

SECRETS TO SUPER-HEALTHY HAIR & SOFT SUMMER SKIN

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Women's Health

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Nutrition Report
The Truth About
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463
GREAT NEW
HEALTH,
FITNESS,
NUTRITION &
SEX TIPS

MAY 2006

DISPLAY UNTIL MAY 23, 2006

\$3.99US \$4.99CAN



WOMENSHEALTHMAG.COM

◀ | Stow a **Henri Lloyd Axis jacket**, made of a breathable, waterproof polyester fabric, for those inevitable foul days. You'll be thankful for its foldaway hood during surprise storms (\$99, hennilloydonline.com).



▲ | The **Watership Trading Vineyard Supplex hat**, made of SPF 30 Supplex nylon, comes with a 3-inch-wide brim that'll protect you from the sun even during strong winds, thanks to its stay-put drawstring (\$40, westmarine.com).



▲ | A personal flotation device is a must for any sailor—particularly beginners, who often end up in the drink. The **Guy Cotten Oceanic Flotation Vest's** super-comfortable closed foam liner fits under a jacket in cool weather or over a bikini in summer (\$99, guycottenusa.com).



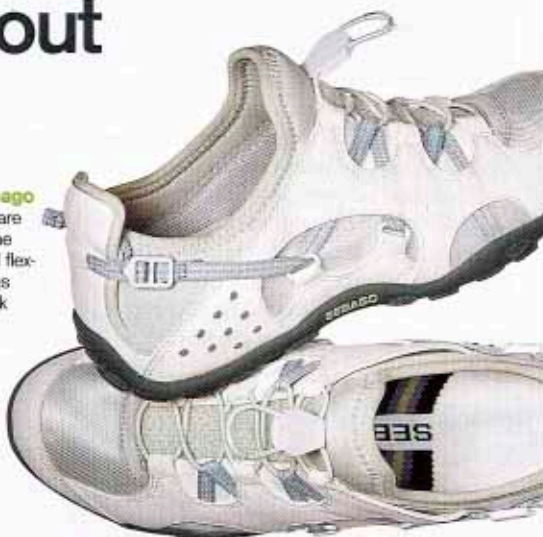
◀ | Get **Costa del Mar MP2 sunglasses** that wrap around the eyes. Their smaller design makes a good fit for women, and the polarized lenses help reduce water-reflected glare (\$149, westmarine.com).



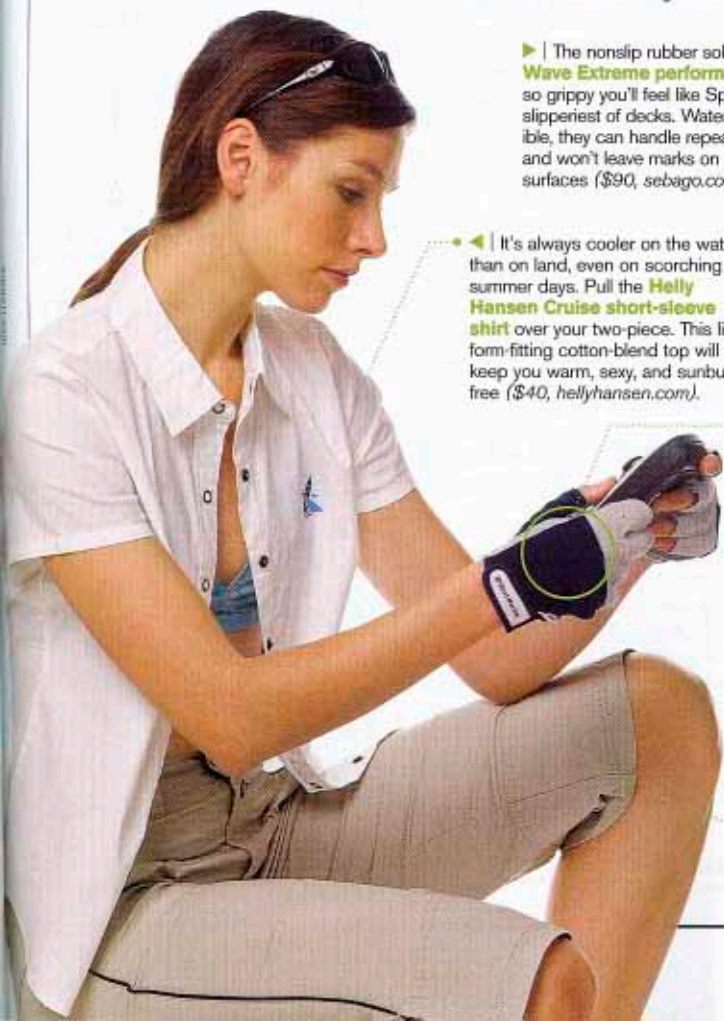
all decked out

» Watertight essentials that will float your boat

▶ | The nonslip rubber soles of the **Sebago Wave Extreme performance shoes** are so grippy you'll feel like Spiderman on the slipperiest of decks. Water-resistant and flexible, they can handle repeated splashings and won't leave marks on the boat's slick surfaces (\$90, sebago.com).



◀ | It's always cooler on the water than on land, even on scorching summer days. Pull the **Helly Hansen Cruise short-sleeve shirt** over your two-piece. This light, form-fitting cotton-blend top will keep you warm, sexy, and sunburn-free (\$40, hellyhansen.com).



◀ | For a firm, blister-free grip on heavy ropes, grab a pair of these **half-finger West Marine Sailing Gloves** (way cooler than the full-finger kind). They have synthetic leather palms and quick-drying nylon spandex backs for ventilation and a snug fit (\$20, westmarine.com).



◀ | When you set off to explore a lake or coastline, the handheld **Garmin GPS 76 computer** will always get you home again. With a built-in basemap of nautical navigation aids, such as buoys and sound signals, this waterproof, portable unit is built specifically for marine use. And it floats! (\$300, boatersworld.com)

◀ | Maneuver freely in the capri-style **Navigate Pant by Helly Hansen**—a company founded in 1877 by a Norwegian fisherman who got sick of being wet. This stretchy cotton/spandex blend with a water-repellent finish will keep you dry (\$55, hellyhansen.com).