

June 23, 2009

Insider tips for...

## Staying healthy & feeling great this summer season



Healthy living is a passion of mine, so I loved discovering [Vital Juice](#), a fabulous daily email run by two fellow passionistas who together created a business around sharing savvy tips on everything from fitness & nutrition to beauty & wellness.

I asked [Lisa Blau](#), Vital Juice's co-founder & editor-in-chief (and one of my [Insiders](#)), to give me her top tips for eating, looking and feeling great this summer season.

- **Sun Protection** | Living in the city means strong sun defense is key. I triple up with [Vive Sana Solar to Polar Ultra](#) for my face, [Badger SPF 30 Face & Body](#) & [Aveeno's spray](#) for the rest of my body. When I want extra protection, [Cover](#) is a cool new clothing line with stylish protection.
- **Insect Bites** | To prevent the annoyance of pesky insects, the Deet-free, herbal formula [Bite Blocker Organic Insect Repellent](#), is my answer. If I'm too late, I rely on the wacky tip of rubbing the inside of a banana peel on the bite, it calms and speeds healing—really!
- **Nail Care** | For my nails, I try to do them myself, [following these tips](#). But, living in summer sandals makes me a sucker for a pedicure, so I go to salons I know well & take my own tools + polish (Nars, Lippman, Chanel, Zoya & Butter are all great formaldehyde, DBP & toluene free options).
- **Summer-cize** | Nothing beats running on the beach—it's an intense cardio workout while being beautiful & zen at the same time. But as a working mom, I stick to a daily [Physique 57 class](#) (core workout with a cult following in NYC) and a kick-boxing workout at least once a week.
- **Seasonal Pantry** | Fresh local fruits & veggies are always on our summer table in the Hamptons. I love salads with contrasting components, like arugula, fruits & olives and pine nuts or almonds for crunch—a delicious, healthy whole meal perfect for lunch by the pool.

 For more of my tips on summer healthy living, see my files on great [sun protection](#) products and top [personal trainers](#) around the world.

A Votre Santé,

### Did you know?

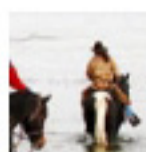


Suzanne was recently featured as a [Vital Spy](#). Check out her hot tips on [guilt-free summer](#) travel on Vital Juice...

### In case you missed it...



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June 16  
[On my list—The Ultimate Canadian Wilderness Safari](#)

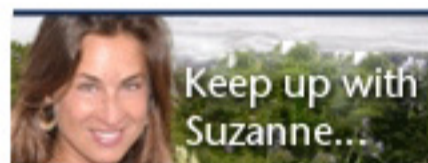
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