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+
TURNING
SOUND WAVES
INTO **TREATMENT**
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**YOU CAN
RUN A 5K**
(YES, YOU!)
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PREP THE **PERFECT**
**CHEESE
BOARD**
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GRIT & GRACE
TIM MCGRAW

LEANS INTO LIFE PG 33

Now Presenting...

WITH WINTER ON ITS WAY, WE COULD ALL USE A LITTLE HELP TO KEEP SKIN LOOKING GREAT. CHECK OFF EVERYONE ON YOUR LIST WITH THESE SKIN CARE GIFT SETS RECOMMENDED BY SNELLVILLE, GEORGIA, DERMATOLOGIST ALIA S. BROWN, MD.

BY Kara Mayer Robinson
 REVIEWED BY Karyn Grossman, MD
 WebMD Medical Reviewer



DEEP DRENCH
 Neutrogena Hydro Boost Gentle Cleansing Lotion and Hydro Boost Body Gel Cream, \$19
 "A major boost of hyaluronic acid replenishes water and moisture to help make skin soft and supple from head to toe. They're mild and hypoallergenic, so they work for all skin types to suit anyone on your list."

THE EYES HAVE IT
 Colorescience 3-1 Eye Kit, \$165
 "This three-piece kit comes with daytime renewal cream, de-puffing hydrogel pads, and nighttime concentrate with a cooling rollerball to reduce swelling and under-eye bags while improving fine wrinkles."



Beauty



WINTER WONDER
 Colorescience Sunforgettable Total Protection Duo Kit SPF 50, \$89
 "This sheer zinc mineral powder is in a class of its own. It's light enough to wear over makeup or on your scalp, while the bronzer adds a hint of color."

CLEAR COVER
 EltaMD UV Clear Broad-Spectrum SPF 46 and Lip Balm, \$46
 "This facial sunscreen is hypoallergenic, tear-free, and made with 9% zinc oxide for extra sun protection. Pair it with UV lip balm to protect and soothe lips year-round."



LIGHT TOUCH
 Foaming Facial Cleanser and CeraVe Ultra-Light Moisturizing Lotion, \$26
 "The foaming cleanser gives a gentle but deep clean and helps remove impurities, while the lotion packs a punch with SPF 30 without being too heavy or greasy."

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