

# PULSE

A LIFESTYLE & ENTERTAINMENT MAGAZINE FOR CENTRAL MASSACHUSETTS

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**WOODED**

# 5 SELF-CARE PROBLEM SOLVERS



Merilee Kern

With summer ending and as we collectively get back to the grind of normal life, it's time to look and feel our best and put our best self forward. With that in mind, I've found some noteworthy solutions sure to enhance your life this fall season and beyond.

## RCA Sound Soother

A good night's sleep is important, and with RCA's Sound Soother, you can relax while listening to your favorite of 10 pre-loaded sounds. You can also use it block out ambient noise, so it's great for hotel use and while studying. Users can choose from white noise, waves, rain, brown noise, pink noise, campfire, Canon in D, Clair De Lune, Gymnopédie No. 1 or Greensleeves. Set your sleep timer for 30, 60 or 90 minutes or keep it on constantly to keep you sleeping soundly through the night. You can also enjoy your own music from your smartphone through the aux input. **\$29.99, RCAAudioVideo.com.**

## Minetan

There's nothing better than having that perfect, sun-kissed glow. So it's great news that Aussie self-tanning powerhouse Minetan has landed in the U.S. This one-hour self-tanner contains skin-loving, PETA-approved ingredients that truly benefit skin, including moisturizing antioxidants and oils like argan oil, avocado oil, coconut oil, coconut water, shea butter and more. You can achieve a streak-free, bronzed look in just one hour, or leave it on longer for a darker result. Minetan has an inclusive color range, challenging the industry-wide standard of three-sizes-fits-all (light, medium, dark). You wash off for 45 seconds and you are good to go, with a personalized tan that is actually good for your skin. **\$34.95, MineTanBodySkin.com.**

## Liquid I.V. Hydration Multiplier

Liquid I.V.'s Hydration Multiplier is a great-tasting, non-GMO electrolyte drink mix that utilizes Cellular Transport Technology (CTT) to deliver hydration to your bloodstream faster and more efficiently than water alone. Just add the electrolyte

powder to your water and let CTT do the rest. Proper hydration allows your body to perform at the highest level, increase calorie burn, helps you stay mentally alert and energized, and even reduces signs of aging. Liquid I.V. is available in three flavors: Lemon Lime, Acai Berry and Passion Fruit. With every order received, they donate one serving of Liquid I.V. Hydration Multiplier electrolyte drink mix to someone in need around the world. **\$24.99, Liquid-IV.com.**

## OMM Collection

The OMM Collection was inspired by the provincial south of France approach to "naturalism" and the company's natural "farm to beauty" concept. Indeed, OMM unique hair formulas are blended with revolutionary green apple stem cell and clover flower seed extract to stimulate natural growth, strengthen hair follicles and deliver nourishment and thickening. In addition, the Hand and Body Milk Crème is a rich, non-greasy, hydrating body cream enriched with shea and cocoa butter. The company also offers OMM signature fragrance essential oils of white tea jasmine and dark chocolate, which were custom developed by a globally recognized international fragrance house. **Prices vary, OMMCollection.com.**

## Luster Pro Light Dental Whitening System

Want whiter, brighter teeth without a trip to the dentist, without messy strips and trays and without sensitivity? No prob! Luster Premium White offers just that with its Pro Light Dental Whitening System. Luster Pro Light Dental Whitening System is unique among teeth-whitening brands in that it uses a patented Dual Power Xenon Whitening Light and Stain-Lifting Serum to whiten teeth up to six shades in 30 minutes. It gently whitens without sulfates (SLS) and is enamel-safe. **\$43.99, LusterPremiumWhite.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. She identifies and reports on exemplary travel destinations and experiences, extraordinary events and newsworthy products and services across all categories. Reach her at TheLuxeList.com, on Twitter @LuxeListEditor, on Facebook at TheLuxeList and on Instagram at LuxeListReviews.*