There

can be some potential benefit in 'rebooting' that way." Ali adds that the social support and accountability that some group diets encourage can be beneficial, especially if they coincide with you eating more fruit and vegetables and losing a few pounds.

Indeed, weight loss is fairly low on my list of priorities when I begin the program, but it's sort of impossible not to think about it when I'm regularly refusing bread, cheese and wine (and counting the days until their return). I ask Dr. Berzin whether she worries about how a "detox-to-retox" lifestyle can border on disordered eating. "I think the people who get obsessed with detoxing are a small minority," she says. "But I don't advocate for more extreme programs because I don't know if they're safe in the long run."

So can you really detox with food? We don't yet know for sure. But we all might be better off if we forgot the quasi-religious overtones of "100 percent clean." There's more to gain if we treat such programs not as science experiments but as chances to better understand our relationship with food. "Call it a change of pace, not a detox," Ali urges. "Any change can help you be more mindful and notice patterns you might not have been aware of before. If you notice you feel better and the changes you've made are sustainable, it might make sense to continue certain aspects of the program." Dr. Merrell, meanwhile, makes the point that not letting in so many toxins to begin with—via nonorganic produce, plastics and household chemicals—is as important as trying to wring them out.

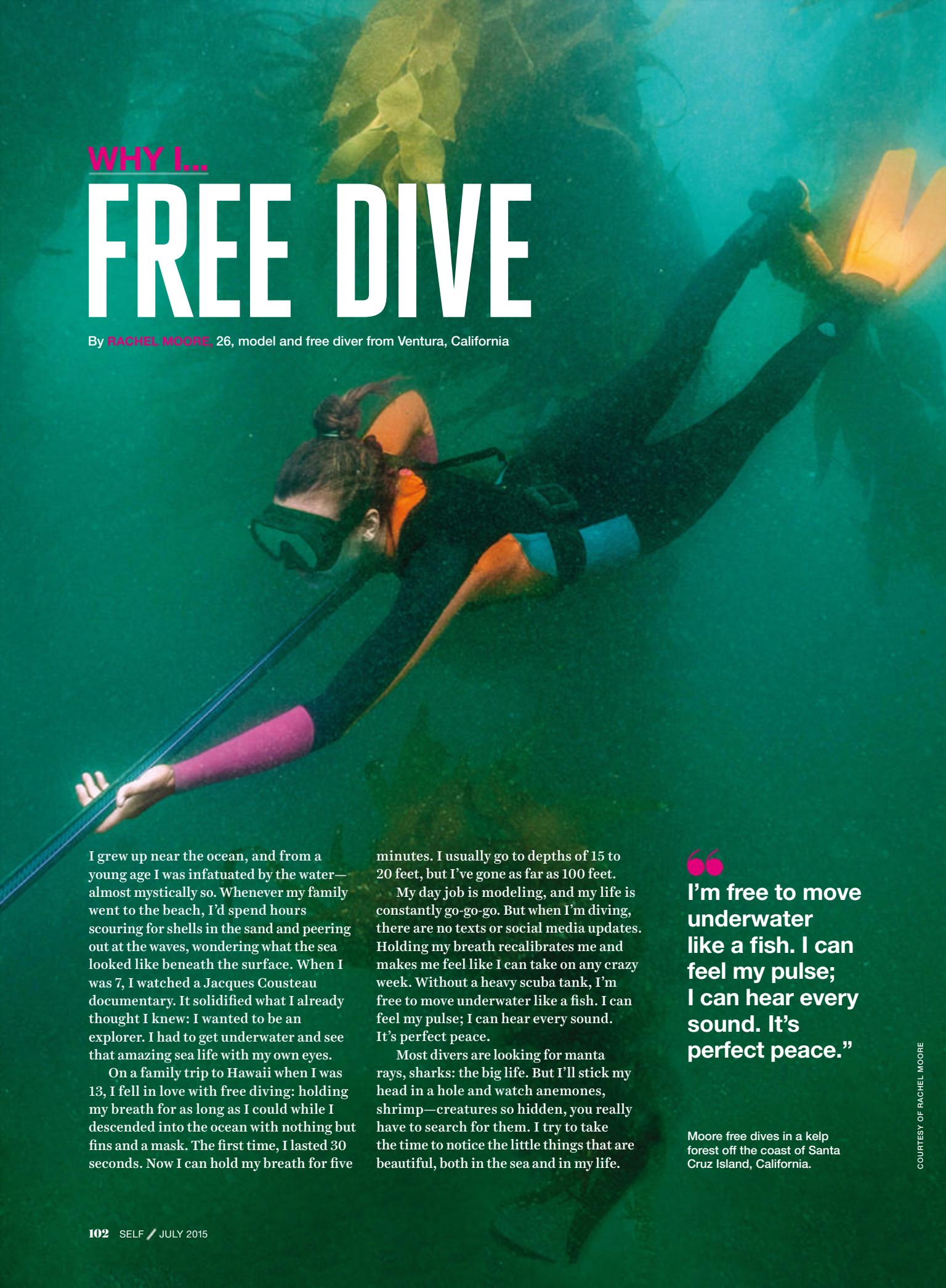
It's day 21, and I'm ready to get back to making my own food decisions. But I also feel...not transformed, exactly, but good. I'm enjoying each meal and staying satisfied for longer in between, which means less mindless snacking. I've lost 4 pounds and my blood work shows my liver function is back to normal. A marker of my sugar metabolism, which Dr. Berzin had deemed "prediabetic," is now in the safe range. On top of which, I am eating more fruit and vegetables—which we can all agree is a good thing. Am I any less "toxic" than I was three weeks ago? I'm still not sure I was all that dirty to begin with. But I now know that eating "clean" isn't all that hard—as long as you allow for the occasional piece of cake. ●

