

Bod Squad

Personal-care essentials for before and after your workout

BY ALETA BURCHYSKI

a. Jack Black Dry Down Friction-Free powder \$20

Dust this on prior to exercising and the mix of friction-busting silica, moisture-absorbent cornstarch, antimicrobial zinc oxide, and soothing plant extracts will help keep skin smooth and dry.

b. Konjac Sponge Company Exfoliating loofah \$21

This biodegradable scrubber is made from skin-coddling plant fibers, and bamboo charcoal deters microbe growth. Toss it in with the compost at the end of its three-month life span.

c. Sun Bum Beach Formula 3 in 1 Leave in conditioner \$15

UV rays don't just fry skin—they also weaken your hair's protein structure. Sun Bum's leave-in protects and fortifies with coconut oil and quinoa protein.

d. All Good Lips Organic SPF 15 Chai lip balm \$3.50

Zinc oxide provides broad-spectrum sun defense, while organic calendula, beeswax, vitamin E, and olive oil safeguard against chapping.

e. Eau Thermale Avène Cleanance Expert acne treatment \$26

Avène's breakthrough formula curbs oil production and obliterates bacteria with a compound that also soothes and reduces inflammation.

f. Philosophy Turbo Booster C Powder topical antioxidant \$39

Too much sun? Mix a scoop of this blend of vitamin C, zinc, and copper with a dab of your favorite moisturizer to calm burns and repair cell damage.

g. Byrd Soap on a Rope \$16

Designed by pro surfer Chase Wilson, this 12-ounce brick uses coconut oil and sea salt to clean body, face, and hair without drying you out.



WOMEN'S
Stand-Up Paddleboarding



Up and Away

Get wet. Go long. Have fun. BY STEPHANIE PEARSON

a. Mi Ola X Back bikini top and Cya Full Double-String bottom \$95 and \$85

With a crossback design on top and grippy waist-band elastic below, this bikini stays put even when you tumble on a wave.

b. Mountain Hardwear River Gorge long-sleeve shirt \$50

Stay out all day in this half-zip with UPF 50 protection. The quick-drying fabric is silky, not

clingy; and a side pocket is big enough for cash, keys, and lip balm.

c. Bureo Kayu sunglasses \$139

These shades pair frames made from recycled plastic fishing nets with Carl Zeiss polarized lenses. The result: eco-minded eyewear with superior style.

d. NP Surf SUP Neo Hooded jacket \$100

Think your favorite hoodie but made from neoprene,

break it out on colder days and long paddles, when you'll appreciate the relaxed fit, comfy hood, and zippered back pocket.

e. Boardworks Sirena adjustable paddle \$279

Classy graphics on this bamboo-veneer blade turn a paddle into art. The carbon handle and shaft make it plenty deft.

f. Imagine Surf IPS Icon LTE 10'2" paddleboard \$799

Like other new-school inflatables, the Icon is

rock solid when pumped up to its max 15 psi. Unlike most of them, however, it's amazingly light at just 18 pounds, thanks to single-skin construction on top and bottom.

g. Patagonia Barely Baggies shorts \$49

An update to an old classic, the new Baggies are a few inches shorter than the originals. Made from fast-drying nylon with a DWR finish, they have two pockets and not much else, making them a comfy, minimal cover-up.

h. All Good Sport sunscreen \$16

This SPF 33 sunscreen with pure zinc oxide is organic, paraben-free, biodegradable, hypoallergenic, gluten-free, and safe for coral reefs. Oh, and it prevents sunburn.

i. NP Surf Neo flotation vest \$125

PFDs are often bulky and uncomfortable. But this superlight, two-buckle vest has oversize arm holes for ample range of motion during paddling. It may just save your life.