



THE OPR
MAGAZINE

LIVE YOUR BEST

**SUNNY WITH
A CHANCE OF
GORGEOUS!**

BEAUTY GAZETTE

“Oral sun protection can help prevent DNA damage in both the outer and deep layers of skin,” says Ariel Ostad, MD, clinical assistant professor of dermatology at New York University Medical Center. The extra insurance is a worthwhile investment if you’re heading for a beach vacation or spending a day on the water.



**DR. OZ TO
THE RESCUE**
**5 ACHES
& PAINS
YOU
SHOULD
NEVER
IGNORE**

**HOW TO
MAKE A
VISION
BOARD
THAT
REALLY
WORKS**
page 43

...to Life!”

— OPRAH

...s Ways to ...uck and ...ir Dreams Real