



by Leslie Goldman ✨ photography by Victoria Pearson





go
supernatural
for summer



Here comes the sun! Be prepared with our guide to all things summertime—from a naturally cool house to a chilled-out body image and everything in between.

move your body

Why slave away on the elliptical under harsh fluorescent lights when fresh air and sunshine are just 50 feet away? "There's something about exercising outdoors that makes for a more fulfilling workout," says Gillian Gibree, a world-class paddleboard athlete who teaches stand-up paddleboard (SUP) yoga in San Diego, Calif. "A more exciting workout means you're more likely to stick with it." Here, two hot new workout options, plus a water bottle tip you'll love:

'SUP, YOGA? A hybrid total-body workout, SUP turns the ocean into your yoga mat. "Paddleboards are wide and stable, so you can do many yoga poses on the board," says Gibree. "The water is an unstable surface, so it triggers smaller muscles you're not as able to work when you're on solid ground." Unlike surfing, you don't need to live near a coast to participate—rivers and lakes work, too. Visit paddleintofitness.com/ambassadors to find an instructor in your area.

TAKE BIKE SHARING FOR A SPIN Public bicycle-sharing systems are like car rental companies, but for two-wheelers: You pick up your ride up a kiosk at Point A, take it for a spin, then drop it off at Point B, scoring a workout and respecting the environment in the process. Bike-sharing systems are popping up nationwide, and major cities such as Boston, Denver and Minneapolis have implemented larger programs allowing users to choose between day-, month- and year-long memberships.

DRINK UP (IN A CLEAN BOTTLE) Admit it: You sometimes go days without cleaning your water bottle. A motley crew of bacteria, including *E. coli*, can cling to the inside of your bottle or spout, as well as viruses such as the ones responsible for stomach flu. Try a stainless steel, aluminum or glass water bottle—they're BPA-free and often feature a lining that slows microbial growth. (We love Lifestory's new straw cap glass bottle, \$25–\$27; lifestory.com.) And make sure you clean it daily with soap and water, or fill it with water and a teaspoon of baking soda and let it soak overnight.

love your body

When bikinis are de rigueur and your most-coverage wardrobe item is a tank top, it can be easy to slip into a body-bashing mentality. Try these image boosters for über confidence.

BUY A BETTER BEACH READ > A 2013 Virginia Tech study found that chick-lit novels leave readers feeling worse about their bodies, likely because characters tend to worry about their weight and have poor body esteem. Choose an uplifting memoir instead. We're loving *Gawky: Tales of an Extra Long Awkward Phase* by Margot Leitman (Seal Press, 2013).

GO NAKED > Can't walk around in the nip? Let your hair go naked and yield to your natural texture. "By honoring your hair's tendencies in the summer heat and humidity, you celebrate your natural self and allow yourself to begin to practice that gratitude and respect with other aspects of your body, too," says Rosie Molinary, a body-image expert and author of *Beautiful You: A Daily Guide to Radical Self-Acceptance* (Seal Press, 2010).

RIDE A FEEL-GOOD WAVE > Get a rush from your body's strength and ability by riding water in some way—surfing, kayaking, rowing or stand-up paddleboarding. "Riding water makes you feel emboldened while grounding you in your body's power," says Molinary. "What's more confidence-boosting than that?"

happy feet

Let your toes breathe! Keep these tips in mind to keep 'em tappin'.

BE SHOE-SPECIFIC > Don't wear the same kicks to jog, play tennis and shoot hoops, says Jacqueline Sutera, D.P.M., a podiatrist in New York City. Running sneakers are designed with forward motion in mind, but lack the ankle support needed for the lateral movement of a tennis game; cross-trainers aren't cushiony enough for running and may leave you with blisters, shin splints and knee pain.

STOP POPPING! > As you shed your Uggs in favor of sandals and hiking boots, increased friction between the shoes and skin can lead to painful blisters. Don't pop 'em—they're nature's bandage. Simply cover blisters with bandages or moleskin and wait for your skin to build up a tolerance, usually within a week.

BE A BALLER > Chicago-based orthopedic massage therapist Marilyn Kier, L.M.T., recommends a golf-ball foot massage to release tight tissue and ease the pain that can build up after a long hike or a night dancing in cute—but flimsy—sandals. Sit in a chair with your legs at a 90-degree angle and place a golf ball under one heel; maintain good posture as you roll your foot along the ball, moving toward the toes. "Take deep breaths, inhaling and exhaling to a count of five, to promote a sense of calm and oxygenate your muscles," Kier says. Repeat on the other foot.

weed your wardrobe

Heatproof your closet with these ideas from Sophie Uliano, *New York Times* best-selling author and founder of gorgeouslygreen.com.

