

LIFESTYLE

: ESSENTIALS

Walk it Out

Summertime in AZ has a way of killing our motivation to do anything other than stay inside where it's cool. It's too hot to do anything outdoors other than swim and the idea of going to the gym can be very unappealing. Which is why we are loving **FitFlops**. With every step these babies tone leg and booty muscles, alleviate chronic back pain, speed rehabilitation of injured joints, and much more. All you have to do? Walk! Scientifically designed to increase muscle load and activity while you walk in them, you will find yourself wearing them at all times! And in a place where Flip Flops are virtually a year round necessity, who wouldn't want to, "flip to be fit?" www.thefitflop.com
\$45



Sweet Summer Scents

Known for their 3-in-1 shampoo, shower gel, and bubble bath combos is our beloved, **Philosophy**. Every product they make is heaven in a bottle/jar/tube and this summer they have some fun-tastic creations! Their Pink Lemonade Salt Scrub will bring you back to the youthful days of selling beverages on the side of the road, all while nourishing and exfoliating your skin to silky smooth perfection. Speaking of Lemonade Stands — buy the set! It includes; the pink lemonade 3-in-1, pink lemonade body butter and pink lemonade lip shine. For a more luscious lip, get Gratitude. This naturally plumping, pomegranate flavored lip gelato is lightweight and non-sticky, leaving your kisser ready for some sugar! The Melon Daquiri, Mimosa, and Raspberry Sorbet 3-in-1's will have you spending some quality time with your loofah, and the Red Delicious Apple body butter will have you craving mom's homemade apple pie! You really can't go wrong — it's all deliciously deadly!
www.philosophy.com
\$10-\$35



Precious Booty

We all know that if the temperature outside is 100 degrees, then the temperature inside your car is about 10-15 degrees higher. And if you've got little ones in car seats, you don't want to be dropping them into a mini convection oven. Which is why Ahwatukee resident Shari Griffin came up with the idea of a **Cold Seat**. Using freezable ice packs tucked into an attractive cover, the Cold Seat provides a durable, reliable, and affordable way to protect your child from burns or other heat-related injuries. This time of year, a cool child is a happy child. So be cool and get Cold! www.coldseat.com
\$50



I'll Drink to That!

There's nothing more refreshing than a cool cocktail on a hot summer day. And sometimes one turns into...five, and well before you know it, we are stressing about making it to work the next day. Well stress no more! **Remedy Works** is hangover prevention that actually works! I actually tested this one out myself after hearing about it on E!'s *Chelsea Lately* and I have to tell you, I was pretty shocked! Not even a lingering headache which is simply amazing for me. A safe mixture of Acetylcysteine, Vitamin C, Vitamin B1, Vitamin B3, and Vitamin B6 makes up this hangover killing combination that will have you waking up feeling refreshed, and ready for Happy Hour! Cheers!
www.remedyworks.com
\$10