Cover Tank dress, Laain, \$300; Net-A-Porter.com. Skirt, \$750; TamaraMellon.com. Necklace, H.Stern, \$2,600; 212-655-3910. Arm sleeve, McDavid, \$20; McDavidUSA.com. Cleats, \$50; Nike.com. **Page 4** Silver tank, \$175; MonrealLondon.com. Skirt, Dion Lee, \$878; Bergdorf Goodman, 212-753-7300. **Page 16** Mesh sports bra, \$120, and orange sports bra, \$98, VPL; IntermixOnline.com. Capri pants, \$240; Lucas Hugh.com. Sneakers, Adidas by Stella McCartney, \$160; Adidas.com. **Page 34** Dress; Victoria Beckham.com for similar styles. Earring, \$123; VenusByMariaTash.com. **Page 43** Sports bra, Calvin Klein Underwear, \$39; Macys.com. Leggings, \$145; AsteriaActive.com. **Page 50** Sports bra, \$42, leggings, \$60, and shoes, \$115; TheNorthFace.com. **Pages 66-67** Dress, Issa, \$3,650; IssaLondon.com. Bodysuit, \$42; AmericanApparel.net. Arm sleeve, McDavid, \$20; McDavidUSA.com. Cleats, \$50; Nike.com. On him: Shirt, \$85, tights, \$50, socks, \$18 for three pairs, and sneakers, \$100; Nike.com. **Page 68** Bodysuit, H&M, \$30; HM.com. Skirt, Barbara Casasola, \$2,500; Net-A-Porter.com. Thin bangle, \$78, and thick bangles, \$68 for two; GemmaRedux.com. **Page 70** Dress, Julian Macdonald, price upon request; Bergdorf Goodman, 800-558-1855. Tank, \$250; MonrealLondon.com. Cleats, \$220; Puma.com. **Page 71** Striped dress, \$495; Baja-East.com. Fringe tank, Timo Weiland, \$298; Intermix, 646-480-5762. On him: Jersey, \$55, and shorts, \$55; Nike.com. **Page 72** Bikini top, \$31, and bottom; Victorias Secret.com. Skirt, Herve Leger by Max Azria, \$1,090; BCBG.com. Hat, \$35; VeloceHats.com. Volleyball, \$60; Wilson.com. On him: Sunglasses, \$220; Oakley.com. **Page 73** Shirt, \$80; Falke.com. Skirt, Ronny Kobo, \$356; Bloomingdales.com. Necklace, H.Stern, \$2,600; 212-655-3910. Cleats, \$35; Nike.com. **Page 74** Dress, The Row, \$950; 310-853-1900. Necklace, Kenneth Jay Lane, \$25; 877-953-5264. **Page 75** Dress, Rebecca Taylor, \$325; 212-243-2600. Choker, \$150; 31PhillipLim.com. Necklace, \$275; Bande DesQuatres.com. **Page 76** Dress, Stella McCartney, \$930; 212-255-1556. Bikini, \$370; TomasMaier.com. Necklaces, George Frost, \$240 each; Lulu Frost.com. **Page 77** Dress, Proenza Schouler, \$2,250; 212-585-3200. Necklace, \$295; ToryBurch.com. **Page 78** Dress, Calvin Klein Collection, \$2,995; 212-292-9000. Necklace, George Frost, \$240; LuluFrost.com. **Page 79** Dress, \$2,279; Osklen.com. Necklace, Lizzie Fortunato, \$290; NeimanMarcus.com. **Page 81** Black top, \$74; OlympiaActivewear.com. White top, \$125, and pants, \$139; AsteriaActive.com. Hand wraps, \$8, and shoes, \$90, Adidas Combat Sports; ACSGear.com. **Page 82** Vest, \$50; VictoriasSecret.com. Top, \$130; BethRichards.com. Sports bra, \$135; RichardNicoll.com for stores. **Page 84** Tank, T by Alexander Wang, \$160; AlexanderWang.com. Sports bra, \$60; 2XU.com. Pants, \$110; TullyLou.com.au. **Page 85** Top: Gray sports bra, \$85; HeroineSport.com. Black sports bra, Koral Activewear, \$92; RevolveClothing.com. Pants, \$94; Olympia Activewear.com. Left: Swimsuit, \$135; Sweaty Betty.com. Sports bra, \$74; OlympiaActivewear.com. Shorts, Under Armour, \$25; UA.com. **Page 90** Tank, Altuzarra, \$795; Barneys.com. Bikini bottom, Charlie by Matthew Zink, \$280 for the set; CharlieByMZ.com. Earrings, Aurélie Bidermann, \$560; 212-335-0604. Cuff, \$495; Maiyet.com. **Page 91** Shirt, Rebecca Minkoff, \$248; 866-838-6991. Bikini top, Charlie by Matthew Zink, \$280 for the set; CharlieByMZ.com. Earrings, Sorelle, \$120; Sorelle NYC.com. **Page 92** Swimsuit, Michael Michael Kors, \$114; Michael Kors.com. Earrings, Kendall Conrad, \$190; Kendall ConradDesign.com.

