

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 youth-

supplements proven

(Ingested proteins

don't migrate to your

gaslighting the brain:

found only in human

complexion intact.)

ful, but creating

to boost levels remains a struggle.

Body Kitchen's

powder works by

It has a complex

with two peptides,

collagen, that are

absorbed into the

bloodstream. The

company has found

that the body regis-

ters this as a signal

that its collagen

response kicks

produce more

makes sense.

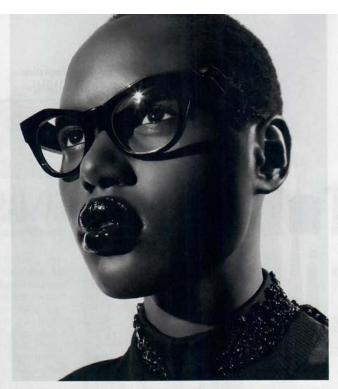
is breaking down,

and an "emergency"

in, triggering skin to

collagen. Compli-

cated, yes, but it



WELLNESS NEWS

THE LATEST NEWS IN MENTAL,
PHYSICAL, AND EMOTIONAL HEALTH
By Taylore Glynn



SMART HOUSE

If you're looking to detox this spring break rather than indulge, head to the California hills. At Casa Madrona (casamadrona.com) in Sausalito, healthy getaways go high-tech. The property leans into futuristic fitness with nine state-of-theart 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 heartrate 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.

Having a Moment PFRSONAL 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 lessinvasive option than the injections popular among celebs. Beboe's pastel-hued pen contains 120 four-milligramequivalent doses of CBD oil to help quell anxiety and relieve aches. And Monq's aromatherapy diffusers use essentialoil blends to chill you out or perk you up.



FLASH GURU

Claire Grieve

THE LOS ANGELES-BASED YOGA INSTRUCTOR, HEALT COACH, AND STRET THERAPIST TALKS SUPERFOODS AND STAYING LOOSE

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

SECRET INGREDIENT: brought back some incremaca, an herb, from Pert. It's amazing for upping yenergy levels and balanchormones. I add it to my green smoothies to keep moving without the crasi

GO-TO DINNER: "My Bu bowls are filling and hear I throw everything in ther Try making one with swe potato, squash, zucchini noodles, avocado, and whatever leafy greens yo got around ... so yummy."

FIT TIP: "Stretching is or the most important thing that we can do for our bc and it should be an esset part of daily self-care, ev it's for only five minutes. stretch in the funniest pl I'll do some twists while standing in line at the fomarket. Just move where you can!"



1. MONG Zen Perse Essential Diffuser, 2. BREA' Vitamin I Diffuser, for three. 3. BEBO MISS GI Calming CBD Vap Pen, \$75.

BODY KITCHEN Peptide Fortified Collagen, \$40.

MARIECLAIRE.COM March 2019