



Cadillac presents the Best of Summer Health

Best stress relief

Jacknobbers

Travel boutiques are jam-packed with battery-powered stress-management tools. Avoid the vibrating gadgets and opt for the goofy named, but oddly effective, Jacknobber II. The acrylic massagers resemble giant toy jacks. Each ball foot, however, rubs that little spot under the shoulder blades just the right way. Whether you "jacknob" yourself or enlist a friend, troubles will seem to melt away.



Best food fad

Wild Alaskan salmon

According to Dr. N.V. Perricone, it only takes three days to achieve a "face lift in your fridge." The core ingredients to a youthful glow are the antioxidants and essential fatty acids found in salmon. Daily consumption of the omega-3 superfish firms and smoothes the skin. Just hold the bagels and cream cheese.



Best diet drink

The Sonoma Diet

A weight-loss regimen that includes alcohol is certain to grow a fan base. Based on the fresh dining options of California vineyards, The Sonoma Diet encourages flavorful combinations of sweet berries, whole grains, lean meats and moderate enjoyment of wine. This Mediterranean-inspired lifestyle is heart healthy and leaves dieters feeling much less deprived.



Best vegetarian feast

Kalachandji's Restaurant & Palace

It is possible to have a Texas-sized dinner that isn't headlined by steak. This veggie oasis offers a buffet of exotic dishes that benefit the palate, physique and animal friends. Homemade cinnamon bread, tamarind tea and delicious dal join a parolpy of savory vegetarian dishes. Kalachandji's may be hard to pronounce, but it's easy to enjoy.

Best body shaper

Ballroom dancing

As seen on TV, Rumba, samba and salsa do a body good. If all that cha-cha-cha can make celeb B-listers look fit and fabulous, just imagine what it can do for A-list D-listers. Ballroom dancing is one of the sexiest exercise options. Plus, it burns about 114 calories every 20 minutes.

Best reason to mow the lawn

Croquet

Hamptons chic for everyone! Croquet mallets and seersucker suits are always dapper. The old-school lawn sport encourages a little healthy competition, but allows players to still keep one hand on a cocktail. An Oxford croquet set, replete with ash and brass mallets, is a fine investment. Who doesn't want to engage in the sport of kings, queens and Alice in Wonderland?



Best road less taken

Dallas hiking paths

A little sunshine and fresh air beats an afternoon in the office. One of the prettiest trails is the 2.3 mile paved path on the west bank of Turtle Creek. Enjoy a sweet bit of green adjacent to downtown Dallas. Lace up on lunch break and take a hike. Pretty people-watching is also a plus.

Best protective measure

Sunscreen

For a bright future, there's got to be shade. The best treatment for fine lines and little dark spots is prevention. New beauty products deliver burn protection along with a bronze sheen. Crème Compact Solare Terree by Carine, for example, gives a touch of sun-kissed color and protection from the sun's harsh rays. Estee Lauder's Amber Bronze Lip Tints deliver a sheer wash of color with SPF for that delicate pout.

Best spa splurge

Taking a kur

Get that skin radiant for swim season with a European-style beauty day. Using mineral-rich natural resources, like medicinal mud and algae, kurs combine a series of therapeutic treatments to revitalize the body. Try a Moor mud bath, seaweed wrap and soothing tub soak, followed by a gentle aromatherapy massage. For best results, indulge in the repeated series for 10 consecutive days.



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