

A LIFESTYLE & ENTERTAINMENT MAGAZINE FOR CENTRAL MASSACHUSETTS

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# 2017's

## PEOPLE TO WATCH

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# THE LUXE LIST: 6 SOLUTIONS TO *STARTS THE NEW YEAR RIGHT*

*It's a new year, and we've got some ideas to help you reach your goals and keep you in great shape throughout 2017.*



## 1. THE LEVEL BALANCE BOARD

With the rise in use of standing desks, this award-winning balance board creates a subtle instability underfoot and increases your range of motion and heart rate while you work. It also fires up your core muscles and is really fun to use, kind of like surfing at your desk! It keeps you moving and adds motion to your day, but not so much that it distracts you. Indeed, you can multitask while onboard, and the mind-body connection actually helps increase productivity. **\$289-\$489, [FLUIDSTANCE.COM](http://FLUIDSTANCE.COM).**



## 4. MAVERICK SKINCARE

Maverick's Face Kit offers total face care in a box. The kit's just one minute a day, consisting of three bottles. First up is Protect, a morning SPF 30 barrier to keep your face protected and hydrated all day. Wash is a minty cleanser that leaves your face fresh and smooth. Finally, Rebuild supercharges your face overnight. **\$2-\$89, [GETMAVERICKS.COM](http://GETMAVERICKS.COM).**



## 2. VARICHAIR

A durable, cushioned seat and articulating pedestal, the VARIChair is designed to engage your leg, back and core muscles, giving you the freedom to move throughout your day while promoting good posture. It comes fully assembled, so simply remove it from the box and you're ready to go. This chair provides dynamic range of movement both sitting and standing. **\$195, [VARIDesk.COM](http://VARIDesk.COM).**



## 5. SALONPAS LIDOCAINE 4% PAIN RELIEVING GEL PATCH

Want effective spot-targeted pain relief? Instead of taking oral pain-relieving pills or paying for expensive prescription lidocaine patches, just apply a Salonpas Lidocaine 4% Pain Relieving Gel Patch. It delivers nearly prescription-level lidocaine for pain relief for less than prescription patches. These unscented, over-the-counter patches numb and desensitize aggravated nerves for temporary pain relief. **\$11.99, [SALONPAS.US](http://SALONPAS.US).**



## 3. PURE GOLD MASK WITH NATIVE FISH COLLAGEN

Indulge yourself with these breakthrough products from Naturel Collagen. The Pure Gold Mask with Native Fish Collagen (a set of three masks) rejuvenates the skin and is supported by the intensive, regenerating activity of hydrated fish collagen and elastin. The mask also contains moisturizing vitamin B3, rejuvenating vitamin E, soothing aloe and hyaluronic acid – the “poster child” of plump skin. **\$75, [NATURELcollagen.COM](http://NATURELcollagen.COM).**



## 6. MYRXPROFILE APP

The MyRxProfile app can manage your over-the-counter and prescription medications. It lets you check drug information and interactions simply by scanning a bar code. You can use your phone to scan the barcode on any medication, no matter where you are, and create a medication profile. **[MYRXPROFILE.COM](http://MYRXPROFILE.COM).**

*The Luxe List Executive Editor Merilee Kern scours the luxury marketplace for exemplary travel experiences, extraordinary events and notable products and services. Submissions are accepted at [TheLuxeList.com](http://TheLuxeList.com). Follow her on Twitter @LuxeListEditor and Facebook at TheLuxeList.*