

WOMEN'S Running

YOUR LIFE IN MOTION™

Get Fit & Fun!



The Natural Look

BY MARISA WALKER

Bug Off

Late spring is the perfect time to enjoy trail runs, but don't let them be spoiled by warm weather's first mosquitoes. The citronella, lemongrass and cedar oil in **California Baby Natural Bug Blend Repellent Spray** (\$14, californiababy.com) help to protect from pests and calm existing bites. The key to successfully using DEET-free formulas: Spray generously and reapply often.



plus
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