DO BAMBOO Extreme breathability and a soft, buttery feel make bamboo "the perfect summer fabric," Uliano says. Naturally antimicrobial properties mean bamboo socks are an especially smart choice for cool workout gear.

SLEEP COMMANDO Hitting the sack in a thong or tight synthetic underwear can trap moisture, priming you for the ultimate summer bummer: a yeast infection. Ditch your drawers or slip on some loose-fitting bamboo boy shorts. (Try Eberjey's Butterfly Valley Shorts, \$51; eberjey.com.)



revamp your beauty routine

Simple tweaks to keep your skin and nails hydrated in spite of the heat.

C THE LIGHT > Despite your best sunscreen efforts, you may still get burned. Repent with vitamin C. "It calms inflammation caused by sunburn, plus it improves elasticity and helps create collagen," says healthy-living advocate Uliano. Rub a serum into your toasted shoulders (we like Mad Hippie Vitamin C Serum, \$34; madhippie.com), or make your own by dissolving a pinch of powdered vitamin C crystals in a teaspoon of water or aloe vera juice in the palm of your hands, and patting it on your burned bits. (Vitamin C [L-ascorbic acid], \$7 for 1.8 oz.; makingcosmetics.com.)

APPLY YOUR PROBIOTICS > You know probiotics are great for your gut, but applying them topically allows your skin to drink up the benefits, too. The good bacteria in kefir can be absorbed transdermally, helping to calm sun and wind irritation, and the lactic acid smoothes and calms dry skin. Try this DIY mask from Lifeway Kefir: Combine 2 tablespoons each plain kefir and whole oats with 1 tablespoon fresh lemon juice. Let the mixture stand for 1 hour, then smooth on your skin. Wait 5 to 10 minutes before rinsing.

NAIL IT > Can't stop picking at your dry cuticles and nails come summer? Rub olive oil or almond oil into your nails to give them a natural shine, says Amber Edwards, nail director of Mario Tricoci Hair Salons & Day Spas in Chicago. Once the oil seeps into your skin, your nails will no longer be shiny—but the nutritious oils will prevent them from drying and splitting.



open up
Create a cooler space with well-placed window breezes.

reduce your cooling footprint

Air conditioner usage in the United States necessitates about 100 million tons of CO₂ emissions from power plants every year. Why blast your AC when you can cool your house naturally? Here's how.

OPEN UP AND SAY, "AHHH" > Create an in-home breeze via strategically opened windows: In a single-story home, open the lower part of your double-hung windows on the side of the house where air is blowing in, and the upper half of windows on the opposite side. "It's called thermosiphoning," says George Watt, a Boulder, Colo.-based eco-friendly architect. "Cool air collects near the ground and you draw it in with the lower windows. The hot air inside naturally rises and flows out the upper windows." Thermosiphoning only works when the air inside your home is hotter than outside, so try it after work when your pad has been baking all day.

JOIN THE IVY LEAGUE > Growing vines on a trellis over your windows can reduce the temperature underneath by up to 90 percent, says Watt. The cooling effect comes from the water given off by plants. You could also plant tall bushes or trees on the east and west sides of your home to block out rays. Avoid covering southern-facing windows, though; in the winter, you'll want that warming sun.

CHOOSE COOL HUES > Color can go a long way when it comes to tricking you into feeling cooler. Wintry blues have an arctic feel, so paint your bedroom a chilly cornflower blue. (Try Sherwin-Williams' Duration Home in Danube.) Or simply switch to baby blue sheets. (We love SHEEX's sweat-wicking sheets in Glacier Blue; sheex.com.) If it's time to repaint your home's exterior, opt for a light hue: Dark colors absorb 70 to 90 percent of the sun's radiant energy. Little pink houses, anyone?



eat for the season

Buh-bye heavy comfort foods. Hello healthy, easy-to-make farmers market fare.

GET QUENCHED Ever wonder why you crave crisp salads the minute May becomes June? "Our body is constantly striving for 98.6 degrees," explains Wendy Bazilian, Dr.P.H., R.D., co-author of *The SuperFoodsRx Diet* (Rodale, 2008) and nutrition advisor at Golden Door Spa & Resort in Escondido, Calif. "When the temperature rises, we want to cool ourselves from the inside out." So we reach for cold water and iced tea, along with hydrating foods like watermelon (97 percent water) and cucumbers (95 percent water).

