

HEALTH

THE LATEST IN FITNESS. NUTRITION, AND MORE

THIS BUD'S FOR YOU

With a long list of benefits (lowering blood pressure, maintaining healthy cholesterol), the tropical hibiscus does more than decorate Hawaiian shirts. Now it's helping to reduce wrinkles in Burt's Bees Renewal skincare line. We're loving the day lotion, which boasts natural SPF 30.



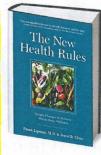
@Peak



CLEAN LIVING In-the-know city dwellers are following the lead of the Japanese (who are ahead of the trend when it comes to, well, everything) and outfitting their apartments with sleek HEPA air purifiers to filter out allergens and "PM 2.5" particles, which have been shown to cause respiratory problems and even to speed skin aging. BioGS 2.0 Air Purifier, \$370.

MUST-READ

The New Health Rules (Artisan Books), by integrative doc Frank Lipman (Donna Karan and Gwyneth Paltrow are patients), is our favorite give-it-to-me-straight guide for living well. FREE FOR YOU! Enter to win one of 10 books (\$19.95 value) at marieclaire.com/ the-new-health-rules. See Shopping Directory for details.



RABBIT AIR

COURTESY OF THE COMPANIES

BURT'S BEES, J MUCKLE/STUDIO D. HIBISCUS.

Activewear designer Lisa Marie Fernandez got her fab, fit friends like fashion consultant Yasmin Sewell and HBfit founder Hannah Bronfman (left) to model her latest collection.

LISA MARIE FERNANDEZ bra top and leggings; net-a-porter.com for similar styles.