

RUBY RED DISPENSER

This tape dispenser would stand out on the yellow brick road. Its fun, compact design will brighten up any desk and maybe startle a passing witch or two.

officedepot.com



NATURAL RX

Your next sound sleep on the road is just ahead with Oxy Bump. This all-natural antihistamine relieves even the worst sinus congestion, especially for those with allergies to the local environs. o2spabar.com

THAT'S MY BAG!

Let your luggage show its bold side with these three tags from the National Geographic Store. They're made of naturally tanned leather, embossed and hand-painted by members of an artisan cooperative in Rajasthan, India. Now you won't have to guess which black bag is yours on the carousel. shop.nationalgeographic.com



INSIDE OUT

A Look at Health, Wellness and Beauty from the Inside Out

By Karen Loftus

Ejuva - Spring Cleaning

There's no better way to kick start the spring season than with a raw, organic, vegan and gluten free fast. The 100% all natural Ejuva Body Cleansing program uses over 90 organic and wild crafted alive herbs and plants to help you regain your vibrant health. The one month 100% raw and organic program is recommended by David Wolfe, world-renown leading authority in Natural Health, herbalism and super foods. Dr. Partitio's four week Ejuva cleanse (\$325); Resident Readers get 20% discount by using coupon code "student".

www.ejuva.com



Collageena - More Than a Skin Thing

Dr. Bernd Friedlander's Collageena is favored among athletes and celebs alike as it improves energy, significantly curbs appetite, improves inflammation, joint pain, healing and elevates growth hormone secretion. Collagen improves skin's softness and hydration and enhances shine and luster in hair and nails. Next to water, collagen's the most important structural substance in the body. This can't miss supplement is clearly for the Inside and Out and easily mixes with juice or water. 55 Day Supply (\$89.95)

www.collageena.com



Liquid Oxygen - Belly up to the Bar

O2 Spa Bar, originators of the oxygen bar created Liquid Oxygen Drops (\$24.99) for health on the road or at home as it fights fatigue, flu, jet lag, hangovers and insomnia. Pop an Oxy Bump (\$21.99) Nasal Spray in your carry on. Great for dry hotel heat, stale airline air, allergies, snoring, dry climates and sinus. The two pack a punch on the health front.

www.o2spabar.com



Omega XL - Pure, Potent and Pristine

Omega XL is one of the most highly concentrated mussel oil extract products available. This pure, pristine and potent Omega, sourced from raw New Zealand mussels is the only product containing a total of 30 fatty acids. It retains a high level of anti-inflammatory, anti-oxidant properties, which help heart health, high blood pressure, high cholesterol, respiratory, energy, endurance, brain...basically everything. 60 count Bottle (\$49.95) - Buy 1 Get 1 Free -

www.OmegaXL.com



Light Stim - The Red light District

Light Stim's handheld LED light therapy is a medical grade device that stimulates production of collagen and elastin, reduces fine lines and wrinkles and repairs sun damaged skin all in the comfort of your own home. This travel savvy, non-invasive beauty tool will keep your skin in tip top shape on the road and at home. Consider it your skins gym. (\$249)

Available at www.Macys.com & www.LightStim.com

EMK Placental - Sowing Seeds for Good Skin

EMK's cutting edge technology of Placental Skin Care products oxygenates skin, boosts natural cellular renewal and defends skin from free radical damage. Utilized since Cleopatra's time, purified, bio-active plant based placenta protein has the same anti-aging and repairing effectiveness as human placental proteins. The animal free, eco-friendly, feel good face time leaves skin supple, firm and moist with a rosy radiance. Start with Anti-Aging Face Serum (\$190), Face Cream (\$90) and Firming Eye Gel (\$65) for the new youthful you.

www.emkplacental.com



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Liquid Oxygen Supplements from O2 Spa

By Ramsey



Liquid Oxygen from O2 Spa Bar

Spending hours and hours at high altitudes and in different temperatures and environments can take a toll on your body. Using vitamins and health supplements are important, but sometimes that is not enough. The craze of oxygen bars in airports and hotels had me wondering about how effective they were.

These [Liquid Oxygen supplements](#) are a portable version of these bars and are especially helpful when jetlagged. O2 Spa began as an oxygen bar in Canada and has expanded to create an easier way for people to get the benefits of oxygen supplements without the time needed to go to an oxygen bar.

All it takes is adding a few drops to a bottle or glass of water, and the effects happen quickly. Your body absorbs the oxygen through the normal digestive process. I was worried of any side effects, and there were none. In fact, the energy I felt was entirely natural unlike the jittery feeling you get after drinking coffee or an energy drink.

By increasing the amount of oxygen in the body, it acts as a relaxing agent. It is similar to breathing deeply and pumps oxygen into the bloodstream. It boosts your body's energy levels and reduces stress. For jetlagged travelers, it helps ease headaches and stress while fighting insomnia and boosting the body's immune system. Since it boosts one's stamina and endurance, it is also perfect for those morning-after hangovers.

Interestingly, there are drops for men and women. The [male version](#) has potassium magnesium, which helps regular blood pressure and contributes to denser muscle mass while the [female version](#) has calcium magnesium for stronger bones and regulating weight loss.

The common version available for travelers (it is often sold in airline duty-free catalogs) is the unisex kind that has no gender-specific minerals. These are available only through the airlines while the gender versions can be purchased at health food stores, duty-free airport store, or [online](#).

The bottle is easy to carry because it is lightweight and small enough to appease the TSA. If used regularly, it lasts about two months. This is an excellent remedy and energy-boosting supplement especially for international travelers. Another fantastic travel product, is O2 Spa's Oxy Bump Nasal Spray that is breathed in rather than imbibed. It is also a great booster for those with allergies. Both can be purchased at the O2 Spa's [web site](#).