EAT LIKE YOU'RE ON A GREEK ISLAND A new study of more than 7,000 people published in *The New England*

Journal of Medicine confirms that eating Mediterranean-inspired dishes—summertime staples like seasonal fruits and vegetables, fish and a little wine, especially in conjunction with extra-virgin olive oil and walnuts—can lead to an approximate 30 percent reduction in heart attack and stroke. "In the summer, so many of us are renewing our commitment to healthy, fresh, whole foods anyway," Bazilian says. "If there is ever a time to practice the Mediterranean diet, it's now."

FIGHT HEAT WITH HEAT "In Asia, it's common for people to eat spicy herbs when it's hot outside," Bazilian says. "They make you sweat, which releases heat, and when air hits that sweat, it cools you down more." Try:

- ☀️ Cool sushi with wasabi
- ☀️ BBQ jerk chicken
- ☀️ Watermelon and jicama sticks dusted with chili powder



simple pleasures

Grow your own fruits and veggies for prime picking.

get gardening

Imagine walking into your own backyard for organic produce. Here's how, no matter how much space you have.

CONTAIN YOURSELF > No backyard? No problem. Ashley Cotter-Cairns, editor of online magazine *Container Gardening for You*, says you can give your balcony, windowsill or tiny patio a new lease on life by growing produce ... in pots. "Container vegetables are easy to maintain, you can bring some of them indoors in the fall and winter, and if you move, you can take them with you," he says. Smaller veggies (cherry tomatoes, herbs, lettuce) need a container around 8 inches in diameter and 10 to 12 inches deep. Medium-size vegetables (green onions, medium tomatoes, peppers) need something 18 inches in diameter and 16 inches deep. Make sure your pot has drainage holes to avoid root rot, and aim for six hours of daily direct sun. To prevent them from drying out, stick your thumb into the soil about an inch deep. Don't feel damp dirt? It's time to water.

SET YOUR YARD AFLUTTER > Bring some joy and tranquility to your backyard by planting a garden that'll attract monarchs and other lovely winged creatures. Butterfly gardens provide food for caterpillars and adult butterflies alike, and their densely packed flora offer shelter from weather and predators. David Mizejewski, spokesperson and naturalist for the National Wildlife Federation, suggests choosing flatter flowers in yellows, pinks and purples—they're easier for butterflies to spot, land on and feed from. (Think black-eyed Susan and milkweed.) Scatter a few flat stones for sunbathing, avoid insecticides and use organic soil.



take a breather

As the days steam up, ozone and other air pollutants climb to their highest levels of the year. Breathe easier with these tips.

DON'T TOP OFF YOUR GAS TANK It releases toxic fumes into the air. Stop when you hear the click.

CONDENSE YOUR ERRANDS Starting a car after it's been sitting for more than an hour creates up to five times more pollution than starting up while the engine is still warm. Combine multiple errands into one trip; you'll save about 200 miles on your vehicle annually and curb air pollution.

GO RUNNING AFTER A RAIN SHOWER

"A good rain can wash both pollution and pollen out of the sky," says Brian Urbaszewski, director of environmental health programs for the Respiratory Health Association. Also, don't exercise outdoors near major roadways; exhaust and other fine-particle pollution can trigger asthma attacks in susceptible people and have been tied to heart attacks, strokes and lung cancer. ✖

Leslie Goldman is a freelance writer in Chicago.

get frisky

Ancient Taoist sages had an explanation for why we feel sexier in the summer: "The Yang energy of the season is said to be initiating and outgoing, making us more likely to make a move on our partner," says Manhattan-based acupuncturist Jill Blakeway, L.Ac., author of *Sex Again: Recharging Your Libido* (Workman, 2013). "We're showing more skin, plus the heat relaxes us and amplifies sensations. All of those factors prime us for our best sex of the year." Here's how to boost the season's sizzle:

☀ In ancient Chinese tradition, summer is a Yang season (hot and dry); balance it with something very Yin (cold and wet): Try trailing an ice cube across your partner's body for an erotic contrast in temperatures.

☀ While balance can be sexy, extremes are sexy, too. "Create your own heat wave by turning off the AC and letting yourselves get steamy and sweaty," Blakeway suggests. "All those extra pheromones will intensify your sex life."

☀ Take your sex slo-mo. If the heat makes you feel lethargic and lazy, go with it and enjoy some slow, sensuous lovemaking. As Mae West put it, "Anything worth doing is worth doing slowly."