

A LIFESTYLE & ENTERTAINMENT MAGAZINE FOR CENTRAL MASSACHUSETTS

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# PULSE

*the swimsuit issue*



# 5 SUMMER SELF-CARE SOLUTIONS

MERILEE KERN

Ever on the hunt for consumer goods that solve ubiquitous annoyances, I've come across a selection of self-care solutions that can be of particular benefit during the summer.



## ESSENTIAL EYEBROW SOLUTION

Full, natural eyebrows are in! But you need not make schedule- and budget-busting visits to a doctor or succumb to painful needles to get full, natural-looking eyebrows. With Essential Eyebrow Solution (EES), you can maximize eyebrow volume and get the full, natural look you crave. It's been scientifically formulated through years of development and clinical testing to support thinning eyebrows, and this clinically-tested formula gives users thicker, fuller-looking eyebrows with every application. No cosmetics, no painful tattoos, no transplants. It's the real you! \$90-\$135, [essentialeyebrowsolution.com](http://essentialeyebrowsolution.com).

## DR. MARDER SCALP THERAPY TOTAL RELIEF SHAMPOO & CONDITIONER

Don't let a dry, dehydrated scalp derail you this summer. Scalp Therapy Total Relief Shampoo and Conditioner products are specially-designed to provide potent, professional-grade relief to everyone. The products contain a proprietary botanical complex that includes a unique formula of natural extracts, vitamins and antioxidants, including resveratrol, citric acid, coriander fruit oil and coconut oil, which help relieve dryness and dandruff. It also soothes and heals scalp skin to prevent those infuriating scratch sessions. \$30, [drmarderskincare.com](http://drmarderskincare.com).

## PRIVATE RX COOLING PADS & PRIVATE RX SOOTHING SERUM

Developed by Dr. Ronald D. Blatt, PrivateRx Cooling Pads and Soothing Serum products are specially formulated for those who shave or wax the bikini area but experience problems such as bumps, irritation and ingrown hairs. When used in conjunction with each other, the Cooling Pads and Soothing Serum have a synergistic effect. Each Cooling Pad is a soft-beaded cotton pad that gently exfoliates dry or dead

skin cells to help free ingrown hairs. The Soothing Serum, to be used immediately after the Cooling Pads, is formulated to deliver and lock in concentrated moisture on delicate skin areas after shaving and waxing. \$15.99, [privaterx.com](http://privaterx.com).

## SLENDERIIZ

You can maximize your diet and weight management potential this summer to look and feel your best with SlenderiiZ, an all-natural, three-phase program to help you prepare for ultimate weight loss, fat burn and maintenance of your goal weight. To expedite weight loss, the scientifically advanced SlenderiiZ products assist in controlling appetite and increasing metabolism to help maximize your efforts. With multiple products, it's easy to choose the one right for you. \$30-\$165, [ariix.com](http://ariix.com).

## BIOHM

During the summer, many eat and imbibe more than normal, and foodstuffs can sometimes wreak havoc. Try BIOHM, a probiotic that's engineered to address the significant role fungi plays in digestive health. Considered the next generation performance probiotic, BIOHM combines beneficial fungi strains, beneficial bacteria strains and a powerful enzyme developed to break down digestive plaque and maintain total balance in the digestive system. This supplement is ideal for anyone who wants to maintain a healthy gut microbiome, promote optimal digestive health and support his or her immunity. \$49.99, [biohmhealth.com](http://biohmhealth.com).

*As the executive editor and producer of "The Luxe List," Merilee Kern is an internationally regarded consumer product trends expert and hospitality industry voice of authority – a travel, dining, leisure and lifestyle expert who spotlights noteworthy marketplace innovations, change-makers, and movers and shakers. For more information, visit [TheLuxeList.com](http://TheLuxeList.com), on Twitter @LuxeListEditor, on Facebook at [TheLuxeList](http://TheLuxeList) and on Instagram at [LuxeListReviews](http://LuxeListReviews).*