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WHY I...

FREE DIVE

By **RACHEL MOORE**, 26, model and free diver from Ventura, California

I grew up near the ocean, and from a young age I was infatuated by the water—almost mystically so. Whenever my family went to the beach, I'd spend hours scouring for shells in the sand and peering out at the waves, wondering what the sea looked like beneath the surface. When I was 7, I watched a Jacques Cousteau documentary. It solidified what I already thought I knew: I wanted to be an explorer. I had to get underwater and see that amazing sea life with my own eyes.

On a family trip to Hawaii when I was 13, I fell in love with free diving: holding my breath for as long as I could while I descended into the ocean with nothing but fins and a mask. The first time, I lasted 30 seconds. Now I can hold my breath for five

minutes. I usually go to depths of 15 to 20 feet, but I've gone as far as 100 feet.

My day job is modeling, and my life is constantly go-go-go. But when I'm diving, there are no texts or social media updates. Holding my breath recalibrates me and makes me feel like I can take on any crazy week. Without a heavy scuba tank, I'm free to move underwater like a fish. I can feel my pulse; I can hear every sound. It's perfect peace.

Most divers are looking for manta rays, sharks: the big life. But I'll stick my head in a hole and watch anemones, shrimp—creatures so hidden, you really have to search for them. I try to take the time to notice the little things that are beautiful, both in the sea and in my life.

“I’m free to move underwater like a fish. I can feel my pulse; I can hear every sound. It’s perfect peace.”

Moore free dives in a kelp forest off the coast of Santa Cruz Island, California.



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