

jump in!

This summer, forget about chlorine



Summer was made for swimming. But we could do without the harsh side-effects of chlorinated water. This year, enjoy a care-free day at the pool with TRISWIM, a line of chlorine-resistant, personal-care products safe to use on swimmers of all ages.

Developed by a tri-athlete and competitive swimmer, TRISWIM products contain a special formula that seizes chlorine and washes it clean from the hair and body:

- TRISWIM Chlorine-Out Body Wash contains aloe, Vitamins E and A and Pro Vitamin B5. Protects the body from the elements, and moisturizes and heals the skin.
- TRISWIM Chlorine-Out Shampoo nourishes and hydrates, while restoring lus-

ter and volume to hair. Removes green tint.

- TRISWIM Conditioner moisturizes and hydrates without leaving a residue.
- TRISWIM Chlorine-Out Lotion nourishes and heals skin, while counteracting the harmful effects and odor of chlorine.
- TRISLIDE Glide, available in August, is a spray-on lubricant that protects skin prone to chafing and blistering. **BB**

For details, visit tri-swim.com.

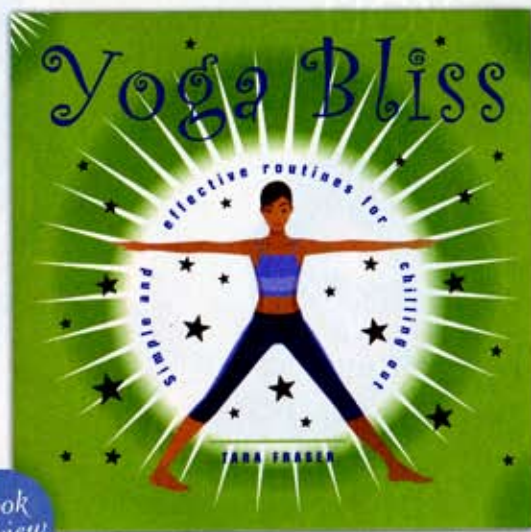
Rebecca Razo is a contributing writer.

Where to buy TRISWIM:

Fleet Feet
32411 Golden Lantern, Ste. H
Laguna Niguel
949.488.3356
fleetfeetn.com

One Tri
Shop by phone or online
888.289.1874
onetri.com

Waterworks Aquatics
25 Waterworks Way, Irvine
949.450.0777
waterworksswim.com



Book Review

relax, be happy

As busy women, we're all looking for little islands of relief amid days spent working, taking care of kids, driving the car pool, fixing dinner and cheering on the youth team.

"Yoga Bliss: Simple and Effective Routines for Chilling Out," written by London-based yoga teacher Tara Fraser, is written with stressed-out women in mind. Fraser breaks her book down into quick routines that can be performed without props and gear, in a quiet room, in a few minutes before the day begins to get revved up, or when the day ends to relax and mellow out.

Fraser includes a three-minute, stress-busting routine, a few daily routines composed of about a half-dozen yoga poses, a longer routine for the weekend when there might be a little more time to devote to exercise, and some breathing and meditation exercises.

She writes with a nice, calming style, stressing that yoga is not a form of exercise that needs to be executed with perfect style, but rather, it's a collection of postures that can be performed over a lifetime that are intended to open the mind, as well as keep the body flexible and energized.

The illustrations, done in pretty, subdued tones, suit the text perfectly. **BB**

"Yoga Bliss: Simple and Effective Routines for Chilling Out," by Tara Fraser (Duncan Baird Publishers, paperback, 128 pages, \$9.95)

Nicole James is a contributing writer.