

People STYLE WATCH

GREAT BUYS UNDER \$100



Cute Shoes



Rihanna

INSTANT BEAUTY FIXES!



Get Glowing Skin

Sneak Preview! **SPRING LOOKS**



HEALTH

Our Expert: **Amanda Freeman**, cofounder, VitalJuiceDaily.com

WHAT'S IN

DANDELION

"Who isn't looking to detox? Dandelion is packed with nutrients, and it's a great system flusher (Read: diuretic)."

SLEEP EXPERTS

"The new experts on the block offer treatments for getting more sleep. (Search for specialists at aasmnet.org.) The Benjamin Hotel in N.Y.C. has a sleep concierge."

BACH RESCUE REMEDY

"Made from flower essences, it's the native remedy du jour for stress." (\$16.50; directlyfromnature.com)



WHAT'S OUT

SPORTS DRINKS

"Natural electrolyte replenishers, like coconut water, are taking the place of sugar-laden post-workout drinks."