

WOMEN WITH PURPOSE

MARCH 2019

# marie claire

ALL NEW  
**SPRING  
FASHION**  
YOU'LL WANT  
TO WEAR NOW

WHY  
**GOSSIP**  
IS GOOD  
FOR YOU

PERFUME AS  
**THERAPY**

“I WAS THE  
**DOCTOR**  
AND THE  
**ADDICT.”**

**LUPITA  
NYONG'O**  
THE STYLE ICON TURNS  
SCREAM QUEEN

H

# BEAUTY



## DIM THE BLUE LIGHTS

Blue light may seem like a necessary evil in the digital age, but it unsettles our circadian rhythms and causes digital eye strain (dryness, blurry vision, and headaches). We're not doing away with our screens any time soon, so we adapt. Standard in the gaming community for years, computer eyewear has hit the mainstream. These stylish frames dramatically decrease blue-light exposure and block 100 percent of UV waves—kind of like SPF for your eyes. For added comfort, the lenses slightly magnify your vision so your eyes work less to focus.

GUNNAR Attaché computer eyewear, \$80.



## Collagen Boost

Collagen is tricky: We all want more of it to keep our skin youthful, but creating supplements proven to boost levels remains a struggle. (Ingested proteins don't migrate to your complexion intact.) Body Kitchen's powder works by gaslighting the brain: It has a complex with two peptides, found only in human collagen, that are absorbed into the bloodstream. The company has found that the body registers this as a signal that its collagen is breaking down, and an "emergency" response kicks in, triggering skin to produce more collagen. Complicated, yes, but it makes sense.

BODY KITCHEN Peptide Fortified Collagen, \$40.



## SMART HOUSE

If you're looking to detox this spring break rather than indulge, head to the California hills. At Casa Madrona (casamadrone.com) in Sausalito, healthy getaways go high-tech. The property leans into futuristic fitness with nine state-of-the-art wellness rooms (from \$409). At check-in, you receive a meditation headband that provides instant feedback on breathing, heart rate, and mental activity, and an in-ear AI trainer coaches you through workouts with the help of a heart-rate monitor and step counter. The work doesn't quit after dark: Smart beds record sleep data to help you get your cycle back on track.

# WELLNESS NEWS

THE LATEST NEWS IN MENTAL, PHYSICAL, AND EMOTIONAL HEALTH

By Taylore Glynn

## Having a Moment PERSONAL DIFFUSERS

In lieu of an energy drink or a stiff cocktail, try these vaporizers, which deliver mood-boosting benefits minus the addiction. Breathe doles out a puff of vitamin B12 for quick vitality, a less-invasive option than the injections popular among celebs. Beboe's pastel-hued pen contains 120 four-milligram-equivalent doses of CBD oil to help quell anxiety and relieve aches. And Monq's aromatherapy diffusers use essential-oil blends to chill you out or perk you up.



1. MONQ Zen Pers Essential Diffuser, \$75.  
2. BREA Vitamin I Diffuser, for three, \$75.  
3. BEBOE MISS GI Calming CBD Vap Pen, \$75.



FLASH GURU

## Claire Grieve

THE LOS ANGELES-BASED YOGA INSTRUCTOR, HEALTH COACH, AND STRETHERAPIST TALKS SUPERFOODS AND STAYING LOOSE

**DAILY ASANA:** "The older I get, the more I crave restorative poses. At night I take a pigeon pose, which opens up my hips and releases stress and tension from the day."

**SECRET INGREDIENT:** "I brought back some inca maca, an herb, from Peru. It's amazing for upping your energy levels and balancing hormones. I add it to my green smoothies to keep moving without the crash."

**GO-TO DINNER:** "My Buddha bowls are filling and healthy. I throw everything in there. Try making one with sweet potato, squash, zucchini noodles, avocado, and whatever leafy greens you got around...so yummy."

**FIT TIP:** "Stretching is one of the most important things that we can do for our bodies, and it should be an essential part of daily self-care, even if it's for only five minutes. I stretch in the funniest places. I'll do some twists while standing in line at the farmer's market. Just move where you can!"

