



SUMMER SKINCARE SAVIORS

Stock up on these warm-weather skin essentials, chosen by Mary Weisheit, spa director at Hidden Pond in Kennebunkport, Maine.

FOR REDNESS

Calamine

This age-old, zinc-oxide-based remedy for inflamed skin now comes in clay and mud masks for easy home use. Bonus: Calamine evaporates after application—no messy rinsing.

FOR DRY SCALP

Jojoba oil

Whether your hair's dried out from too much sunshine or chlorine, this nutrient-rich, ultra-lightweight oil may be the solution. Work it into your scalp before shampooing, then rinse.

FOR DULL SKIN

Manuka honey

For brighter, clearer skin, apply a thick mask of this honey subtype (prized for its antibacterial properties). Wash and thoroughly dry affected area, slather on honey and remove after 20 minutes.



Move for Your Age

How to maximize your workout—at every life stage.

In your 30s



In your 40s

Squash Stress

Work and family stress plus a slowing metabolism means exercise should be efficient *and* fun. John-Paul H. Rue, M.D., orthopedic sports medicine surgeon at Baltimore's Mercy Medical Center, suggests circuit and HIIT training to build muscle—and engage in friendly competition.

Strengthen Your Heart

Studies show heart attacks are striking those in their 40s (and late 30s and early 50s) more frequently, as blood pressure and cholesterol levels rise. The American Heart Association suggests 30 minutes of moderate physical activity five days a week to lower both.



In your 50s



In your 60s and up

Get Bendy

According to the Duke University School of Medicine, balance starts to decline in your 50s. One way to combat that is yoga, which can improve balance and flexibility, as well as build bone and muscle strength. Choose styles based on your fitness goals, from power to restorative.

Reduce Inflammation

Researchers from Osaka University in Japan found an underlying cause of common age-related diseases: chronic low-grade inflammation. Strength training with a resistance band can lower inflammation, as well as maintain muscle mass. Complement resistance-band training with low-impact cardio.