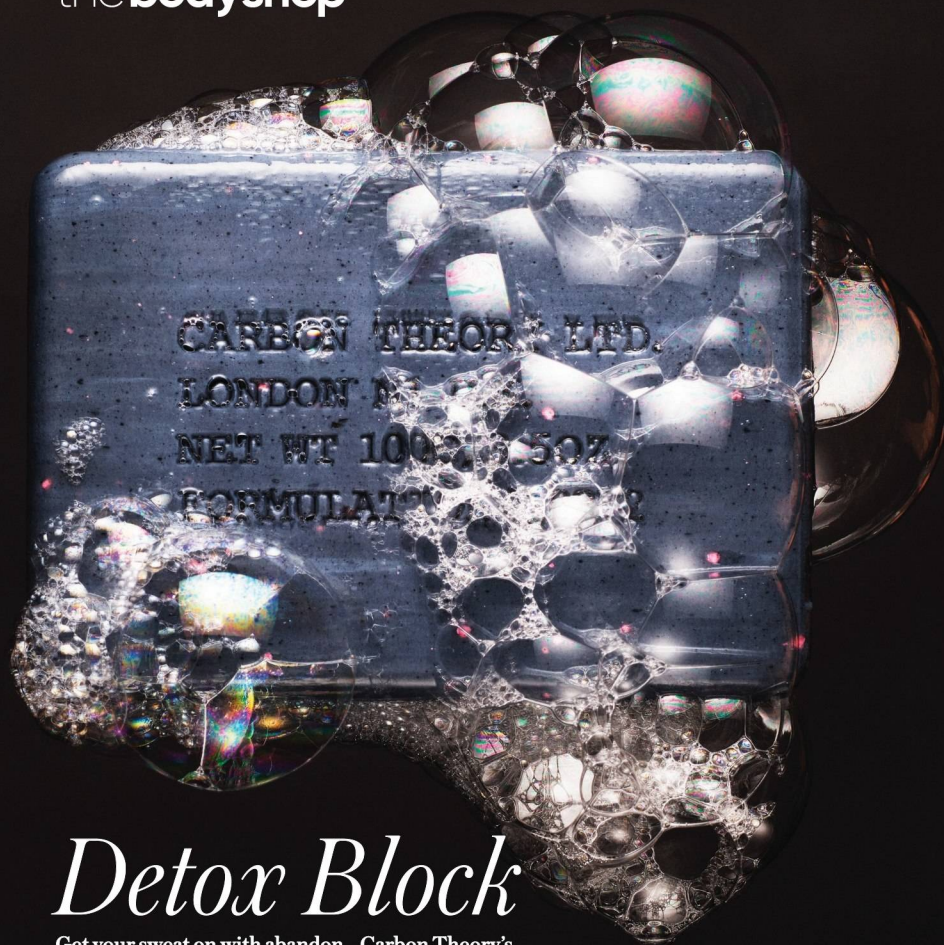


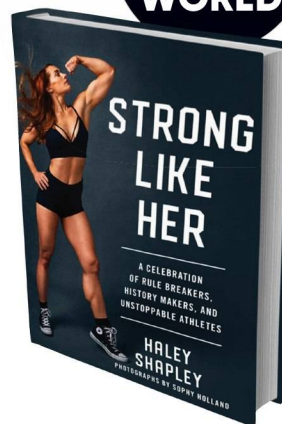
thebodyshop



Detox Block

Get your sweat on with abandon—Carbon Theory's Charcoal & Tea Tree Oil Breakout Control Exfoliating Body Bar (\$12, ulta.com) has your back against acne. The tea tree oil acts as a natural antiseptic to stop postworkout pimples from forming while charcoal clears pores. Exfoliating vitamin E beads buff and protect skin from head to toe.

SHAPE
**WOMEN
RUN THE
WORLD™**



WE'VE GOT THE POWER

It's been 120 years since women entered the Olympic Games in tennis skirts, and now their muscularity is getting the hero treatment. Like a love letter to muscles and the women who rock them so gloriously, *Strong Like Her* (\$30, amazon.com/shop/shape) celebrates 23 athletes and swolo models like powerlifter Meg Gallagher (shown on cover), climber Margo Hayes, and *Shape's* contributing fitness director, celeb trainer Jen Widerstrom. "I feel strong when I own my voice and make hard decisions," Widerstrom says. "Because when I stand in who I am, my strengths rise and the world changes around me."

SHOP IT! Hover your phone's camera over this smart code to shop products on these pages.



Coffee, Tea, or Hybrid?

It looks like tea and brews like tea (in a dunk-and-steep pouch), but Golden Ratio is actually a blonder, smoother version of your average joe. Because the brand roasts its coffee beans at lower temperatures, the

result has five times less acidity—and a lighter hue—than the usual stuff but plenty of natural pick-me-up. Choose from original, chai, and vanilla-flavored coconut (\$15 for 7 pouches, drinkgoldenratio.com).

