

self AU COURANT WITH DRIA

Tune Up

HERE'S WHAT YOU'LL FIND IN MY WELLNESS ARSENAL OF SUMMER MUST-HAVES.

BY DRIA MURPHY



PROLON Prolon fasting is tough but completely cleanses and detoxifies the body on a cellular level. It enhances your body's natural processes of cellular cleanup, which naturally gets triggered when your body is in a prolonged fasting state. \$249. prolonfmd.com



SHOU SUGI BAN HOUSE

I love the hydrotherapy plunge and watsu pools here. The cold plunge reduces inflammation and boosts your metabolism. Check out its infrared sauna, dry sauna, steam room and treatment rooms. This place is an incredible spot to reset your body and mind with yoga and sound-bath healing. All-inclusive four-day programs from \$4,530. shousugibanhouse.com



• WELL TOLD •
HEALTH
Botanicals

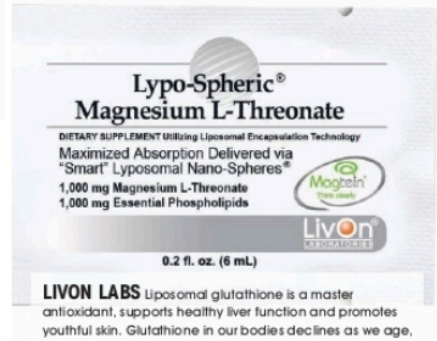
TURMERIC

ORGANIC TURMERIC •
VEGAN CAPSULE SHELLS
• NOTHING ELSE

WHOLE FOOD DIETARY SUPPLEMENT
62 VEGAN CAPSULES • 900 MG EACH

WELL TOLD HEALTH

I like that the capsule shells are 100% vegan, made with either tapioca or cellulose derived from pine trees, so you aren't putting any synthetics, fillers or isolates into your body. *Turmeric booster*, \$34. welltold.com



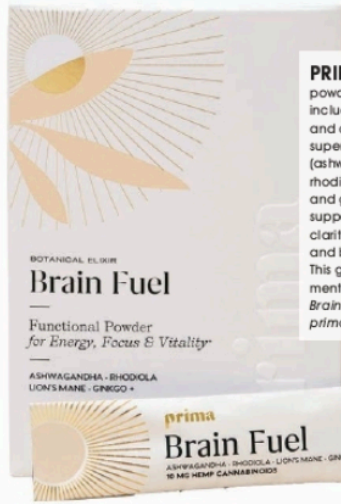
Lypo-Spheric® Magnesium L-Threonate

DIETARY SUPPLEMENT Utilizing Liposomal Encapsulation Technology
Maximized Absorption Delivered via
"Smart" Liposomal Nano-Spheres®

1,000 mg Magnesium L-Threonate
1,000 mg Essential Phospholipids

0.2 fl. oz. (6 mL)

LIVON LABS Liposomal glutathione is a master antioxidant, supports healthy liver function and promotes youthful skin. Glutathione in our bodies declines as we age, so it's important to relevel it. Taking it in this format makes it easier for your body to digest. *Liposomal glutathione*, \$69, and *magnesium L-threonate*, \$60, both at livilabs.com.



Brain Fuel

Functional Powder
for Energy, Focus & Vitality

ASHWAGANDHA • RHODIOLA
LION'S MANE • GINCGO •

prima Brain Fuel

ASHWAGANDHA • RHODIOLA • LION'S MANE • GINCGO •
10 MG HEMP CANNABINOIDS

PRIMA This CBD powder blend includes nootropic and adaptogenic superherbs (ashwagandha, rhodiola, lion's mane and ginkgo) that help support the brain with clarity, concentration and better cognition. This gives me the mental focus I need. *Brain Fuel elixir*, \$55. prima.co

SUNDAY FOREVER This is an all-natural room mist I have been using for years. I love the way it smells; it's lightly scented with citrus, mint, palo santo and sage oils. It makes your air smell clean and fresh. *Air detox mist*, \$12-\$24. sundayforever.com



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