

**50 WAYS  
TO LOVE  
YOUR  
SUMMER**  
Our state-by-  
state guide

**IT'S TAKE YOUR  
(TRUE) SELF TO  
WORK DAY!**  
P.S. Your health  
depends on it

**HOW TO LOOK  
GOOD IN A  
SWIMSUIT  
(REALLY!)**

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**“Let  
every step  
you take  
move you  
forward!”**

*-Oprah*

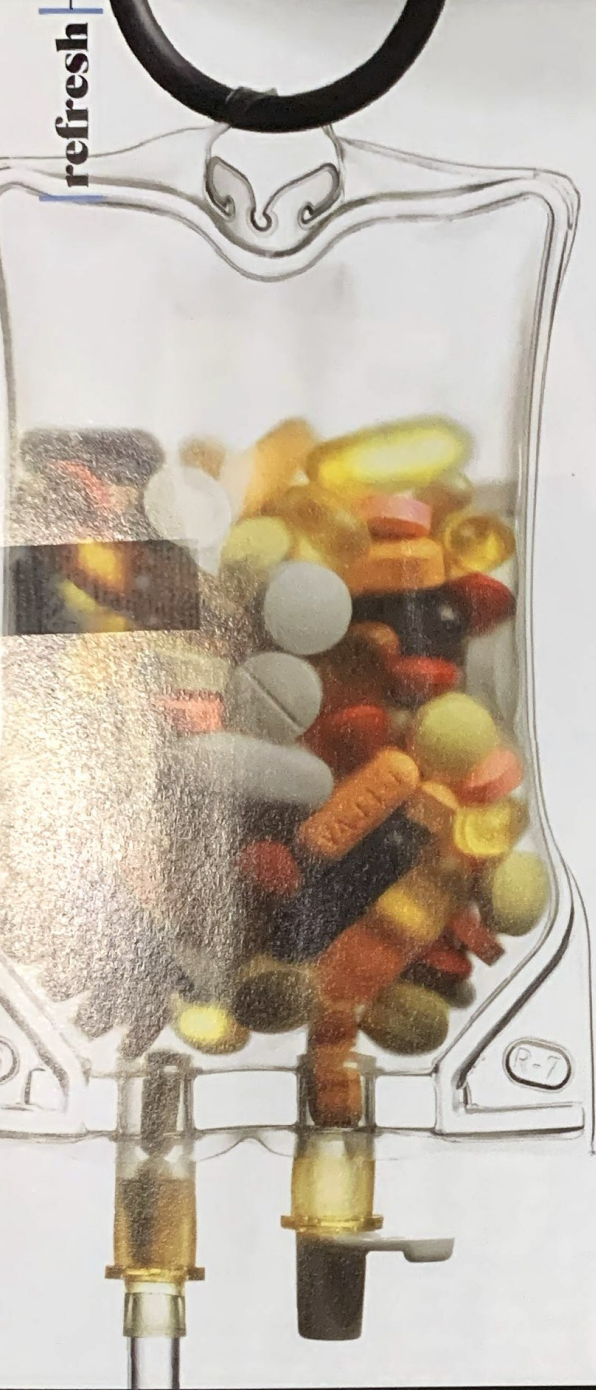
**STORIES OF  
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## Drip or Skip?

IV treatments are a hot wellness trend. Here's what you need to know.

At "drip bars" across the country, you can now get IV infusions of vitamins and minerals that supposedly treat everything from stress to jet lag. But that doesn't necessarily mean you *should*. "IVs allow medications and supplements to go directly into your bloodstream," says Nada Milosavljevic, MD, founder of the integrative health program at Massachusetts General Hospital. "However, there's limited research on vitamin infusion therapy, and an improperly administered IV can be dangerous." If you're determined to do a drip, you can lower your risk by heeding Milosavljevic's advice: **VET YOUR TECH** Confirm that the clinician is a board-certified nurse or doctor—look them up on your state's medical board site—and ask about their IV training (programs often require up to 48 hours). "Though uncommon, infections can occur with an inexperienced technician, as can clots and air embolisms, both of which could travel to your brain, lungs, or heart

and cause a heart attack or a stroke," says Milosavljevic.

**INQUIRE ABOUT INGREDIENTS** "Find out which ones will be used in your IV cocktail, and check with your primary doctor to make sure they target your concern," Milosavljevic says. For example, some clinics offer vitamin B<sub>12</sub> to help combat fatigue in the short term. "You should also ask which pharmacy the ingredients are sourced from and then contact the state medical board to ensure it's credentialed," she says.

**GET PERSONAL** Disclose any medications you're on or health conditions you have, in case they could make IV therapy unsafe (for instance, excess fluid can send already-high blood pressure higher). "The provider should also review your medical history, take your vitals before the session, and monitor you throughout," she says. Speaking of providers, IV therapy is not a substitute for regular doctor visits or treatment plans prescribed by a physician, so consult yours before you even consider going with the flow. —ANGELA MATS

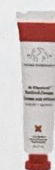
## 1 in 2

That's how many women will experience stress incontinence—urinary leaks caused by pressure on the bladder—in their lifetime. Trendy high-intensity exercises like jumping rope and burpees could up your odds of springing a leak, says Tina Allen, a physical therapist at the University of Washington Medical Center. Doing a Kegel or two just before vigorous moves can help, while moisture-absorbing, "pee-proof" underwear like Speax by Thinx (from \$28; [speax.com](http://speax.com)) will have you covered. —C.K.

## CHANGE OF FACE

Try these kinder, gentler anti-agers.

Retinoids have earned their status as dermatology darlings: Decades of studies show that these compounds derived from vitamin A really can slow signs of aging. But they're also hard on sensitive skin, and even the less concentrated, over-the-counter version, retinol, can irritate—which is where a fresh crop of mild alternatives comes in. Drunk Elephant's A-Passioni Retinol Cream, for one, contains a low dose of retinol, combined with soothing, natural ingredients like passion fruit and jojoba oils. If that's still too strong, try bakuchiol (an extract from the herb babchi)—you'll find it in Biossance's Squalane + Phyto-Retinol Serum. According to Dendy Engelman, MD, a dermatologist in New York City, "Some research has found that bakuchiol can reduce wrinkles and dark spots as effectively as retinol, and it won't cause redness or drying." In other words, you'll be ready to face the day. —C.K.



A-Passioni Retinol Cream, \$74; [drunkelephant.com](http://drunkelephant.com)



Squalane + Phyto-Retinol Serum, \$78; [biossance.com](http://biossance.com)

