

THE THINGS YOU NEED TO ASK YOUR DOCTOR AT EVERY AGE!

SCOTTSDALE Health

09/14

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**8 CRAZY
FITNESS
FACTS**

**THE
NEXT
GOLF
GREAT** →

Meghan Hardin

ON GOLF,
BEING A
REALITY TV
CONTESTANT,
MODELING,
AND ONE OF
HER BIGGEST
PET PEEVES

FOR MEN AND WOMEN

**MINDFUL
EATING**

LEARN WHAT YOUR
BODY NEEDS

**FRIEND
OR FOE?**

UNDERSTANDING
FITNESS PODS

WORRY LESS!

LEARN TO PUT YOUR
ANXIETIES INTO PERSPECTIVE

**POWERED
BY PEDALS**

THE LATEST IN BICYCLES



Photo courtesy of StylePro31.com

BEAUTY-LICIOUS PROBLEM SOLVERS

Looking, feeling and radiating your beautiful best is not always easy. From dull, dry skin to ill-fitting or disorganized style elements, the list of annoyances can seem never-ending. The good news is that there are plenty of shrewd solutions available that can ease and enhance your personal care regime. Check out this problem resolution round-up that's rife with great ideas!

SMART TRAY

Need more room? The ingenious Style Pro 31 Smart Tray, invented by NFL pro Bernard Pollard, is a convenient, portable, lightweight, and affordable foldout tray that fits over most pedestal and traditional sinks to provide additional surface area and counter space (up to 288 square inches). It expands usable space by allowing objects to be placed directly on it—even with the water running. The device also promotes safety by keeping electric appliances like blow dryers, curling and flat irons and shavers—and their cords—out of the sink and away from water hazards. Similar to a food tray, the Smart Tray even allows users to carry their items all together to and from the bathroom, making it easier to store and pack your essentials and make room for others to use the sink. When not in use the Smart Tray's collapsible design and drawstring bag allows it to be easily stored and transported. It's also heat-resistant and dishwasher safe. \$39.99 at www.stylepro31.com.

NIGHTCARE REJUVENATING HAND CREAM AND EXFOLIATING FOOT SCRUB

If your feet and hands are in need of improvements, these skincare products will fix your ills while making you feel pampered. To soften rough, dry hands, NightCare's Rejuvenating Hand Cream moisturizes with a paraben-free formula that combines shea butter and jojoba oils with vitamins A, D and E to create a silky, non-greasy cream. To soothe and soften those little pig-gies and hardened heels, NightCare's Exfoliating Foot Scrub contains natural pumice suspended in a refreshing aqua cool gel. The scrub gets rid of calluses and rough flaky skin and leaves feet feeling soft and smooth. The scrub's refreshing scent completes this invigorating skin treatment. 6.5 oz./\$13 at www.nightcareproducts.com.



Photos courtesy of NightCare

BLO & GO

Are you tired of the sore neck, shoulders, arms and hands you often get while blowing your hair out at home? Suffer no more, as you can get a salon blow-out look at home without the pain with BLO & GO. This revolutionary styling tool frees up your hands from holding the dryer, allowing two free hands to style your hair. With the flick of a lever, simply grip BLO & GO to your mirror or almost any flat surface. It holds blow dryers of most sizes, is lightweight, flexible, portable, and easy to use! More than just a blow dryer holder, the BLO & GO is a styling tool that's the next best thing to a salon visit, and cuts your blow out and styling time in half. No wonder it's said to be a favorite among Hollywood stars like Eva LaRue, Sarah Michelle Geller, Liza Gibbons and Melanie Griffith. \$39.95 at www.bloandgo.com.

BLINGGUARD

What's the point of wearing gorgeous jewelry if it's just going to slip and slide out of place? BlingGuard has a great solution with its BlingDots and BlingWraps. BlingDots Earring Supports and Stabilizers are easy to apply with discreet and disposable backs that relieve the weight and pressure of your earrings, lifting them up on the ear lobe and positioning them perfectly. BlingDots also work with clip-on earrings and your favorite pins, brooches and badges. BlingWraps Invisible Ring Guards keeps your stunning stones on top of your finger and stops them from turning, twisting or slipping off your hand with easy-to-use, disposable ring size adjusters. The hypoallergenic, latex-free band adds one-plus ring sizes to your finger and forms an invisible "padlock" to hold your rings in place. \$14.99 at www.blingguard.com.



Photos courtesy of BlingGuard

"The Luxe List" Executive Editor Merilee Kern scours the luxury marketplace for exemplary travel experiences, extraordinary events, and notable products and services. www.luxelistreviews.com. Follow her on Twitter at <http://twitter.com/LuxeListEditor> and Facebook at www.facebook.com/TheLuxeList.

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