

Women's Health



**HOT
NOW**

6 Moves For
Your Best
ABS Ever

⚡
**OLIVIA MUNN'S
BADASS
MOOD-BOOSTING
WORKOUT
#WHHAPPY**

**THE TRAVEL
SKINCARE PLAN**
Glowy Skin Every
Day of Vacay

**THE
Great
Escape**

**THESE 21
TRIPS WILL
CHANGE
YOUR LIFE**

BBQ
**But Make
It Healthy**
YOUR GRILLING
GUIDE P.78

✓
**STAND
CORRECTED**
Say Bye-Bye
to Back Pain



BEST Makeup Remover

"Not even my waterproof mascara can stand up to this effective yet gentle cleansing balm—it's powered by a blend of five nourishing oils. Plus, the bonus exfoliating powder leaves my face supersmooth."

—Maddie Aberman, beauty editor

Drunk Elephant
Slaii Makeup-Melting Butter Cleanser with Bamboo Booster, \$34, sephora.com

BEST Mineral Sunscreen for Face

"This SPF contains ceramides and niacinamide, two skin-strengthening ingredients I look for in a daily moisturizer. I slather this lightweight lotion over my serum and I'm good to go."

—MA

CeraVe
Hydrating Sunscreen SPF 50 Face, \$16, at drugstores



BEST Face Mist

"Frequent fliers, meet my favorite spritz. It's made of organic lavender hydrosol—a.k.a. flower water—to hydrate skin while calming nerves with aromatherapy."

—Marta Topran, beauty director

Rancho La Puerta
Lavender Hydrating Mist, \$20, [rancho lapuerta.com](http://rancholapuerta.com)



What We're Sweating

#TEAMBEAUTY ON THE TOP-PERFORMING PRODUCTS FOR WORK, YOUR WORKOUT—AND EVERYTHING IN BETWEEN



BEST Moisturizer for Acne-Prone Skin

"Summertime equals grease and breakout season for me. That's why I reach for this lightweight hydrator—yes, even oily skin needs hydration—with 1 percent salicylic acid and bamboo charcoal to keep my shine and zits in check."

—MT

Origins
Clear Improvement Pore Clearing Moisturizer with Bamboo Charcoal, \$34, origins.com

BEST Depuffing Eye Cream

"An undereye sans bags? Sign me up. Creasing concealer all day? No, thank you. This hyaluronic acid- and caffeine-infused eye cream leaves my skin brighter, but with zero makeup-messing residue."

—MA

Sephora Collection
Brightening Eye Cream, \$16, sephora.com



To see the rest of this year's Healthy Skin Awards winners, head to WomensHealthMag.com/2019HealthySkinAwards.